

Curriculum Vitae

A. PERSONAL

Name Bryan J. Blissmer

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B. EDUCATION

Graduate: Philosophy Doctorate, Department of Kinesiology, specialization in Exercise and Health Psychology, University of Illinois, October 2000.

Master of Science in Health Appraisal and Enhancement, Miami University, Ohio, August, 1997.

Undergraduate: Bachelor of Science degree in Kinesiology, University of Illinois at Urbana-Champaign, January, 1996.

C. PROFESSIONAL EXPERIENCE

2005-present University of Rhode Island
Associate Professor, Department of Kinesiology

2000-2005 University of Rhode Island
Assistant Professor, Department of Kinesiology

2000-present University of Rhode Island, Cancer Prevention Research Center
Research Faculty

1998-2000 University of Illinois, Undergraduate Academic Advisor

1997-2000 University of Illinois, Research Assistant

1998-2000 University of Illinois, Teaching Assistant

1996-1997 Miami University, Ohio, Teaching Assistant

D. SCHOLARLY ACTIVITY: REFEREED PUBLICATIONS

D.1. Book Chapters

- 1) Kimiecik, J.C., & Blissmer, B. (1998). Applied exercise psychology: Measurement issues. In J.L. Duda (Ed.), Advances in Sport and Exercise Psychology (pp. 447-460). Morgantown, WV: Fitness Information Technology, Inc.
- 2) McAuley, E., & Blissmer, B. (2002). Self-Efficacy and Attributional Processes in Physical Activity. In T.S. Horn (Ed.), Advances in Sport Psychology 2nd Edition (pp. 185-206). Champaign, IL: Human Kinetics.
- 3) McAuley, E., Blissmer, B., & Marquez, D.X. (2002). Self-Efficacy: Antecedents and Outcomes of Physical Activity. In F. Cury and P. Sarrazin (Eds.) Advances in Motivation Theories in Sport. Paris, France: French University Press
- 4) Garber, C. E., & Blissmer, B. (2002). The challenges of exercise in older adults. In P. Burbank and D. Riebe (Eds.). Promoting Exercise and Behavior Change in Older Adults: Interventions with the transtheoretical model (pp. 29-56). New York: Springer Publishing.
- 5) Blissmer, B., Marquez, D.X., Jerome, G., & Kimiecik, J. C. (2005). Theory and applications in promoting exercise behavior. In D. Hackfort, R., Lidor, and J. Duda (Eds.) *Handbook of Research in Applied Sport and Exercise Psychology: International Perspectives* (p. 257-274). Morgantown, WV: Fitness Information Technology.
- 6) Mlinac, M.E., Sheeran, T.H., Blissmer, B., Lees, F., & Martins, D. (2011). Psychological Resilience. In B. Resnick, L.P. Gwyther, and Roberto, K.A. *Resilience in Aging: Concepts, Research, and Outcomes* (p. 89 -104). New York: Springer.
- 7) Blissmer, B., Marquez, D.X., & Jerome, G.J (2014). Chapter 11: Behavioral Theories and Strategies for Promoting Exercise. In L. Pescatello, D. Riebe, and J. Castellani (Eds.). *Guidelines in Exercise Testing and Prescription (9th Edition)*. Lippincott Williams.

D.2. Articles in Refereed Journals

- 1) 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.
- 2) Ingham, A.G., Blissmer, B.J., & Davidson, K.W. (1999). The expendable prolympic self: Going beyond the boundaries of the sociology and psychology of sport. Sociology of Sport Journal, 16, 236-268.
- 3) McAuley, E., Katula, J., Mihalko, S., Blissmer, B., Duncan, T., Peña, M., & Dunn, E. (1999). Mode of physical activity differentially influence self-efficacy in older adults: A latent growth curve analysis. Journal of Gerontology: Psychological Sciences, 54B, P283-P292.
- 4) McAuley, E., Katula, J.A., Blissmer, B., & Duncan, T.E. (1999). Exercise environment, self-efficacy, and affective responses to acute exercise in older adults. Psychology and Health: An International Journal, 15, 1-15.

- 5) 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.
- 6) McAuley, E., & Blissmer, B. (2000). Social cognitive determinants and consequences of physical activity. Exercise and Sports Science Reviews, *28*(2), 85-88.
- 7) 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.
- 8) Blissmer, B., & McAuley, E. (2002). Testing the requirements of stages of physical activity among adults: The comparative effectiveness of stage-matched, mismatched, standard care, and control interventions. Annals of Behavioral Medicine, *24*(3), 181-189.
- 9) McAuley, E., Marquez, D. X., Jerome, G. J., Blissmer, B., & Katula, J. (2002). Physical activity and self-presentation in older adults: Fitness and efficacy influences. Aging and Mental Health, *6*(3), 22-230.
- 10) McAuley, E., Marquez, D. X., Jerome, G. J., Canaklisova, S., & Blissmer, B. (2003). Exercise self-efficacy in older adults: Social, affective, and behavioral influences. Annals of Behavioral Medicine, *25*, 1-7.
- 11) Riebe, D., Greene, G. W., Ruggiero, L., Stillwell, K. M., Blissmer, B., Nigg, C., & Caldwell, M. (2003). Evaluation of a healthy-lifestyle approach to weight management. Journal of Preventive Medicine, *36*, 45-54.
- 12) Greene, G. W., Riebe, D., Ruggiero, L., Caldwell, M., & Blissmer, B. (2003). A pilot home-based, healthy lifestyle weight management program. Topics in Clinical Nutrition, *18*, 135-141.
- 13) Menard, J. R., Smith, H. E., Riebe, D., Blissmer, B., & Patterson, R. B. (2004). Long term benefits of peripheral arterial disease rehabilitation. Journal of Vascular Surgery, *39*, 1186-1192.
- 14) Riebe, D. Blissmer, B., Greene, G., Caldwell, M., Ruggiero, L., Stillwell, K. M., & Nigg, C. R. (2005). Long-term maintenance of exercise and healthy eating behaviors in overweight adults. Preventive Medicine, *46*(8), 769-778.
- 15) Blissmer, B., Riebe, D., Dye, G., Ruggiero, L., Greene, C. & Caldwell, M. (2006). Health-related quality of life following a clinical weight loss intervention among overweight and obese adults: Intervention and 24 month follow-up effects. Health and Quality of Life Outcomes.
- 16) White, J., Vener, J., Sidman, C., Meendering, J., Blissmer, B., Schulte, L., Ransdell, L.B. (2008) Women bound to be active: A pilot study to explore the feasibility of an intervention to increase physical activity and self-worth in women. Women & Health, *48*(1), 83-101.
- 17) Marquez, D.X., Bustamante, E.E., Blissmer, B.J., Prohaska, T.R. (2009). Health Promotion for successful aging. American Journal of Lifestyle Medicine, *3*(1), 12-19.
- 18) Greaney, M.L., Lees, F.D., White, A.A., Dayton, S.F., Riebe, D., Blissmer, B., Shoff, S., Walsh, J.R., & Greene, G.W. (2009). College students' barriers and enablers for healthful weight management: A qualitative study. Journal of Nutrition Education and Behavior, *41*(4), 281-286.

- 19) Riebe, D., Blissmer, B., Greaney, M., Garber, C.E., Lees, F., & Clark, P. (2009). The relationship between obesity, physical activity, and physical function in older adults. Journal of Aging and Health, 21(8):1159-78.
- 20) Blissmer, B., Prochaska, J.O., Velicer, W.F., Redding, C.A., Rossi, J.S., Greene, G.W., Paiva, A., & Robbins, M. (2010). Common factors predicting long-term changes in multiple health behaviors. Journal of Health Psychology, 15(2):205-14.
- 21) Barte, J. C., ter Bogt, N. C., Bogers, R. P., Teixeira, P. J., Blissmer, B., Mori, T. A., et al. (2010). Maintenance of weight loss after lifestyle interventions for overweight and obesity, a systematic review. *Obesity Reviews*, 11(12), 899-906.
- 22) Colberg, S. R., Sigal, R. J., Fernhall, B., Regensteiner, J. G., Blissmer, B. J., Rubin, R. R., et al. Exercise and Type 2 Diabetes: The American College of Sports Medicine and the American Diabetes Association: joint position statement. *Diabetes Care*, 33(12), e147-167.
- 23) Colberg, S. R., Sigal, R. J., Fernhall, B., Regensteiner, J. G., Blissmer, B. J., Rubin, R. R., et al. Exercise and type 2 diabetes: the American College of Sports Medicine and the American Diabetes Association: joint position statement executive summary. *Diabetes Care*, 33(12), 2692-2696.
- 24) Colberg, S. R., Sigal, R. J., Fernhall, B., Regensteiner, J. G., Blissmer, B. J., Rubin, R. R., et al. (2010). Exercise and type 2 diabetes: American College of Sports Medicine and the American Diabetes Association: joint position statement. *Medicine and Science in Sports & Exercise*, 42(12):2282-303.
- 25) Clark, P. G., Blissmer, B. J., Greene, G. W., Lees, F. D., Riebe, D. A., & Stamm, K. E. Maintaining exercise and healthful eating in older adults: the SENIOR project II: study design and methodology. *Contemporary Clinical Trials*, 32(1), 129-139.
- 26) Greene, G.W., Schembre, S.M., White, A.A., Hoerr, S.L., Lohse, B., Shoff, S., Horacek, T., Riebe, D., Patterson, J., Phillips, B.W., Kattelman, K.K., & Blissmer, B. (2011). Identifying clusters of college students at elevated health risk based on eating and exercise behaviors and psychosocial determinants of body weight. *Journal of the American Dietetics Association*, 111(3), 394-400.
- 27) Grinnell, S., Greene, G., Melanson, K., Blissmer, B., Lofgren, I.E. (2011). Anthropometric and behavioral measures related to mindfulness in college students. *Journal of American College Health*, 59(6), 539-545.
- 28) Garber, C.E., Blissmer, B., Deschenes, M.R., LaMonte, M.J., Lee, I-M., Nieman, D.C., Swain, D.P. & Franklin, B.A. (2011). The Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory, Musculoskeletal, and Neuromotor Fitness in Apparently Healthy Adults: Guidance for Health and Fitness Professionals on Prescribing Exercise. *Medicine and Science in Sports and Exercise*, 43, 1334-1359.

- 29) Redding CA, Prochaska JO, Paiva A, Rossi JS, Velicer WF, Blissmer B, Greene GW, Robbins M, & Sun, X. (2011). Baseline Stage, Severity and Effort Effects Differentiate Stable Smokers from Maintainers and Relapsers. *Substance Use & Misuse*, 46(13): 1664-1674. (doi: 10.3109/10826084.2011.565853)
- 30) Blaney, C. L., Robbins, M. L., Paiva, A. L., Redding, C. A., Rossi, J. S., Blissmer, B., Burditt, C., & Oatley, K. (2012). Validation of the measures of the Transtheoretical Model for exercise in an adult African American sample. *American Journal of Health Promotion*, 26(5), 317-326.
- 31) Paiva, A.L., Prochaska, J.O., Yin, H.Q., Rossi, J.S., Redding, C.A., Blissmer, B., Robbins, M.L., Velicer, W.F., Lipschitz, J., Amoyal, N., Babbin, S.F., Blaney, C.L., Sillice, M.A., Fernandez, A., McGee, H., & Horiuchi, S. (2012). *Treated individuals who progress to action or maintenance for one behavior are more likely to make similar progress on another behavior: coaction results of a pooled data analysis of three trials. Preventive Medicine*, 54(5), 331-334.
- 32) Greene, G.W., White, A.A., Hoerr, S.L., Lohse, B. Schembre, S.M., Riebe, D., Patterson, J., Kattelman, K.K., Shoff, S. Horaceck, T., Blissmer, B., & Phillips, B.W. (2012). Impact of an online healthful eating and physical activity program for college students. *American Journal of Health Promotion*, 27(2), 47-58.
- 33) Velicer, W.F., Redding, C.A., Paiva, A.L., Mauriello, L.M., Blissmer, B., Oatley, K., Meier, K.S., Babbin, S.F., McGee, H., Prochaska, J.O., Burditt, C., & Fernandez, A.C. (2013). Multiple behavior interventions to prevent substance abuse and increase energy balance behaviors in middle school students. *Translational Behavioral Medicine*, 3(1), 82-93.
- 34) Yin, H.Q., Prochaska, J.O., Rossi, J.S., Redding, C.A., Paiva, A.L., Blissmer, B., Velicer, W.F., Johnson, S.S., & Kobayashi, H. (2013). Treatment-enhanced paired action contributes substantially to change across multiple health behaviors: secondary analyses of five randomized trials. *Translational Behavioral Medicine*, 3(1), 62-71.

D.3 Published Abstracts

- 1) McAuley, E., Mihalko, S., Katula, J., Peña, Blissmer, B., & Dunn, E. (1998). Antecedents of physical self-esteem in older women. *Annals of Behavioral Medicine*, 20, S210.
- 2) McAuley, E., Mihalko, S., Katula, J., Peña, M., & Blissmer, B. (1998). Differential exercise training effects on self-efficacy in the elderly. *Journal of Sport & Exercise Psychology*, 20, S22.
- 3) Peña, M., McAuley, E., Katula, J., Mihalko, S., Blissmer, B., & Dunn, E. (1998). Affective Responses to Maximal Exercise Following a 6-Month Walking or Toning Exercise Program in Older Adults. *Journal of Sport & Exercise Psychology*, 20, S64.
- 4) Blissmer, B., & Kimiecik, J. C. (1998). Differences in Wanting and Expecting to Exercise: Examining a Revised Theory of Planned Behavior. *Journal of Sport & Exercise Psychology*, 20, S10.

- 5) Katula, J., McAuley, E., Blissmer, B. (1998). Conscientiousness, goal commitment and exercise adherence in older adults. Journal of Sport & Exercise Psychology, 20, S64.
- 6) McAuley, E., Katula, J., Blissmer, B., & Duncan, T.E. (1998). Exercise in older adults: Environment, efficacy, and dose influences on affective responses. The Gerontologist, 38.
- 7) McAuley, E., Blissmer, B., Katula, J., & Mihalko, S. (1999). A randomized controlled trial of exercise effects on subjective well-being in older adults. Journal of Sport & Exercise Psychology, 21, S81.
- 8) Katula, J., McAuley, E., Blissmer, B., & Marquez, D. (1999). Social physique anxiety in older adults: Exercise, fitness, and efficacy influences. Journal of Sport & Exercise Psychology, 21, S63.
- 9) Blissmer, B. & McAuley, E. (1999). Examining the role of perceptions of control, difficulty, and self-efficacy in the Theory of Planned Behavior. Journal of Sport & Exercise Psychology, 21, S20.
- 10) Katula, J., McAuley, E., & Blissmer, B. (1999). Exercise and self-esteem in older adults. Annals of Behavioral Medicine, 21, S149.
- 11) Blissmer, B., Katula, M.A., & McAuley, E. (1999). Effects of Exercise intensity and self-efficacy on anxiety reduction in healthy, older adults. Annals of Behavioral Medicine, 21, S128.
- 12) McAuley, E., Blissmer, B., & Katula, J. (1999). Exercise, aging, and subjective well-being: A latent growth curve analysis. The Gerontologist, 39.
- 13) Marquez, D. X., McAuley, E., Blissmer, B., & Jerome, G. J. (2000) Changing the value of exercise in older adults: Self-efficacy and physical activity influences. Annals of Behavioral Medicine, 22, S20.
- 14) Blissmer, B., McAuley, E., & Marquez, D. X. (2000) Effort, self-efficacy, and social support influences on feeling states across an exercise trial. Annals of Behavioral Medicine, 22, S8.
- 15) McAuley, E., Marquez, D., Jerome, G., & Blissmer, B. (2000). Physical activity effects on social support: Generalized or specific. The Gerontologist, 40.
- 16) McAuley, E. Marquez, D. X., Jerome, G. J., & Blissmer, B. (2001). Self-efficacy, exercise, and social support in older adults. Annals of Behavioral Medicine, 23, S173.
- 17) Blissmer, B., & McAuley, E. (2001). Testing the requirements of stages of physical activity among adult: The comparative effectiveness of stage-matched, mismatched, standard care, and control interventions. Annals of Behavioral Medicine, 23, S183.
- 18) Blissmer, B., & McAuley, E. (2001). Using the processes of change for exercise as predictors within the theory of planned behavior. Journal of Sport & Exercise Psychology, 23, S43.
- 19) Blissmer, B. & McAuley, M. (2002). Stages of physical activity, health-related quality of life, and satisfaction with life. Annals of Behavioral Medicine, 24, S79.

- 20) Greene, G., Riebe, D., Ruggiero, L., Caldwell, M., & Blissmer, B. (2002). A home-based, healthy lifestyle weight management program. Annals of Behavioral Medicine, 24, S112.
- 21) Ward, R. M., Blissmer, B., Riebe, D., Rossi, J. S., Johnson, J. L., Broomfield, R., Meier, K. S., & Prochaska, J. O. (2002). Applying the transtheoretical model to exercise using a population of adolescents. Annals of Behavioral Medicine, 24, S116.
- 22) Blissmer, B., & McAuley, E. (2002). Predicting quality of life outcomes from a lifestyle activity intervention: Impact of self-efficacy and activity level. Journal of Sport and Exercise Psychology, 24, S35.
- 23) Riebe, D., Ruggiero, L., Blissmer, B., Stillwell, K.M., Greene, G., & Caldwell, M. (2002). Comparison of two healthy weight maintenance interventions. Medicine and Science in Sports and Exercise, 34, S62.
- 24) Riebe, Greene, G., Caldwell, M., Blissmer, B., Ruggiero, L., & Ferrone, C. (2003). Long-term maintenance of weight loss following a behaviorally-based clinical program. Medicine and Science in Sports and Exercise, 35, S253.
- 25) Blissmer, B., Riebe, D., Ruggiero, L., Greene, G., & Caldwell, M. (2003). 2 year changes in health-related quality of life: Effects of a 6-month clinical weight management program. Annals of Behavioral Medicine, 25, S22.
- 26) Kresge DL, Riebe D, Greene G, Blissmer B, Caldwell M, Melanson KJ. Correlates and predictors of weight change in obese adults in the Healthy Lifestyle Approach to Weight Management intervention. *Obes Res* 2003;11(Suppl):A104 [Abstract].
- 27) Blissmer, B. (2003). Untangling intentions within the theory of planned behavior: An analysis of four models. Journal of Sport and Exercise Psychology, 25, S28.
- 28) Riebe, D., Morrell, C. A., Ward, C. L., Blissmer, B., Maher, J. F. (2004). The effects of exercise order on the perceptual responses to cardiovascular and resistance exercise. Medicine and Science in Sports and Exercise, 36, S133.
- 29) Blissmer, B., McAuley, E. (2004). Physical self-worth: The differential role of social physique anxiety in men and women. Medicine and Science in Sports and Exercise, 36, S226.
- 30) Menard, J. R., Riebe, D., Braun, C. M., Blissmer, B., Smith, H. E., Patterson, R. B., & Lamont, L. (2004). Long-term benefits of a supervised vascular exercise program. Medicine and Science in Sports and Exercise, 36, S251.
- 31) Dye, G., Rossi, J, Blissmer, B., Velicer, W., Redding, C., Riebe, D., Meier, K., Johnson, J., & Prochaska, J. (2006) Validation and reliability of processes of change measures for exercise in an adolescent sample. Annals of Behavioral Medicine, 31, S123.
- 32) Dye, G., Redding, C., Rossi, J, Blissmer, B., Riebe, D., Meier, K., Velicer, W., & Prochaska, J. (2006) Validation and reliability of the decisional balance, self-efficacy, and family support measures for exercise in parents. Annals of Behavioral Medicine, 31, S123.
- 33) Riebe, D., Blissmer, B., Greene, G., Caldwell, M., & Stillwell, K. (2006) The effects of gender in a healthy lifestyle weight management intervention. *Medicine and Science in Sports*

and Exercise, 38, S13-14.

- 34) Brown, J.D., Manfredi, T.G., Blissmer, B. (2006) Effect of Telemetric Data on 17k Time Trial Performance in Trained Cyclists *Medicine and Science in Sports and Exercise*, 38, S491.
- 35) Blissmer, B., Prochaska, J.O., Velicer, W.F., & Paiva, A. (2007). Are successful self-changers different than individuals that change with the help of an intervention? *Annals of Behavioral Medicine*, 33, S161.
- 36) Velicer, W.F., Prochaska, J.O., Redding, C.A., Rossi, J.S., Greene, G.W., Pavia, A., Robbins, M.L., & Blissmer, B. (2008). Prediction of smoking outcome from subtypes with the precontemplation stage of change. *Annals of Behavioral Medicine*, 35, S76.
- 37) Creeden, C., Redding, C., Paiva, A., Blissmer, B., Burditt, C., Dimond, E., & Robbins, M. (2009). Stages of change, pros, efficacy, moderate and vigorous physical activity in an African American community sample. *Annals of Behavioral Medicine*, 37, S221.
- 38) Barte, J., ter Bogt, N., Bogers, R., Teixeira, P., Blissmer, B., Mori, T., & Bemelmans, W. (2010). Maintenance of weight loss after lifestyle interventions for overweight and obesity, as systematic review. *Diabetes Obesity & Metabolism*, 12, S53.
- 39) Blaney, C., Robbins, M., Paiva, A., Redding, C., Rossi, J.S., Blissmer, B., Burditt, C., & Oatley, K. (2010). Validation of the TTM decisional balance and self-efficacy measures for exercise in an adult African American sample. *Annals of Behavioral Medicine*, 39, S62.
- 40) Blaney, C., Robbins, M., Paiva, A., Redding, C., Rossi, J.S., Blissmer, B., Burditt, C., & Oatley, K. (2010). Validation of the TTM processes of change measure for exercise in an adult African American sample. *Annals of Behavioral Medicine*, 39, S62.
- 41) Blissmer, B., McAuley, E., & Hall, K.S. (2011). Impacts of physical activity on global quality of life. *Annals of Behavioral Medicine*, 41, S36.
- 42) Velicer, W., Redding, C., Blissmer, B., Meier, K., Babbin, S., Bickmore, T., & Johnson, J. (2011). Using relational agents in interventions for multiple risk factors. *Annals of Behavioral Medicine*, 41, S146.
- 43) Riebe, D., Blissmer, B.J., Stamm, K.E., Garber, C.E., Lees, F.D., Greene, G.W., & Clark, P.G. (2011). The longitudinal effect of obesity on physical activity and physical function in older adults. *Medicine & Science in Sports & Exercise*, 43(5), S300.
- 44) Riebe, D., Blissmer, B. (2012). Obesity and psychological well-being: Physical activity, obesity, and quality of life. *Journal of Aging and Physical Activity*, 20, S24.
- 45) Velicer, W., Redding, C.A., Blissmer, B., Babbin, S.F., Paiva, A., Bickmore, T., & Johnson, J. (2013). Using Relational Agents in Tailored Interventions for Multiple Risk Factors: Preliminary 12 Month Results. *Annals of Behavioral Medicine*, 42, S113.

D.4 Refereed Presentations

- 1) Ingham, A.G., & Blissmer, B. *The expendable prolympic self: Going beyond the boundaries of the sociology and psychology of sport*. Paper presented at the International Sociology of

Sport Association's Symposium, Oslo, Norway, June/July, 1997.

2) Blissmer, B. *Excuses and explanations: An attributional examination of repeated exercise behavior among college students*. Paper presented at the annual meeting of the Midwest Sport and Exercise Psychology Symposium, Champaign, IL, March, 1998.

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

4) McAuley, E., Mihalko, S., Katula, J., Peña, M., & Blissmer, B. *Differential exercise training effects on self-efficacy in the elderly*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, St. Charles, IL, June, 1998.

5) Peña, M., McAuley, E., Katula, J., Mihalko, S., Blissmer, B., & Dunn, E. *Affective Responses to Maximal Exercise Following a 6-Month Walking or Toning Exercise Program in Older Adults*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, St. Charles, IL, June, 1998.

6) Blissmer, B., & Kimiecik, J. C. *Differences in Wanting and Expecting to Exercise: Examining a Revised Theory of Planned Behavior*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, St. Charles, IL, June, 1998

7) 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.

8) McAuley, E., Katula, J., Blissmer, B., & Duncan, T.E. *Exercise in older adults: Environment, efficacy, and dose influences on affective responses*. Paper presented at the annual meeting of the Gerontological Society of America, Philadelphia, PA, November, 1998.

9) 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.

10) 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.

11) Blissmer, B. & McAuley, E. *Examining the role of perceptions of control, difficulty, and self-efficacy in the Theory of Planned Behavior*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Clearwater, FL, June, 1999.

12) 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.

13) Blissmer, B., Katula, M.A., & 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 for Behavioral Medicine, San Diego, CA, March, 1999.

- 14) McAuley, E., Blissmer, B., & Katula, J., Exercise, aging, and subjective well-being: A latent growth curve analysis. Paper presented at the annual meeting of the Gerontological Society of America, San Francisco, CA, November, 1999
- 15) Marquez, D. X., McAuley, E., Blissmer, B., & Jerome, G. J. *Changing the value of exercise in older adults: Self-efficacy and physical activity influences*. Paper presented at the annual meeting of the Society of Behavioral Medicine, Nashville, TN, March, 2000.
- 16) Blissmer, B., McAuley, E., & Marquez, D. X. *Effort, self-efficacy, and social support influences on feeling states across an exercise trial*. Paper presented at the annual meeting of the Society of Behavioral Medicine, Nashville, TN, March, 2000.
- 17) McAuley, E., Marquez, D., Jerome, G., & Blissmer, B. *Physical activity effects on social support: Generalized or specific*. Paper presented at the annual meeting of the Gerontological Society of America, Washington, DC, November, 2000.
- 18) McAuley, E. Marquez, D. X., Jerome, G. J., & Blissmer, B. *Self efficacy, exercise, and social support in older adults*. Paper presented at the annual meeting of the Society of Behavioral Medicine, Seattle, WA, March, 2001.
- 19) Blissmer, B., & McAuley, E. *Testing the requirements of stages of physical activity among adult: The comparative effectiveness of stage-matched, mismatched, standard care, and control interventions*. Paper presented at the annual meeting of the Society of Behavioral Medicine, Seattle, WA, March, 2001.
- 20) Blissmer, B., & McAuley, E. *Using the processes of change for exercise as predictors within the theory of planned behavior*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, St. Louis, MO, June, 2001
- 21) Blissmer, B. & McAuley, M. *Stages of physical activity, health-related quality of life, and satisfaction with life*. Paper presented at the Annual Meeting of the Society of Behavioral Medicine, Washington, DC, March 2002.
- 22) Greene, G., Riebe, D., Ruggiero, L., Caldwell, M., & Blissmer, B. *A home-based, healthy lifestyle weight management program*. Paper presented at the Annual Meeting of the Society of Behavioral Medicine, Washington, DC, March 2002.
- 23) Ward, R. M., Blissmer, B., Riebe, D., Rossi, J. S., Johnson, J. L., Broomfield, R., Meier, K. S., & Prochaska, J. O. *Applying the transtheoretical model to exercise using a population of adolescents*. Paper presented at the Annual Meeting of the Society of Behavioral Medicine, Washington, DC, March 2002.
- 24) Blissmer, B., & McAuley, E. *Predicting quality of life outcomes from a lifestyle activity intervention: Impact of self-efficacy and activity level*. Paper presented at the Annual Meeting of the North American Society for the Psychology of Sport and Physical Activity, Baltimore, MD, June 2002.
- 25) Riebe, D., Ruggiero, L., Blissmer, B., Stillwell, K.M., Greene, G., & Caldwell, M. (2002). *Comparison of two healthy weight maintenance interventions*. Paper presented at the American

College of Sports Medicine Annual Meeting, San Francisco, June 2002.

26) Blissmer, B., Riebe, D., Ruggiero, L., Greene, G., & Caldwell, M. *2 year changes in health-related quality of life: effects of a 6-month clinical weight management program*. Paper presented at the Annual Meeting of the Society of Behavioral Medicine, Salt Lake City, UT, March 2003.

27) Riebe, Greene, G., Caldwell, M., Blissmer, B., Ruggiero, L., & Ferrone, C. (2003). *Long-term maintenance of weight loss following a behaviorally-based clinical program*. Paper presented at the American College of Sports Medicine Annual Meeting, San Francisco, May 2003.

28) Blissmer, B. *Untangling intentions within the theory of planned behavior: an analysis of four models*. Paper presented at the Annual Meeting of the North American Society for the Psychology of Sport & Physical Activity, Savannah, GA, June 2003.

29) Riebe, D., Morrell, C. A., Ward, C. L., Blissmer, B., Maher, J. F. (2004). *The effects of exercise order on the perceptual responses to cardiovascular and resistance exercise*. Paper presented at the American College of Sports Medicine Annual Meeting, Indianapolis, May 2004.

30) Blissmer, B., McAuley, E. (2004). *Physical self-worth: The differential role of social physique anxiety in men and women*. Paper presented at the American College of Sports Medicine Annual Meeting, Indianapolis, May 2004.

31) Menard, J. R., Riebe, D., Braun, C. M., Blissmer, B., Smith, H. E., Patterson, R. B., & Lamont, L. (2004). *Long-term benefits of a supervised vascular exercise program*. Paper presented at the American College of Sports Medicine Annual Meeting, Indianapolis, May 2004.

32) Carpenter C, Greene G, Balestracci K, Blissmer B, Reibe D, Kresge D, Melanson K. *Evaluating Non-Diet and Healthy Eating Interventions in College Students*. *Obes Res* 2005; 13 Suppl: A200.

33) Dye, G., Rossi, J, Blissmer, B., Velicer, W., Redding, C., Riebe, D., Meier, K., Johnson, J., & Prochaska, J. (2006) *Validation and reliability of processes of change measures for exercise in an adolescent sample*. Paper presented at the Annual Meeting of the Society of Behavioral Medicine, San Francisco, March 2006.

34) Dye, G., Redding, C., Rossi, J, Blissmer, B., Riebe, D., Meier, K., Velicer, W., & Prochaska, J. (2006) *Validation and reliability of the decisional balance, self-efficacy, and family support measures for exercise in parents*. Paper presented at the Annual Meeting of the Society of Behavioral Medicine, San Francisco, March 2006.

35) Riebe, D., Blissmer, B., Greene, G., Caldwell, M., & Stillwell, K. (2006) *The effects of gender in a healthy lifestyle weight management intervention*. Paper presented at the American College of Sports Medicine Annual Meeting, Denver, May 2006.

36) Brown, J.D., Manfredi, T.G., Blissmer, B. (2006) *Effect of Telemetric Data on 17k Time Trial Performance in Trained Cyclists* Paper presented at the American College of Sports Medicine Annual Meeting, Denver, May 2006.

37) Blissmer, B., Prochaska, J.O., Velicer, W.F., & Paiva, A. (2007). *Are successful self-*

changers different than individuals that change with the help of an intervention? Paper presented at the Annual Meeting of the Society of Behavioral Medicine, Washington, DC, March 2007.

38) Velicer, W.F., Prochaska, J.O., Redding, C.A., Rossi, J.S., Greene, G.W., Pavia, A., Robbins, M.L., & Blissmer, B. (2008). Prediction of smoking outcome from subtypes with the precontemplation stage of change. Paper presented at the Annual Meeting of the Society of Behavioral Medicine, San Diego, CA, March 2008.

39) Blissmer, B. "Psychological correlates and consequences of engaging in exercise in older adults." Paper presented as part of Symposium on "Aging and Physical Activity" at the New England ACSM Conference, Providence, RI, November, 2008

40) Creeden, C., Redding, C., Paiva, A., Blissmer, B., Burditt, C., Dimond, E., & Robbins, M. "Stages of change, pros, efficacy, moderate and vigorous physical activity in an African American community sample." Paper presented at the Annual Meeting of the Society of Behavioral Medicine, Montreal, CA, April 2009.

41) Blissmer, B., Clark, P., Riebe, D., Greene, G.W., & Lee, F. (2009). Re-recruiting intervention "successes" for an active maintenance intervention encouraging physical activity and healthy eating in older adults: The SENIOR II Project. Paper presented at the Annual Meeting of the American Public Health Association, Philadelphia, PA, November 2009.

42) Blissmer, B., Beebe, S., & Riebe, D. (2009). An accurate and feasible field test for estimating health promotion effects on fitness: Predicting cardiorespiratory fitness in men using a simple three minute assessment. Paper presented at the Annual Meeting of the American Public Health Association, Philadelphia, PA, November 2009.

43) Barte, J., ter Bogt, N., Bogers, R., Teixeira, P., Blissmer, B., Mori, T., & Bemelmans, W. Maintenance of weight loss after lifestyle interventions for overweight and obesity, as systematic review. Paper presented at International Obesity Society. February 2010.

44) Blaney, C., Robbins, M., Paiva, A., Redding, C., Rossi, J.S., Blissmer, B., Burditt, C., & Oatley, K. (2010). Validation of the TTM decisional balance and self-efficacy measures for exercise in an adult African American sample. Paper presented at the Annual Meeting of Society of Behavioral Medicine, Seattle, WA, April 2010.

45) Blaney, C., Robbins, M., Paiva, A., Redding, C., Rossi, J.S., Blissmer, B., Burditt, C., & Oatley, K. (2010). Validation of the TTM processes of change measure for exercise in an adult African American sample. Paper presented at the Annual Meeting of Society of Behavioral Medicine, Seattle, WA, April 2010.

46) Blissmer, B., McAuley, E., & Hall, K.S. (2011). Impacts of physical activity on global quality of life. Paper presented at the Annual Meeting of the Society of Behavioral Medicine, Washington, DC, April 2011.

47) Velicer, W., Redding, C., Blissmer, B., Meier, K., Babbin, S., Bickmore, T., & Johnson, J. (2011). Using relational agents in interventions for multiple risk factors. Paper presented at the Annual Meeting of the Society of Behavioral Medicine, Washington, DC, April 2011.

48) Riebe, D., Blissmer, B.J., Stamm, K.E., Garber, C.E., Lees, F.D., Greene, G.W., & Clark,

P.G. (2011). The longitudinal effect of obesity on physical activity and physical function in older adults. Paper presented at the Annual Meeting of the American College of Sports Medicine, Denver, CO, June 2011.

49) Riebe, D., Blissmer, B. (2012). Obesity and psychological well-being: Physical activity, obesity, and quality of life. Paper presented at the World Congress on Physical Activity and Aging, August 2012.

50) Velicer, W., Redding, C.A., Blissmer, B., Babbin, S.F., Paiva, A., Bickmore, T., & Johnson, J. (2013). Using Relational Agents in Tailored Interventions for Multiple Risk Factors: Preliminary 12 Month Results. Paper presented at the Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA, April 2013.

E. GRANTS, SCHOLARSHIPS, AND AWARDS

E.1 ACTIVE FUNDED GRANTS

Co-investigator (Wayne Velicer, PI): "Online Tailored Interventions & Relational Agents for Exercise and Sun Protection (2007-2011) Proposal submitted to the National Institutes of Health. Awarded: \$2,470,690

E.2 PREVIOUSLY FUNDED GRANTS

Principal Investigator: "Psychological Outcomes of Lifestyle Activity." (2001). Funded by the University of Rhode Island Council for Research, Proposal Development Grants. Awarded: \$2920.

Co-Investigator (Colleen Redding, PI): "Home Computer Programs for Parents for Six Cancer Risk Behaviors". (2001-2003). Senate Appropriation awarded through the Centers for Disease Control and Prevention. Awarded: \$2,568,000.

Principal Investigator: "Developing an intervention for increasing physical activity in sedentary adults." (2001-2004). Proposal funded by the National Institutes of Health as part of the BRIN network (see below). Awarded: \$294,871.

Co-Investigator (Zahir Shaik, PI): "Enhancement of Biomedical Research in Rhode Island." (2001-2004). Proposal funded by the National Institutes of Health. Total award: \$7,600,000

Co-Investigator (James Prochaska, PI): "Innovation for Substance Abuse Prevention and Early Intervention" (2003-2005). Funded by the Robert Wood Johnson Foundation. Awarded: \$275,231.

Co-investigator (Wayne Velicer, PI): "Computerized population programs for cancer risks". (2001-2006). Proposal funded by the National Cancer Institute. Awarded: \$4,356,921.

Co-investigator (Geoffrey Greene, PI): "Healthy Weight Management in the Latino Population." (2006-2007). Funded by the URI College of the Environment and Life Sciences Community Access to Research and Extension Services Initiative. Awarded: \$100,000.

Principal Investigator: "Multiple Behavior Change for Cancer Prevention." (2005-2010).
Proposal funded by the American Cancer Society. Awarded: \$589,000

Co-investigator (Geoffrey Greene, PI): "Behavior change for obesity prevention in young adults."
(2005-2009). Proposal funded by the USDA National Research Initiative. Awarded:
\$1,127,707.

Co-investigator (James Prochaska, PI): "Maintenance in Multiple Behaviors with Emphasis on
Aging." (2006-2010). Proposal funded by the National Institutes of Health (NIA). Awarded:
\$738,000.

Co-investigator (Phil Clark, PI): "Maintaining Exercise and Healthy Eating in Older Adults."
(2006-2011) Proposal funded by the National Institutes of Health (NCI and NIA). Awarded:
\$1,890,692

E.3 PENDING GRANTS

E.4 UNFUNDED GRANTS

Co-investigator (Phil Clark, PI): "Development of the Rhode Island Multidimensional Resilience
Index (RIMRI)". Proposal submitted to the National Institutes of Health. Requested: \$275,000.

Co-investigator (James Prochaska, PI): "Tailored Communication Research for Cancer
Prevention." Proposal submitted for a Center of Excellence in Cancer Communication to the
National Cancer Institute. Requested: \$11,121,525.

Co-Investigator (Carol E. Garber, PI): "Effects of Exercise on Fatigue in Patients with
Parkinson's Disease". Proposal submitted to the National Institutes of Health. Requested:
\$200,000.

Principal Investigator: "Multiple Behavior Change for Cancer Prevention." Proposal submitted to
the National Cancer Institute. Requested: \$579,249.

Co-investigator (Deborah Riebe, PI): "Efficacy of a Home-based Weight Management Program."
Proposal submitted to the National Institutes of Health. Requested: \$3,478,156.

Co-investigator (James Prochaska, PI): "Multiple Behaviors and Levels for Population
Cessation." Proposal Submitted to the National Institutes of Health. Requested: \$2,031,277

Co-investigator (Wayne Velicer, PI). "Matching Behavior Communication Channel to the
Person." Proposal submitted to the National Institutes of Health (NCI). (2006-2011). Requested:
\$1,110,000.

Co-investigator (James Prochaska, PI): "Weight Management Tailored Interventions and
Counseling for Diabetes." Proposal submitted to the National Institutes of Health (NIDDK).
(2006-2011). Requested: 3,509,550.

Co-investigator (James Prochaska, PI). "Comparing Multiple Behavior Change Services for a
Population of Smokers". Proposal submitted to the National Institutes of Health. Requested:

\$2,400,000.

Co-investigator (Phil Clark, PI). “The Rhode Island Community-Academic Resilience Partnership (RICARP).” Proposal submitted to the National Institutes of Health. Requested: \$ 3,717,606.

Co-investigator (James Prochaska, PI). “Changing Multiple Behaviors in Adolescents & Parents to Prevent Cancer”. Proposal submitted to the National Institutes of Health. Requested: \$2,378,000.

E.5 SCHOLARSHIPS

National Merit Scholarship

University of Illinois, Laura J. Huelster Travel Scholarship, 1999 (\$185)

University of Illinois, Graduate College Conference Travel Grant, 1999 (\$225)

University of Illinois, Laura J. Huelster Travel Scholarship, 1998 (\$100).

University of Miami, Ohio, Graduate Summer Scholarship, 1997 (\$1600).

E.6 FELLOWSHIPS, AWARDS, & HONORS

Certificate in Primary Care Behavioral Health, Awarded from University of Massachusetts Medical School, 2011

Faculty Fellow, Rhode Island Geriatric Education Center, 2007

Fellow, Advanced Training Institute in Health Behavior Theory Course, sponsored by National Cancer Institute and the Office of Behavioral and Social Sciences Research, Summer 2006

Fellow, Physical Activity and Public Health Research Course sponsored by the Centers for Disease Control and Prevention, September 2005

Recipient, National Institutes of Health Clinical Loan Repayment Program Award, 2005-2007

Fellow, Summer Institute for the Design and Conduct of Randomized Clinical Trials Involving Behavioral Interventions, NIH and Office of Behavioral and Social Science Research, Summer 2003

Society of Behavioral Medicine Citation Abstract, 2003

Sociology of Sport Journal Outstanding Article Award, 2001

Society of Behavioral Medicine Outstanding Dissertation Award, 2001

T.K. Cureton Physical Fitness Research Award, 1999

F. PROFESSIONAL MEMBERSHIPS

North American Society for the Psychology of Sport and Physical Activity

American College of Sports Medicine

Society of Behavioral Medicine

American Public Health Association

Co-founder of Physical Activity Primary Special Interest Group

Secretary of Physical Activity Primary Special Interest Group, 2006-2010