

Samantha M. Harden, PhD, 500-RYT

Curriculum Vitae

Integrated Life Sciences Building (e) harden.samantha@vt.edu
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Blacksburg, VA 24060

I. Education

Ph.D., Human Nutrition, Foods, and Exercise, Virginia Tech, Blacksburg, VA
Specialization: Behavioral and Community Track
Dissertation: Group Dynamics in Physical Activity Promotion: Research, Theory & Practice
Chair: Paul A. Estabrooks, PhD

B.Sc., Biology, Bridgewater College, Bridgewater, VA
Specialization: Health & Wellness

II. Positions

July 2020-
Present **Associate Professor with Tenure/ Exercise Extension Specialist**
Department of Human Nutrition, Foods, and Exercise
Virginia Tech

Nov 2020-
Present **President**
Thoracic Park Concepts, Inc.

Aug 2014-
July 2020 **Assistant Professor/ Exercise Extension Specialist**
Department of Human Nutrition, Foods, and Exercise
Virginia Tech

Nov 2018-
Present **Resident Research Co-Director**
Obstetrics and Gynecology,
Carilion Clinic

Aug 2013-
Aug 2014 **Postdoctoral Fellow**
Psychology of Exercise, Health, and Physical Activity Lab
School of Kinesiology
University of British Columbia

July 2012-
Aug 2013 **Postdoctoral Fellow**
Department of Human Nutrition, Foods, and Exercise
Virginia Tech

Aug 2008-
June 2012 **Graduate Research Assistant**
Department of Human Nutrition, Foods, and Exercise
Virginia Tech

III. Grants, Publications, & Presentations

Bold indicates self, * indicates student

Grants

Current

Lim, Harden, Lee, Kim, Nussbaum co-Investigator
Socially-Connected and Ability-Aware Online Physical Training for Older Adults
ICTAS EFO Opportunity Seed Investment Grant

The major goal of this project is to investigate ergonomically sound exercise protocols for older adults that can be delivered through artificial intelligence.

Harden, Guerin, Rabin, Glasgow, Estabrooks 3/22/2021-6/1/2021 Principal Investigator
National Institute for Occupational Health and Safety (NIOSH)

The major goal of this project is to understand dissemination and implementation science methods, measures and practice for NIOSH projects and products and, ultimately, build internal capacity to integrate this approach to public health.

Good D & Harden SM (MPI) 9/1/2018-8/31/2023 Principal Investigator
NIH/NIDDK
Translational Obesity Undergraduate Research Scholars (TOURS)

The major goal of this project is to train a diverse group of undergraduate researchers across the translational spectrum and launch them on a career trajectory in obesity, diabetes, digestive, or kidney disorders.

Hosig K et al. 9/30/2018-9/29/2023 co-
Investigator
Centers for Disease Control and Prevention
Empowering Healthy Lifestyles to Reduce Obesity in Petersburg, Virginia

The major goals of this project are to leverage community partnerships to offer physical activity and healthy eating interventions and reduce obesity prevalence in a high obesity community.

R01 Arcoleo (PI) 7/1/2019-6/30/2024 co-
Investigator
NIH NHLBI
School-Based Asthma Therapy (SBAT) to Reduce Disparities in Childhood Asthma: Pragmatic Process and Program Implementation Evaluation

The specific aims are to: 1) Perform a Hybrid Type II implementation-effectiveness trial of the

SBAT program. 2) Conduct an evaluation of the SBAT implementation methods and process. 3) Develop a multi-faceted national dissemination strategy for the SBAT program (using the PCORI Dissemination and Implementation framework and Toolkit) targeting caregivers and their children, healthcare providers, school administrators and personnel, hospitals, physician-hospital organizations (PHOs), insurers, and the National Association of School Nurses to showcase this innovative model of care delivery and integration and ensure its sustainability and acceptance.

Completed

1. Serrano E and the Family Nutrition Program. EFNEP and SNAP-Ed programming for Virginia. USDA. 10/1/2018-9/30/2021
2. Dunsmore, Gatto, Cooper, Brown, Harden, Briganti, Stamper, Elliott, Porter. Building BERT: A Brief Emotion Regulation Training Program for College Students. Institute for Creativity, Arts, and Technology. \$35,000. 11/ 2019- 8/14/2020
3. Barber C, Harden SM. LIFT in Suffolk. Optima Health, Department of Medical Assistance Services (DMAS). \$500.
4. Balis L*, Sowatey G, Ansong-Gyimah K, Ofori E, **Harden SM**. Older Ghanaian adults' perceptions of physical activity: an exploratory, qualitative study. University of Wyoming Center for Global Studies Faculty International Research Grant, 2017-2018.
5. **Harden SM**. Center for Gerontology Faculty Affiliate Development Grant. *Translation of a group dynamics-based, strength-training program for older adults*. Summer 2017. Total: \$5,000
6. Balis L*, Balzan, J, **Harden SM**. John P. Ellbogen Foundation Wyoming Communities, Agriculture, and Rural Living Project Fund. \$11,824 for *LIFT Wyoming: Improving the Health of Rural Older Adults*. Fall 2017
7. Balis L, **Harden SM**. *Integrating Physical Activity Programming in University of Wyoming Extension*. University of Wyoming: College of Health Sciences, Faculty Development in Interprofessional Care & Aging Mini-Grants. Role: PI *Advisee dissertation work
8. Alie, K, Stevens J, Harden SM. Physical activity promotion in schools. CDC1305 Grant and Virginia Department of Health and Family Nutrition Program.
9. McCrickard S, **Harden SM**, Horning M. *Building communities of fitness: Sensing and sharing toward better health*. Special Project on Human-Centered Smart Environments. Institute for Creativity, Arts, and Technology. July 1 2016-June 30, 2017. Role: co-PI. Total: \$35,000
10. Huddleston et al. Reducing multi-disciplinary interruptions to improve the patient experience of nighttime sleep. Carilion Foundation Research Seed Grant. March 2016-June 2017. Role: Consultant. \$2,140
11. **Harden SM**, Evans-Hoeker EA. Patient and provider perceptions of the effect of excess pre-conception weight and gestational weight gain, and their willingness to work towards weight optimization. January 2015-July 2015. Fralin Life Science Institute Seed Grant. Role: MPI. Total: \$15,000
12. Leach H, Mama S, **Harden SM**, Bellows L, Fisbeck L. American Cancer Society/SBM Cancer SIG Funding opportunity to stimulate new trans-disciplinary research partnerships. Group dynamics interventions for rural cancer survivors. Summer 2016. \$2,000
13. Katz KR Co-Is: Whitehead P, **Harden SM**, Carter K. Nurse Practitioner Perspectives of End-of-Life Conversations and Challenges: A Mixed Methods Approach. 2014-2015. Waldron College Research Award, Radford University. Role: Co-I. Total: \$1,500
14. **Harden SM**, Doug Harpole, Shauna Manovich, Alicia Everette. Physical Activity at the Northern Virginia 4-H Junior Summer Camp: Present behaviors and future collaboration. Summer 2015. Innovative Programming Awards. Role: PI. Total: \$2,000

15. **Downey SM**, Co-I: Estabrooks PA, Weiss P. Healthy Eating and Activity Readiness for Two (HEART). 7/1/2011-6/30/2012. American Heart Association Pre-Doctoral Fellowship; Mid-Atlantic Region Role: PI. Total: \$23,000
16. **Downey SM**, Chau C, Allen K, Parks S. Increased Movement in African Diaspora Individuals of Virginia (IMA DIVA) Study. 2010-2011. Translational Obesity Research Program Fellowship. Role: PI. Total: \$2,000
17. **Downey SM**, Hess LW, Hess DB, Spotswood L, Estabrooks PA. Cardiovascular Health in Maternal Obstetrical Care. 2009-2010. Virginia Tech Carilion Research Institute Graduate Fellowship. Role: PI. Total: \$30,000

Peer-Reviewed Publications

Bold indicates self; *Indicates advisee, **+** Undergraduate Research TOUR Scholar

97. Balis L, Houghtaling B, **Harden SM**. Using implementation strategies in community settings: An introduction to the Expert Recommendations for Implementing Change (ERIC) compilation and future directions. *Translational Behavioral Medicine*. In Press.
96. Houghtaling B, Englund T, Chen S, Bryant D, Pradhananga N, Kraak VI, Serrano E, **Harden SM**, Davis GC, Misyak S. Supplemental Nutrition Assistance Program (SNAP)-authorized retailers received a low score using the Business Impact Assessment for Obesity and population-level nutrition (BIA-Obesity) tool. *BMC Public Health*. 10.1186/s12889-022-13624-9
95. Daniels B, **Harden SM**, Dysart A*, Balis LE. What does it take: The roles, responsibilities, and fidelity of a prevention support system to build capacity? *Journal of Human Sciences and Extension*.
94. Gatto A, Elliot T, Briganti J, Stamper M, Porter ND, Brown AM, **Harden SM**, Cooper LD, Dunsmore JC. Development and Feasibility of an Online Brief Emotion Regulation Training (BERT) Program for Emerging Adults. *Frontiers in Public Health*, In Press.
93. Strayer T III, Balis LE, Kennedy L, Ramalingam N, Wilson M, **Harden SM**. (2022) Intervention Characteristics Considered in Health Educators' Adoption Decision-Making Process. *Health Education and Behavior*. <https://doi.org/10.1177/10901981211067170>
92. **Harden SM**, Murphy A⁺, Ratliff K⁺, Balis LE. (2021) Message sent, message received: Exploring the Physical Activity Guidelines for Americans information available to older adults. *Journal of Medical Internet Research Formative Research*.
DOI:10.2196/preprints.29153
91. Dysart S*, Balis LE, Daniels B, Harden SM. (2021). Physical activity and public health micro-credentialing program improves competency for health educators. *Frontiers in Public Health*. DOI: 10.3389/fpubh.2021.780618
90. Guerin RJ, **Harden SM**, Rabin BA, Rohlman DS, Cunningham TR, TePoel MR, Parish M, Glasgow RE. (2021). Dissemination and Implementation Science Approaches for Advancing Total Worker Health in the United States. *Int. J. Environ. Res. Public Health*, 18(21), 11050; <https://doi.org/10.3390/ijerph182111050>
89. Steketee A*, Chen S, Nelson R, Kraak V, **Harden SM**. (2021) A mixed-methods study to test a tailored coaching program for health researchers to manage stress and achieve work-life balance. *Translational Behavioral Medicine*. DOI: 10.1093/tbm/ibab134

88. Beauchamp MR, Hulteen R, Ruissen G, Liu Y, Rhodes R, Wierts C, Waldhauser K, **Harden SM** and Puterman E. Online-Delivered Group and Personal Exercise Programs to Support Low Active Older Adults' Mental Health During the COVID-19 Pandemic: Randomized Controlled Trial. *J Med Internet Res*. <http://dx.doi.org/10.2196/30709>
87. Balis L, **Harden SM**. (2021). "Re-planning" a statewide walking program through the iterative use of RE-AIM. *Journal of Physical Activity and Health*. 18(10). <https://doi.org/10.1123/jpah.2021-0034>.
86. Estabrooks PA, Gaglio B, Glasgow RE, Harden SM, Ory MG, Rabin BA, Smith ML. (2021). Editorial: Use of the RE-AIM Framework: Translating Research to Practice with Novel Applications and Emerging Directions *Front. Public Health*, <https://doi.org/10.3389/fpubh.2021.691526>
85. Holtrop JS, Estabrooks P, **Harden SM**, Gaglio B, Kessler R, King D, Kwan BM, Ory M, Rabin B, Shelton RC, Glasgow RE. (2021). Understanding and Applying the RE-AIM Framework: Misconceptions, Clarifications, and Future Directions. *Journal of Clinical and Translational Science*. DOI: <https://doi.org/10.1017/cts.2021.789>
84. **Harden SM**, Balis L, Strayer T III, Wilson ML. (2021). Assess, Plan, Do, Evaluate, and Report: Iterative Cycle to Remove Academic Control of a Community-Based Physical Activity Program. *Preventing Chronic Disease*. 18:200513. DOI: <http://dx.doi.org/10.5888/pcd18.200513>
83. Balis, L, Houghtaling B, Kennedy L, **Harden SM**. (2021). Red, yellow, and green light changes: adaptations to Extension health promotion programs. *Prevention Science*. <https://doi.org/10.1007/s11121-021-01222-x>
82. Howes E, **Harden SM**, Cox H, Hedrick V. (2021) Communicating About Weight in Dietetics Practice: Recommendations for Reduction of Weight Bias and Stigma. *Journal of the Academy of Nutrition and Dietetics*. S2212-2672(21)00063-0. doi: 10.1016/j.jand.2021.01.016
81. Smith ML and **Harden SM**. (2021). Full Comprehension of Theories, Models, and Frameworks Improves Application: A Focus on RE-AIM. *Frontiers in Public Health*. 9:599975. doi: 10.3389/fpubh.2021.599975
80. Beauchamp MR, Liu Y, Dunlop WL, Ruissen GR, Schmader T, **Harden SM**, Wolf SA, Puterman E, Sheel AW, Rhodes RE. (2021). Psychological mediators of exercise adherence among older adults in a group-based randomized trial. *Health Psychology*. 40(3): 166–177. <https://doi.org/10.1037/hea0001060>
79. Balis L, Brown DT, Kesterson H, **Harden SM**. (2021). Move More, Sit Less: Applying the Physical Activity Guidelines for Americans to Extension programs. *Journal of Human Sciences and Extension*. 165-179
78. Balis L, Strayer III T, **Harden SM**. (2021). First things first: Assessing needs, comfort, and role clarity for physical activity promotion. *Journal of Human Sciences and Extension*. 9(1): 123-138.
77. Houghtaling B, Serrano E, Chen S, Kraak VI, **Harden SM**, Davis GC, Misyak S. (2021). Supplemental Nutrition Assistance Program (SNAP)-Authorized Retailers' Perceived Costs to Use Behavioral Economic Strategies to Encourage Healthy Product Sales. *Ecology of Food and Nutrition* 60(2):212-224
76. Steketee A*, **Harden SM**. (2021) Mom Expo: Bridging the Gap Between Local Women and Perinatal Resources. *The Journal of Perinatal Education*. DOI:10.1891/J-PE-D-20-00020
75. Esakia A*, McCrickard DS, **Harden SM**, Horning M, Ramalingam NS*. (2020). Using Smartwatches to Facilitate a Group Dynamics-Based Statewide Physical Activity Intervention. *International Journal of Human-Computer Studies*. 142: <https://doi.org/10.1016/j.ijhcs.2020.102501>
74. **Harden SM**, Steketee A*, Glasgow T, Glasgow RE, Estabrooks PA. (2020). Suggestions for advancing pragmatic solutions for dissemination: Potential updates to evidence-based repositories. *American Journal of Health Promotion*. 890117120934619. doi: 10.1177/0890117120934619

73. Steketee AM, Archibald TG, **Harden SM**. (2020). Adjust your own oxygen mask before helping those around you: An autoethnography of participatory research. *Implementation Science*. 15(70): <https://doi.org/10.1186/s13012-020-01002-1>
72. **Harden SM**, Balis L*, Strayer T III*, Carlson B, Prosch N, Lindsay A, Dzewaltowski DA, Estabrooks PA, Gunter KB. (2020). Strengths, Challenges, and Opportunities for Physical Activity Promotion in the Century-old National Cooperative Extension System. *Journal of Human Sciences and Extension*.
71. Ruissen GR, Liu Y, Schmader T, Lubans DR, **Harden SM**, Wolf SA, Rhodes RE, Estabrooks PA, Dunlop WL, Puterman E, Zumbo BD, Beauchamp MR. (2020) Effects of group-based exercise on flourishing and stigma consciousness among older adults: Findings from a randomized controlled trial. *Applied Psychology Health and Well Being*. doi: 10.1111/aphw.12197.
70. Bhuiyan N, Pritika S, **Harden SM**, Mama SK. (2019). Rural physical activity interventions in the United States: a systematic review and RE-AIM evaluation. *International Journal of Behavioral Nutrition and Physical Activity*. 16:140. <https://doi.org/10.1186/s12966-019-0903-5>
69. **Harden SM**, Strayer TE 3rd, Smith ML, et al. (2019). National Working Group on the RE-AIM Planning and Evaluation Framework: Goals, Resources, and Future Directions. *Front Public Health*. 7:390. Published 2020 Jan 10. doi:10.3389/fpubh.2019.00390
68. VanDerBrink E, Boshra S, **Harden SM**, Oursler KA, Winett R, Davy B. (2020). Adapting the “Resist Diabetes” Resistance Training Intervention for Veterans. *Translational Journal of the American College of Sports Medicine*. DOI: 10.1249/TJX.000000000000118
67. Houghtaling B, Serrano E, Dobson L, Kraak VI, **Harden SM**, Davis G, Misyak S. (2020). Perceptions of Rural SNAP-Authorized Food Store Owners and Managers About Healthy Product Availability. *Journal of Nutrition Education and Behavior*. 52(2):171-179. doi: 10.1016/j.jneb.2019.09.023
66. Wilson KE, Estabrooks PA, **Harden SM**, Taggart AE*, Almeida F, Schoepke L, McGuire T. (2020). The impact of pairing a wearable movement tracker with an online community weight loss intervention. *Translational Journal of the American College of Sports Medicine*. DOI: 10.1249/TJX.000000000000116
65. Strayer III T*, Kennedy L, Balis L, Ramalingam N, Wilson M, **Harden SM**. (2019). Cooperative Extension gets moving, but how? Exploration of Extension Health Educators’ Sources and Channels for Information-Seeking Practices. *American Journal of Health Promotion*. Provisional acceptance. August 30, 2020. DOI: 10.1177/0890117119879606
64. **Harden SM**, Washburn L, Berg A, Pena-Purcell N, Norman-Burgdorf H, Franz N. (2019). A brief report on a facilitated approach to connect Cooperative Extension Southern Region state-level health specialists. *Journal of Human Sciences and Extension*. 8(1): 191-205.
63. **Harden SM**, Steketee A*, Kelliher R*, Mason K, Fitzwater Boyle N. (2019). Using a studio-academic partnership to advance public health within a pragmatic yoga setting. *Journal of Primary Care and Community Health*. doi.org/10.1177/2150132719874621
62. Selph King E, Moore CJ, Wilson HK, **Harden SM**, Davis M, Berg AC. (2019). Mixed methods evaluation of implementation and outcomes in a community-based cancer prevention intervention. *BMC Public Health*. 5;19(1):1051. doi: 10.1186/s12889-019-7315-y.
61. Houghtaling B, Serrano E, Dobson L, Chen S, Kraak VI, **Harden SM**, Davis GC, Misyak S. (2019). Rural independent and corporate Supplemental Nutrition Assistance Program (SNAP)-authorized store owners' and managers' perceived feasibility to implement marketing-mix and choice-architecture strategies to encourage healthy consumer purchases. *Translational Behavioral Medicine*. 1;9(5):888-898. doi: 10.1093/tbm/ibz091.
60. Balis L*, **Harden SM**. (2019). Scaling out a 4-H Healthy Meeting Initiative: Challenges in Implementation and Comprehensive Evaluation. *Journal of Nutrition Education and Behavior*. doi.org/10.1016/j.jneb.2019.05.288

59. Balis L*, Marshall C, Malcolm A, **Harden SM**. (2019). Goat Yoga: Preliminary Implications for Health, Agriculture, and 4-H. *Journal of Extension*. 57(3):3IAW4.
58. Strayer T III*, Balis LE*, **Harden SM**. (2019). Partnering for Successful Dissemination: How to improve public health with the National Cooperative Extension Service. *Journal of Public Health Management and Practice*. doi: 10.1097/PHH.0000000000001025
57. Evans-Hoeker E, Ramalingam NS*, **Harden SM**. (2019). Weight Management Perceptions and Clinical Practices among Gynecology Providers Caring for Reproductive Aged Patients. *Obesity Science & Practice*. 304-311. DOI: 10.1002/osp4.338
56. Glasgow RE, **Harden SM**, Gaglio B, Rabin BA, Smith ML, Porter GC, Ory MG, Estabrooks PA. (2019). RE-AIM Planning and Evaluation Framework: Adapting to New Science and Practice with a Twenty-Year Review. *Frontiers in Public Health- Public Health Education and Promotion*. <https://doi.org/10.3389/fpubh.2019.00064>
55. Estabrooks PA, **Harden SM**, Almeida FA, Hill JL, Johnson SB, Greenawald MH. (2019). Using Integrated Research-Practice Partnerships to Move Evidence-Based Principles Into Practice. *Exercise and Sport Sciences Review*. doi: 10.1249/JES.0000000000000194
54. Balis L*, Sowatey G, Ansong-Gyimah K, Ofori E, **Harden SM**. (2019). Older Ghanaian adults' perceptions of physical activity: an exploratory, mixed methods study. *BMC Geriatrics*. 19:85. <https://doi.org/10.1186/s12877-019-1095-1>
53. Balis LE*, John DH, **Harden SM**. (2019). Beyond Evaluation: Using the RE-AIM Framework for Program Planning in Extension. *Journal of Extension*. 57(2). 2TOT1.
52. Leach H, Mama S, **Harden SM**. (2019). Group-based exercise interventions for increasing physical activity in cancer survivors: a systematic review of face-to-face randomized and non-randomized trials. *Supportive Care in Cancer*.
51. Ramalingam NS*, Strayer III T*, Breig SA*, **Harden SM**. (2019). How Are Community Health Workers Trained to Deliver Physical Activity to Adults?—A Scoping Review. *Translational Journal of the American College of Sports Medicine*. 4(6); 34-44. doi: 10.1249/TJX.0000000000000081
50. **Harden SM**, Ramalingam NS*, Breig SA*, Estabrooks PA. (2019). Walk this Way: Our Perspective on Challenges and Opportunities for Extension Statewide Walking Promotion Programs. *Journal of Nutrition Education and Behavior*. pii: S1499-4046(19)30001-6. doi: 10.1016/j.jneb.2018.12.010.
49. Houghtaling B, Serrano E, Kraak VI, **Harden SM**, Davis GC, Misyak S. (2019). A Systematic Review of Factors that Influence Food Store Owner and Manager Decision Making and Ability or Willingness to Use Choice Architecture and Marketing Mix Strategies to Encourage Healthy Consumer Purchases in the United States, 2005-2017. *International Journal of Behavioral Nutrition and Physical Activity*. 16:5. <https://doi.org/10.1186/s12966-019-0767-8>
48. Leach HJ, Covington KR, Voss C, Lebreton KA, **Harden SM**, Schuster SR. (2019). Effect of Group Dynamics-Based Exercise Versus Personal Training in Breast Cancer Survivors. *Oncology Nursing Forum*. *Oncol Nurs Forum*. 1;46(2):185-197. doi: 10.1188/19.ONF.185-197.
47. Balis LE*, Strayer TE*, Ramalingam NS*, **Harden SM**. (2018) Beginning with the End in Mind: Contextual Considerations for Scaling-Out a Community-Based Intervention. *Frontiers in Public Health* 6:357. doi: 10.3389/fpubh.2018.00357.
46. Bennett E, Hurd Clarke L, Wolf S, Dunlop WL, **Harden SM**, Liu Y, Estabrooks PA, Rhodes RE, Beauchamp MR. (2018) Older adults' experiences of group-based physical activity: A qualitative study from the GOAL randomized controlled trial. *Psychology of Sport & Exercise*. 39, 184 – 192. <https://doi.org/10.1016/j.psychsport.2018.08.017>
45. **Harden SM**, Lindsay A, Gunter K. (2018) How to Leverage Your State's Land Grant Extension System: Partnering to Promote Physical Activity. *Translational Journal of the American College of Sports Medicine*. 3(15): 113-118.

44. **Harden SM**, Smith ML, Ory MG, Smith-Ray RL, Estabrooks PA, Glasgow RE. (2018). RE-AIM in clinical, community, and corporate settings: Perspectives, strategies, and recommendations to enhance public health impact. *Frontiers in Public Health – Public Health Education and Promotion*. <https://doi.org/10.3389/fpubh.2018.00071>
43. Wilson ML,* Strayer TE III*, Davis R, **Harden SM**. (2018). Informed adaptations of a strength-training program through a research-practice partnership. *Frontiers in Public Health*. 6:58. <https://doi.org/10.3389/fpubh.2018.00058>
42. Burke SM, Tomasone JR, Scime NV, Ma JK, **Harden SM**, Wolfe DL, and The SCIRE Research Team. (2018). Physical activity self-management interventions for adults with spinal cord injury: Part 2 – Exploring the generalizability of findings from research to practice. *Psychology of Sport and Exercise*. 49(1).
41. Wilson ML*, Strayer T III*, Davis R, **Harden SM**. (2018). Use of an integrated research-practice partnership to improve outcomes of a community-based strength-training program for older adults: Reach and Effect of Lifelong Improvements through Fitness Together (LIFT). *International Journal of Environmental Research and Public Health*. 31;15(2). pii: E237. doi: 10.3390/ijerph15020237.
40. Beauchamp MR, Dunlop WL, Ruissen GE, Estabrooks PA, **Harden SM**, Wolf SA, Liu Y, Schmader T, Puterman E, Sheel AW, Rhodes RE. (2018). GrOup based physical Activity for oLder adults (GOAL) randomized controlled trial: Exercise adherence outcomes. *Health Psychology*. 37(5):451-461. doi: 10.1037/hea0000615.
39. Balis L*, Strayer III T*, Ramalingam NS*, Wilson M*, **Harden SM**. (2018). Open-Access Physical Activity Programs for Older Adults: A Pragmatic and Systematic Review. *The Gerontologist*. <https://doi.org/10.1093/geront/gnx195>
38. **Harden SM**, Ramalingam NS*, Wilson KE, Evans-Hoeker E. (2017). Informing the development and uptake of a weight management intervention for preconception: a mixed-methods investigation of patient and provider perceptions. *BMC Obesity*. 4:8. doi:10.1186/s40608-017-0144-6.
37. Everette A*, Brooks A, Ramalingam NS*, Powell T, Eaton R, Serrano E, **Harden SM**. (2017). An Integrated Research–Practice Partnership for Physical Activity Promotion in a Statewide Program. *Translational Journal of the American College of Sports Medicine*. 2(11), 57-67.
36. Esakia A*, **Harden SM**, McCrickard DS, & Horning M. (2017). FitAware: Channeling Group Dynamics Strategies with Smartwatches in a Physical Activity Intervention. In *Proceedings of the 2017 CHI Conference Extended Abstracts on Human Factors in Computing Systems* (pp. 2551-2559). ACM.
- NOTE:** In the field of computer science, full papers published in the proceedings of the top-ranked, highly selective conferences, are viewed as equally (if not more) important than journal articles. These are highly peer-reviewed (with typical acceptance rates ranging from 15% to 30%) and are considered archival publications.
35. Wilson KE, **Harden SM**, Taggart AE*, Schoepke L, Mcguire T, Estabrooks PA. (2017). Adding an Activity Tracker to An Ongoing Community-based Weight-loss Program: Preliminary Results of an RCT. *Medicine & Science in Sports & Exercise*. 49(5S), 493-494.
34. Estabrooks PA, Wilson KE, McGuire TJ, **Harden SM**, Ramalingam NS*, Schoepke L., ... & Bayer AL. (2017). A Quasi-Experiment to Assess the Impact of a Scalable, Community-Based Weight Loss Program: Combining Reach, Effectiveness, And Cost. *Journal of General Internal Medicine*. 32(1), 24-31. doi: 10.1007/s11606-016-3971-0
33. **Harden SM**, Lindsay A, Everette A*, & Gunter KB. (2016). Systematic Review of Physical Activity Objectives in Extension Strategic Plans: Findings and Implications for Improved Public Health Impact. *Journal of Extension* 54(5), n5.

32. Whitehead P, Ramalingam NS*, Carter K, Katz K, **Harden SM**. (2016). Nurse practitioners' perspectives on the Preferences About Serious Illness instrument. *Journal of Hospice and Palliative Nursing*. 18(4).
31. Pinard CA, Shanks CB, **Harden SM**, & Yaroch AL. (2016). An integrative literature review of small food store research across urban and rural communities in the US. *Preventive Medicine Reports*. 3, 324-332.
30. Hill J, Wilson K, **Harden SM**, Almeida FA, Linnan L, Estabrooks PA. (2016). Does worksite social capital enhance retention into a worksite weight-loss programme?. *Obesity Science & Practice*. DOI: 10.1002/osp4.31.
29. **Harden SM**, Johnson SB, Almeida FA, Estabrooks PA. (2016). Improving physical activity program adoption using integrated research-practice partnerships: an effectiveness implementation trial. *Translational Behavioral Medicine: Practice, Policy and Research*. 10.1007/s13142-015-0380-6.
28. Johnson SB, **Harden SM**, Estabrooks PA (2016). Uptake of evidence-based physical activity programs: comparing perceptions of adopters and nonadopters. *Translational Behavioral Medicine: Practice, Policy and Research*. DOI:10.1007/s13142-015-0371-7
27. McEwan D, **Harden SM**, Zumbo BD, Sylvester BD, Kaulius M, Ruissen GR, Dowd AJ, Beauchamp MR. (2016). The effectiveness of multi-component goal setting interventions for changing physical activity behaviour: a systematic review and meta-analysis. *Health Psychology Review*. 13:1-22.
26. **Harden SM**, Gaglio B, Shoup JA, Kinney KA, Johnson SB, Brito F, Blackman KCA, Zoellner JM, Hill JL, Almeida F, Glasgow RE, Estabrooks PA. (2015). Fidelity to and comparative results across behavioral interventions evaluated through the RE-AIM framework: A systematic review. *Systematic Reviews*. 4(1):155. DOI: 10.1186/s13643-015-0141-0.
25. **Harden SM**, McEwan D, Sylvester BD, Ruissen G, Kaulius M, Burke SM, Estabrooks PA, Beauchamp, MR. (2015). Understanding for whom, under what conditions, and how group based physical activity interventions are successful: A realist review. *BMC Public Health*.15(1):958. DOI: 10.1186/s12889-015-2270-8.
24. Wilson KE, **Harden SM**, Almeida FA, You W, Hill JL, Goessl C, & Estabrooks PA. (2016). Brief self-efficacy scales for use in weight-loss trials: Preliminary evidence of validity. *Psychological assessment*. 28(10), 1255.
23. Dowd AJ, **Harden SM**, Beauchamp MR. (2015). Supporting Healthy Lifestyles Among Adolescent Girls: Mentors' Perceptions. *American Journal of Health Behavior*. 39(5):698-708. DOI: 10.5993/AJHB.39.5.11.
22. Beauchamp MR, **Harden SM**, Wolf SA, Rhodes RE, Liu Y, Dunlop W, Schmader T, Sheel AW, Zumbo BD, Estabrooks PA. (2015). Group based physical Activity for Older adults (GOAL) randomized controlled trial: Study protocol. *BMC Public Health*. DOI:10.1186/s12889-015-1909-9
21. **Harden SM**, You W, Allen K, Almeida FA, Hill JL, Linnan L, Estabrooks PA. (2015). Does successful weight-loss in an internet-based worksite weight loss programs improve employee presenteeism and absenteeism? *Health Education and Behavior*. DOI: 10.1177/1090198115578751
20. Byker CB & **Harden SM**. (2015). Utilizing the RE-AIM Framework to Evaluate the Scope of a Weekend Food Assistance Program for Children in Montana. *American Journal of Health Promotion*. <http://dx.doi.org/10.4278/ajhp.140116-QUAL-28>
19. Almeida FA, You W, **Harden SM**, Allen KC, Davy BM, Glasgow RE, Hill JL, Linnan LA, Wall SS, Yenerall J, Zoellner, JM, Estabrooks PA. (2015). Effectiveness of a Worksite-based Weight Loss Randomized Controlled Trial: The WORKSITE Study. *Obesity*. DOI: 10.1002/oby.20899.

18. Zoellner J, You W, Almeida F, Allen KCA, **Harden SM**, Glasgow RE, Linnan L, Hill J, Estabrooks P. (2015). The Influence of Health Literacy on Reach, Retention, and Success in a Worksite Weight Loss Program. *American Journal of Health Promotion*. doi: 10.1177/0890117116639558.
17. Dowd AJ, **Harden SM**, Beauchamp MR. (2015). Adolescent girls' experiences in the Go Girls! group-based lifestyle mentoring program. *American Journal of Health Behavior*. 39(2), 266-275.
16. Pinard CA, Byker C, **Harden SM**, Carpenter LR, Serrano EL, Schober DJ, Yaroch AL. (2014). Influences on Food Away From Home Feeding Practices among English and Spanish Speaking Parent-Child Dyads. *Journal of Child and Family Studies*. DOI: 10.1007/s10826-014-0011-8.
15. **Harden SM**, Estabrooks PA, Mama S, Lee RE. (2014). Longitudinal analysis of minority women's perceptions of cohesion: the role of cooperation, communication, and competition. *International Journal of Behavioral Nutrition and Physical Activity*. 11:57 DOI:10.1186/1479-5868-11-57.
14. **Harden SM**, Fanning J, Motl R, McAuley E, Estabrooks PA. (2014). Determining the reach of a home-based physical activity program for older adults within the context of a randomized controlled trial. *Health Education Research*. 29(5):861-9. DOI: 10.1093/her/cyu049. Epub 2014 Aug 13.
13. Galaviz K, **Harden SM**, Almeida F, Allen KC, Be⁹⁻¹⁵⁹⁻¹³rrey M, Mama S, Smith E, Lee RE & Estabrooks PA. (2014). Physical activity promotion in Hispanic populations: A systematic review on issues of internal and external validity. *International Journal of Behavioral Nutrition and Physical Activity*. 11:77 DOI:10.1186/1479-5868-11-77
12. **Harden SM**, Beauchamp MR, Pitts BH, Nault EM, Davy B, You W, Weiss P, Estabrooks PA. (2014). Group-Based Lifestyle Sessions for Gestational Weight Gain Management: A mixed method approach. *American Journal of Health Behavior*. 38(4):560-9. DOI:10.5993/AJHB.38.4.9.
11. **Harden SM**, Almeida FA, You W, Davis GC, & Estabrooks PA. (2014). Community Physical Activity Program- time requirements and delivery. *Revista Familia, Ciclos de Vida e Saude no Contexto Social* (online). 2(2):70-7.
10. Sharma A, Dee D, **Harden SM**. (2014). Adherence to breastfeeding guidelines and maternal weight 6 years after delivery. *Pediatrics* (Supplement).134 Suppl 1:S42-9. DOI:10.1542/peds.2014-0646H.
9. Almeida FA, Wall SS, You W, **Harden SM**, Hill JL, Krippendorf BE, Estabrooks PA. (2014). The association between worksite physical environment and employee nutrition, and physical activity behavior and weight status. *J Occup Environ Health*. 56(7):779-84. DOI: 10.1097/JOM.000000000000180.
8. Davy B, You W, Almeida G, Wall S, **Harden SM**, Comber D, Estabrooks P. (2014). Impact of Individual and Worksite Environmental Factors on Water and Sugar-Sweetened Beverage Consumption Among Overweight Employees. *Preventing Chronic Disease*. 11:130207. doi: 10.5888/pcd11.130207.
7. Davy BM, Potter KL, Dennis Park EA, **Harden SM**, Hill J, Halliday TM, Estabrooks PA. (2013) Feasibility, effectiveness, and perceptions of an Internet- and incentive-based behavioral weight loss intervention for overweight and obese college freshmen: A mixed methods approach. *Open Journal of Preventive Medicine*. 3(7):429-440.
6. **Harden SM**, Burke SM, Haile AM, Estabrooks PA. (2013). Generalizing the findings from Group Dynamics-Based Physical Activity Research to Practice Settings: What do we know? *Evaluation and the Health Professions*. 38(1):3-14. DOI: 10.1177/0163278713488117. Epub 2013 May 28.
5. **Harden SM**, Allen K, Chau C, Parks S, Zanko A. (2012). Experiential Learning in Graduate Education: Development, Delivery, and Analysis of an Evidence-Based Intervention. *Creative Education*. 3: 649-657. DOI: 10.4236/ce.2012.35095.

4. Zoellner J, Krzeski E, **Harden SM**, Cook E, Allen K, Estabrooks PA. (2012). Qualitative application of the Theory of Planned Behavior to understand beverage behaviors among adults. *Journal of the Academy of Nutrition and Dietetics*. 112(11):1774-84.
3. Estabrooks PA, **Harden SM**, Burke SM (2012). Group Dynamics in Physical Activity Promotion: What works? *Social and Personality Psychology Compass*. 6:18-40.
2. Beauchamp M, Dunlop W, **Downey SM**, Estabrooks PA. (2012). First impressions count: Perceptions of surface-level and deep-level similarity within postnatal exercise classes and implications for program adherence. *Journal of Health Psychology*. 17:87-99.
1. **Downey SM**, Wages J, Jackson SF, Estabrooks PA (2012). Adoption decisions and implementation of a community-based physical activity program A mixed methods study. *Health Promotion Practice*. 13(2), 175-182. doi.org/10.1177/1524839910380155

Peer-reviewed Manuscripts Under Review:

1. Stecher C, Pfisterer B, **Harden SM**, Epstein D, Hirschmann JM, Wunsch K, Buman M. Assessing the Pragmatic Nature of mHealth Interventions Promoting Physical Activity: A Systematic Review and Meta-Analysis. *Translational Behavioral Medicine, Conditional Acceptance*.
2. Strayer TE, Balis L, Harden SM. Dissemination in Extension: Health Specialists' Information Sources and Channels for Health Promotion Programing. *Health Promotion Practice*.
3. Edwards F, Zagarese V, Tulk S, Tulk MH, **Harden SM**, Parker S. Designing healthcare for human use: Building a foundation for synergies in implementation science and human factors. *Frontiers in Public Health*. *Frontiers in Public Health*.
4. **Harden SM**, Balis L, Armbruster S, Estabrooks PA. A natural experiment to determine if FitEx works: Impact of a statewide walking program. *Translational Behavioral Medicine*.
5. Houghtaling B, Misyak S, Dombrowski RD, Holston D, Singleton CR, McKinley E, Serrano E, Harden, SM. Using the Exploration, Preparation, Implementation, and Sustainability (EPIS) framework to advance the science of healthy food retail (Under Review: *Translational Behavioral Medicine*).
6. Houghtaling B, Serrano E, Englund T, Kraak VI, **Harden SM**, Davis GC, Misyak S. An examination of prevalent Supplemental Nutrition Assistance Program (SNAP)-authorized chain retailers in the United States, California, and Virginia to inform Large-Scale healthy food retail initiatives. *Preventative Medicine Reports*.
7. Gatto A, Nelson R, Chen S, **Harden SM**. Evidence-Informed Solutions for Racism in Academia: Use of the Multiple Streams Framework. *American Journal of Public Health*.
8. Evans-Hoeker E, Rudd M, Murchison A, Sharp H, **Harden SM**. Resident Research Programs: Current practices and new methods. *Academic Medicine*.

Peer-reviewed Manuscripts In Preparation:

1. **Harden SM**, Gunter KB, McGirr K, Baker S. Integrating physical activity guidelines in nutrition education curriculum: A report for updating the exercise evidence of Eating Smart, Being Active. *Journal of Nutrition Education and Behavior*.
2. Estabrooks PA, **Harden SM**, Galaviz K. Effectiveness-Implementation Hybrid Designs Using RE-AIM: Observations and Recommendations. *Journal of Behavioral Nutrition and Physical Activity*.
3. **Harden SM**, Bowman C⁺, Smith O⁺, Leach H, Mama SK. A brief report on characteristics of and opportunities for delivering and measuring open-access yoga for older adults. *Journal of Physical Activity and Health*.

4.

Book chapters

1. Harden SM, Burke SM. Social Support in Exercise Settings. In S. Petruzzello (Ed.) Handbook of Sport and Exercise Psychology, Volume 2. American Psychological Association). pgs. 551-567.
2. Estabrooks PA, **Harden SM**, Johnson SB, Pardo KA. Group Integration Interventions in Exercise: Theory, Practice, and Future Directions. In Beauchamp M & Eys M. Group Dynamics in Exercise and Sport Psychology, 2nd Edition. Routledge; London and New York.
3. Estabrooks PA, **Downey SM**, and Allen KC. (2012). The RE-AIM Framework. In M. Gellman & J.R. Turner (Eds.). The Encyclopedia of Behavioral Medicine. New York, NY. Springer Publishing.

Reports

1. The QUERI Roadmap for Implementation and Quality Improvement. Resource Guide, *Reviewer*. 2020.
2. The Food and Fitness Initiative! Program Evaluation Final Report. *Advisor*. 2015.

Peer-Reviewed Extension Publications

1. Teen Cuisine. Physical Activity updates to each lesson. 2018
2. Healthy Eating and Being Active As We Age. Physical activity updates. June 2018.
3. Gunter KB, **Harden SM**. Eating Smart, Being Active. 2017 Updates to the Curriculum's Physical Activity Components: All chapters.
4. Family Nutrition Program and Virginia Cooperative Extension. Move More! Exercise Series: Development, direction of all physical activity components. March 2016.
5. Chase M, Harden SM. Physical Activity. Master Food Volunteer Notebook. March 2017.
6. Teaching Physical Activity within the Virginia Family Nutrition Program. June 2016.

Non-Peer-Reviewed Extension Publications

1. Harden SM, Gregg M. ZiZo: Zoom In and Out of Movement. HNFE-964NP. March 2021.
2. **Harden SM**, Abston T, Hubbard M*. Water Aerobics. Extension Publication HNFE-516
3. Breig SA* and **Harden SM**. Move More, Sit Less. Reduction of sedentary time and stress throughout the day. Extension Publication HNFE-487NP.
4. **Harden SM**, Everette A*. Fitting Fitness in at Home. HNFE-509NP
5. **Harden SM**. Physical Activity Break: Cardio Pyramid. Five-minute aerobic exercise routine for Extension programming. HNFE-354NP
6. Goodwin S. Eat Well, Age Well: Get Moving! Contributions and review. HNFE-293NP. December 2015.

REFEREED POSTERS AND PRESENTATIONS

Invited Keynote Presentations

1. **Harden SM**. Establishing a Strong D&I Research Agenda: Where to start and what to consider "first"?. Invited Speaker for the Translating Effective Interventions into Practice: An Interactive, Pragmatic Workshop for T3-T4 Research. Omaha, NE, August 2017.
2. **Harden SM**. Research-Practice Partnerships for Physical Activity and Dietary Health Promotion: What, why, how...and Does it Work? Early Career Investigator Invited Talk, International Society for Behavioral Nutrition and Physical Activity. Victoria, B.C., Canada,

June, 2017.

3. **Harden SM**. Cooperating to Improve Physical Activity Behaviors: Extending into Rural America Keynote Speaker, Rural Cancer Control Meeting. May 2017.
4. **Harden SM**. Measuring context: Practical measures for assessing correlates of adoption and implementation. Dissemination & Implementation Science Workshop: Key Factors for Developing Strong Grant Proposals. Sponsored: CENTRIC (Center for Patient, Family, and Community Engagement in Chronic Care Management), The Great Plains IDeA-CTR and the College Of Public Health Department of Health Promotion. Omaha, NE, August 2018.

Invited Peer-Reviewed Tutorial Lecture

1. Goodrich DE, Stoutenberg M, Chambers D, **Harden SM**, Campbell-Scherer D, Castro-Sweet C. ACSM/SBM Co-Sponsored Symposium: Dissemination & Implementation of Evidence-based Physical Activity & Lifestyle Interventions. Invited tutorial. American College of Sports Medicine. Minneapolis, MN, June 2018.
2. Gunter KB, Lindsay A, **Harden SM**⁺. Squat, Curl, Flexion, EXTENSION: How the USDA Promotes Physical Activity. 2017 Annual Meeting, World Congress on Exercise is Medicine[®], and World Congress on The Basic Science of Exercise and the Brain. Denver, CO. May 2017. ⁺Chair

Pre-Conference Workshop

1. Harden, S., Steketee, A., and Smith, B. (2019). A breath of fresh air: How to integrate breathing techniques for ourselves and those we serve. Workshop at the annual meeting of the North American Primary Care Research Group International Conference on Practice Facilitation to be held June 26-27, in Bethesda, Maryland.
2. Estabrooks PA, **Harden SM**, Kessler R, Glasgow RE. Applying the RE-AIM Framework to Intervention Planning and Evaluation. Society of Behavioral Medicine Annual Meeting. Philadelphia, PA. April 2014.
3. Stoutenberg M, **Harden SM**, Estabrooks PA. The Foundations of Implementation Science: Topics, Outcomes, & Methods. Society of Behavioral Medicine Annual Meeting. San Diego, CA. April 2017.

Peer-Reviewed Panel or Symposium

1. Panel Chairs: Mama S, Galaviz K. Presenters: Lee RE, Mama SK, Galaviz KI, Harden SM, Estabrooks PA. Physical Activity Promotion among Mexicanos and Mexican Americans: Context, application, and future directions. International Society of Behavioral Nutrition and Physical Activity, Ghent, Belgium, June 2013.

Poster and Paper Presentations

1. Courtney, RE, Cannizzo, F, Dezzutti, BP, Darnall, B, Elmore, D, **Harden SM**. PREVAIL: Development of a Whole Health Interdisciplinary Evaluation of Chronic Pain in a Rural VA Medical Center. Pain Week 2022 in Las Vegas, NV.
2. Hicks, N, **Harden, SM**, Oursler, KA, Courtney, RE. Determining the Representativeness of Participants in a Whole Health Interdisciplinary Chronic Pain Program (PREVAIL) in a VA Medical Center: Who Did We Reach? Pain Week 2022 in Las Vegas, NV
3. Islam MS, Sayani M, **Harden SM**, Lee SW, Lim S. An Observational Study Investigating Verbal Communication Differences in Online vs. In-person Group Exercise Training. 66th Annual Meeting of the Human Factors and Ergonomics Society in Atlanta, Georgia, 2022
4. Eacho B, Harden SM. More Than a Fitness Studio: The role of collegiate recreation group exercise programs in undergraduate student wellbeing. Virginia Recreational Sports Association State Workshop. October 2021, Virtual.

5. Brow K, Pesce M, Ganjineh B, Armbruster S, Harden SM. Informing a weight management intervention for endometrial cancer survivors: A RE-AIM-based brainwriting premortem. 14th Annual Conference on Science of Dissemination and Implementation, Virtual, December 14-16, 2021.
6. Coury MM, Sysawang KA, Byrns ML, Gatto AJ, Harden SM, Dunsmore JC (2021, November). Considerations for Methodological Integrity and Participant Safety when Transitioning Qualitative Focus Group Method to a Virtual Platform. Poster accepted to the Association for Behavioral and Cognitive Therapies Annual Convention, New Orleans, LA.
7. Macrea M, Castillo M*, Martin TJ, Oursler K, Harden SM. A Qualitative Study of Preferences and Barriers to Home Exercise in Patients with Chronic Obstructive Pulmonary Disease and Obstructive Sleep Apnea or Overlap Syndrome. *Am J Respir Crit Care Med* 2021;203:A4752. Internet address: www.atsjournals.org
8. Gatto A, Chen S, Nelson R, Harden SM. Application of the Multiple Streams Framework to Mitigate Racism in Academia and Advance BIPOC Scientists. Society for Prevention Research 29th Annual Meeting, Addressing Racism and Disparities when Considering Biology and Context, Virtual Program. June 2021.
9. Balis L, Dysart A, Daniels B, Oker H, Harden S. Setting the "PACE": Initial feasibility and reach of the Physical Activity in Cooperative Extension training. Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Virtual, April 12-16, 2021 (abstract accepted)
10. Balis L, Kennedy L, Houghtaling B, Harden SM. Red, yellow, and green light changes: Adaptations to extension health promotion programs. 13th Annual Conference on Science of Dissemination and Implementation, Washington, D.C., December 2020.
11. McGuire M, Carrington AC, Hahn J, Kennedy L, Harden SM, O'Keefe K, Serrano E, Misyak E. Healthy Eating and Staying Active as We Age Curriculum: Pilot Initial Efficacy. Society of Nutrition Education and Behavior.
12. Steketee A*, Archibald T, Harden SM. Adjust Your Own Oxygen Mask Before Helping Those Around You: An Autoethnography of Participatory Research. 16th International Congress of Qualitative Inquiry. Urbana, IL. May 2020.
13. Asenso EJ*, Trotter S, **Harden SM**. Evaluation of E.A.S.Y – A Healthy Lifestyle Program for Undergraduate Students with Ethnic Minority Backgrounds. Society of Behavioral Medicine. San Francisco, CA. April 2020.
14. Dove L, Harden SM, Rafie C, Jiles K, Johnson SB. Implementation of Diabetes Self-Management and Strength Training Programs for Older Adults: A Post-Trial Qualitative Study. Implementation of Diabetes Self-Management and Strength Training Programs for Older Adults: A Post-Trial Qualitative Study. North American Primary Care Research Group. Toronto, ON, CA. November 2019.
15. Balis L*, Strayer T*, Ramalingam N*, **Harden SM**. Beginning with the End in Mind: Contextual Considerations Before, During, and After Program Delivery. Society of Behavioral Medicine. Washington, D.C., USA. April 2019.
16. Rice A*, Strayer T*, Gunter K, **Harden SM**. Comparison of Physical Activity Behaviors and Value of Physical Activity Among Community-Based Health Educators. 2018 Annual Biomedical Research Conference for Minority Students. November 14-17, 2018. Indianapolis, IN.
17. Strayer III T*, Ramalingam N*, **Harden SM**. Mixed-methods exploration of how key intermediaries engage in dissemination within a national health promotion delivery system (poster). 11th Annual Conference on Science of Dissemination and Implementation, Washington, D.C., December 2018.
18. Gunter, K, Harden, S., Lindsay, A, John, D, Ball, S, Satterlee, D, Morgan, K. Promoting Physical Activity Via Cooperative Extension: What do the Data Tell Us? Annual Meeting, World Congress

- on Exercise is Medicine®, American College of Sports Medicine. Minneapolis, MN, May 29-June 2, 2018.
19. Ruissen GR, **Harden SM**, Wolf SA, Sheel AW, Rhodes RE, Estabrooks PA, Schmader T, Dunlop WL, Puterman E, Liu Y, Beauchamp MR. Group-based physical activity for older adults: Functional fitness and physical health outcomes in a randomized controlled trial. North American Society for the Psychology of Sport and Physical Activity. Denver, CO, USA. Jun 21-23 2017.
 20. Dove L, Wilson ML*, **Harden SM**, Johnson SB. Resistance training as Diabetes Prevention Program alternative for older adults. Carilion Clinic Research Day. Roanoke, VA. April 2018.
 21. Porter GC, Wilson K, **Harden SM**, Almeida F, McGuire T, Kleppe L, Estabrooks P. Effects of adding an activity tracker to an ongoing community-based weight-loss program. Paper Session, International Society of Behavioral Nutrition and Physical Activity, Hong Kong, China, June 2018.
 22. Gunter K, Harden SM, Lindsay A. Promoting physical activity via cooperative extension. American College of Sports Medicine. Minneapolis, MN. May 2018.
 23. Balis L*, Sowatey G, Ansong-Gyimah K, Ofori E, **Harden SM**. A mixed methods approach to understanding older Ghanaian adults' perceptions of physical activity. Association for International Agricultural and Extension Education, Merida, Mexico, April 2018
 24. **Strayer III T***, Kennedy L, Balis L, Ramalingam N, Wilson M, **Harden SM**. Cooperative extension gets moving, but how?: Exploration of the modes of dissemination for health promotion. 10th Annual Conference on Science of Dissemination and Implementation Co-sponsored by AcademyHealth and the National Institute of Health; 2017 December; Arlington, VA
 25. Allen, T, Henshaw S, Markham C, Mitchell T, Altice N, Jennings C, Spradlin C, **Harden SM**, Mays J, Assenat E, Carter K. A Team Approach to Address Interruptions to Patient's Nighttime Sleep. Virginia Nurses Association Staffing Summit, Hot Springs VA. Peer-Reviewed Poster presented by T Allen.
 26. Allen T, Altice N, Assenat E, Henshaw S, Jennings C, Markham C, Mays J, Mitchell T, Spradlin, C, **Harden SM**, Carter K. Reducing multidisciplinary interruptions to improve the patient experience of nighttime sleep. Carilion Clinic Nursing Research Conference. November 9, 2017. Peer-reviewed Podium Presentation by C Markham. Academy of Med-Surg Nurses (AMSN) Convention. October 12-15, 2017. Peer-reviewed Poster by T Mitchell. Carilion Clinic Research Day. Roanoke, VA. 2017, April 11. Peer-reviewed Poster by C Markham and N Altice. Evidence Based Practice Symposium, Virginia Commonwealth University, Richmond VA. 2017, April 7. Peer-reviewed Podium by C Markham and T Mitchell.
 27. **Harden SM**, Smith-Ray R, Dzewaltowski DA, Estabrooks PA, Glasgow RE. How to D&I tools for D&I work: The iterative development of a planning tool for using the RE-AIM framework. Poster presentation at the 10th Annual Conference on the Science of Dissemination & Implementation Co-sponsored by AcademyHealth and the National Institutes of Health, Arlington, VA. December 2017.
 28. Johnson SE, Dove L, Wilson M*, **Harden SM**. Implementation strategy adaptations for fitness programming to support diabetes prevention among older adults: Clinic-community stakeholder needs assessment. Poster presentation at the 10th Annual Conference on the Science of Dissemination & Implementation Co-sponsored by AcademyHealth and the National Institutes of Health, Arlington, VA. December 2017.
 29. Ramalingam, N.*, **Harden, S.M.** Impact of local leadership: Does decentralized delivery impact participant health outcomes? Poster presentation at the 10th Annual Conference on the Science of Dissemination & Implementation Co-sponsored by AcademyHealth and the National Institutes of Health, Arlington, VA. December 2017.

30. Markham C, Mitchell T, Allen T, Altice N, Assenat E, Henshaw S, Jennings C, Mays J, Harden S, Carter K. Accepted for April 7, 2017. Reducing multidisciplinary interruptions to improve the patient experience of nighttime sleep. Podium presentation at Evidence Based Practice Symposium, Virginia Commonwealth University, Richmond VA.
 31. Carter K, Mays J, Harden SM. Reducing multidisciplinary interruptions to improve the patient experience of nighttime sleep. Carilion Clinic Research Day.
 32. Esakia A*, **Harden SM**, Horning M, McCrickard D.S. FitAware: Channeling Group Dynamics Strategies with Smartwatches in a Physical Activity Intervention. CHI Precision Conference.
 33. Wilson KE, **Harden SM**, Taggart AE*, Schoepke L, McGuire T, PA Estabrooks. Adding an Activity Tracker to an Ongoing Community-Based Weight-Loss Program: Preliminary Results of an RCT. American College of Sports Medicine Annual Meeting. Denver, Colorado. May 2017.
 34. Leach HJ, Mama SK, **Harden SM**. Are we harnessing the power of the group? A systematic review of face-to-face physical activity interventions in cancer survivors. American Society of Preventive Oncology. Austin, TX. May 18-21, 2017.
 35. **Harden SM**, Ramalingam N*, and the Physical Activity Leadership Team of VCE. Building System-Wide Capacity to Reach Those in Need of Intervention: A Collaborative Partnership Approach to Understanding Uptake and Sustainability of Physical Activity Promotion in a Statewide and National System. Oral presentation at the Annual Meeting of Dissemination and Implementation Science. Washington, DC. December 2016.
 36. Ramalingam N*, **Harden SM**. Obtaining T3 data using a sequential, transformative mixed methods approach: What's contributing to the adoption-implementation gap? Poster presentation at Annual Meeting of Dissemination and Implementation Science. Washington DC, USA. December 2016.
 37. MacGhee M*, Strayer T*, **Harden S**. If You Build It, Will the Target "They" Come?: Reach, Representativeness, and Retention of Older Adults in a Community-Based Strength Training Program. Annual Conference on the Science of Dissemination and Implementation. Washington DC, USA. December 2016.
 38. Exercise is Medicine Community Subcommittee. Exercise Is Medicine (EIM) For Community Health: Linking Clinics And Communities Through Cooperative Extension. American College of Sports Medicine. Boston, Massachusetts, USA. June 2016.
 39. **Harden SM**. Using the RE-AIM Framework for Planning, Implementation and Evaluation. National Health Outreach Conference. Roanoke, VA, USA. April 2016.
 40. Ramalingam N*, Evans-Hoeker E, Tonismae T, **Harden SM**. Providers' perceptions of preconception strategies for weight management. Society of Behavioral Medicine. Washington, D.C., USA. April 2016.
 41. Everette A*, Ramalingam N*, **Harden SM**. Observed Lack of Physical Activity at 4-H Camp: Implications for policy and practice. Society of Behavioral Medicine. Washington, D.C. April 2016.
 42. Brooks AN, **Harden SM**, Everette A*, Midkiff J, Serrano E. Move More, Virginia! Promoting Physical Activity to EFNEP Participants and Staff. National Expanded Food and Nutrition Education Program (EFNEP) Conference. Arlington, VA. March 2016.
 43. Ramalingam N*, Evans-Hoeker E, Tonismae T, **Harden SM**. Providers' perceptions of preconception strategies for weight management. Carilion Clinic Research Day. Roanoke, VA, USA. April 2015.
- *Meritorious student abstract award; Advisee
44. Tonismae T, Harden SM, Ramalingam N, Evans-Hoeker E. Current obstetrics and gynecology provider weight management practices and opportunities for improvement. Carilion Clinic Research Day. Roanoke, VA, USA. April 2015.
 45. **Harden SM**, McEwan D, Sylvester B, Ruissen G, Kaulius M, Burke SM, Estabrooks PA, Beauchamp

- MR. Understanding for whom, under what conditions, and how group-based physical activity interventions are successful: A realist review. International Society of Behavioral Nutrition and Physical Activity. Edinburgh, Scotland. June 2015.
46. McEwan D*, **Harden SM**, Sylvester B, Ruissen G, Kaulius M, Dowd AJ, Zumbo B, Beauchamp MR. A Meta-Analytic Review of the Effects of Goal Setting on Physical Activity Behavior. Society of Behavioral Medicine. San Antonio, TX. April 2015.
- *Meritorious student abstract award.
47. **Harden SM**, Dowd AJ, Beauchamp MR. Mentors' perceptions of an ongoing health promotion program for adolescent girls. Canadian Society for Psychomotor Learning and Sport Psychology. London, Ontario, CA. October 2014.
 48. **Harden SM**, Johnson SB, Estabrooks PA. Comparing health educators' perceptions of community-based physical activity programs: A qualitative analysis of adopters and non-adopters. Poster presented at the Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity. Ghent, Belgium. May 2013.
 49. **Harden SM**, Galaviz K, Smith E, Almeida FA, Allen KC, Berrey M, Mama S, Lee RE, Estabrooks PA. Physical activity interventions among Hispanics: A RE-AIM Review. Symposium talk presented at the Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity. Ghent, Belgium, May 2013.
 50. Hill JL, **Harden SM**, Almeida FA, Estabrooks PA. Does social capital and social cohesion enhance retention in a worksite weight loss program? Symposium talk presented at the Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity. Ghent, Belgium. May 2013.
 51. Zoellner JM, You W, Almeida FA, Allen KC, **Harden SM**, Estabrooks PA. Does employee health literacy status influence enrollment, retention, and success in a worksite weight loss program? Symposium talk presented at the Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity. Ghent, Belgium. May 2013.
 52. **Harden SM**, Burke SM, Haile AM, Estabrooks PA. Generalizing the findings from Group Dynamics-Based Physical Activity Research to Practice Settings: What do we know? Annual Meeting of the Society of Behavioral Medicine. San Francisco, CA. March 2013.
 53. **Harden SM**, Pitts BH, Nault EM, Estabrooks PA. Limiting Excessive Gestational Weight Gain: Care provider and patient perspectives. The Science of Eliminating Health Disparities: NIH Summit. Washington, D.C. December 2012.
 54. **Harden SM**, Estabrooks PA, Mama S, Lee RE. Predicting minority women's perceptions of cohesion in physical activity groups: The role of cooperation, communication, and competition. Annual Meeting of the Society of Behavioral Medicine. New Orleans, LA. April 2012.
 55. Chappell DG, Carrington AC, Cole L, Garth J, Gehrt K, Haile AM, **Harden SM**, Thurston J, Young K, Estabrooks PA. Fit Extension: Increasing Physical Activity and Healthy Eating in Virginia. Virginian Dietetics Association Regional Meeting and Virginia Cooperative Extension Research Symposium. Blacksburg, VA. March 2012.
 56. **Downey SM**, Estabrooks PA, Hess LW, Hess DB, Spotswood LM. (2011). Conceiving a translatable standard for obese, prenatal care: Influences of Group Dynamics in a Group Visit Model. Annual Meeting of the Society of Behavioral Medicine. Washington, D.C. April 2011.
 57. **Downey SM***, Estabrooks PA (2010). Evidence-based principles and adaptations to a community physical activity program: Perceptions of community health professionals. Paper presented at the Annual Meeting of the Society of Behavioral Medicine. Seattle, WA. April 2010.
- *Meritorious student abstract award.
58. Potter K, **Downey SM**, Davy B, Estabrooks P (2010). Fit Freshmen: A mixed methods approach to developing weight control strategies for 1st year college students. Annals of Behavioral

- Medicine, B-070, S89. Annual Meeting of the Society of Behavioral Medicine, April 2010.
59. **Downey SM***, Wages J, Estabrooks P, Jackson S. What leads to the choice of delivering a community physical activity program? Annual Meeting of the Society of Behavioral Medicine, April 2009.
- *Honorable Mention Physical Activity Special Interest Group Student Research Award.
60. **Downey SM**, Wages J, Estabrooks P, Jackson S. What leads to the choice of delivering a community physical activity program? Graduate Student Assembly Research Symposium, March 2009.

Advised Undergraduate Research Assistants' Presentations

1. Oker H, Harden SM. The Physical Activity Guidelines for Americans: A Pragmatic Exploration of Online Dissemination, Delivery, and Training During COVID-19. Translational Obesity Undergraduate Research Scholar. VT Undergraduate Research Summer Symposium. Summer 2020.
2. Smith O, Harden SM, Mama SK, Leach H. A Scoping Review of Open-Access Yoga Interventions for Older Adults. Translational Obesity Undergraduate Research Scholar. VT Undergraduate Research Summer Symposium. Summer 2019.
3. Yu-Shan A, Breig S*, Strayer T*, Hedrick V, **Harden SM**. If I wanted to walk the walk, could I? Perceptions of access and availability of community resources while participating in a statewide walking program. Translational Obesity Undergraduate Research Scholar. VT Undergraduate Research Summer Symposium. Summer 2018.
4. Rice A*, Strayer T*, Gunter K, **Harden SM**. Comparison of Physical Activity Behaviors and Value of Physical Activity Among Community-Based Health Educators. 2018 Annual Biomedical Research Conference for Minority Students. November 14-17. Indianapolis, IN and the VT MAOP Research Day. 2018
5. Creighton M, Wilson M*, **Harden SM**. Will improved preparatory material increase agent adoption rates?: Assessing the confidence levels and adoption rates of VCE agents delivering the LIFT Program. Fralin Research Symposium. 2017
6. Amos CA, Strayer III TE*, **Harden SM**. Do personal characteristics have an effect on Cooperative Extension agents' willingness to participate in an interview on intervention dissemination? Translational Obesity Undergraduate Research Scholar. Summer 2017.
7. Wei M, Ramalingam NS, **Harden SM**. Does one size fit "all?": Exploration of the magnitude of effect of a statewide physical activity in white vs nonwhite populations. Translational Obesity Undergraduate Research Scholar. Summer 2017.
8. Giradlo Herrera D*, **Harden SM**. Integrating Physical Activity in Cooperative Extension: Master Food Volunteer Curriculum Updates. Translational Obesity Undergraduate Research Scholar. Summer 2016.
9. Keye S*, MacGhee M*, Ramalingam N*, **Harden SM**. The Implementation of Physical Activity into Communities Using Evidence Based Programs. Multicultural Academic Opportunities Program Summer 2016.
10. Fuchs R*, Everette A*, Ramalingam N*, **Harden SM**. Systemic Evaluation of Physical Activity Level of Youth at Northern Virginia 4H Camp. Translational Obesity Undergraduate Research Scholar. Summer 2015.

Webinars and outreach

1. **Harden SM**, Armbruster SA. Christine Phillips Foundation (Yoga for Cancer Patients and Caretakers). Blog post: Keep Moving, Together: Lessons from two years of participatory research for rural endometrial cancer survivors.
2. RE-AIM.org Webinar Series: RE-AIM is 20 Years Old: Adapting to New Science and Practice. RE-AIM.org, April 2019; Yoga Kernels: Using the RE-AIM Model to Disseminate Mindfulness; Beginning With the End in Mind: Using RE-AIM to Guide Program Planning, Implementation, and Evaluation; Reflections from the field: RE-AIMERS reflect on annual D&I meeting- January 2018; The Future of RE-AM: Conjecture, Propositions, and Random Pontification
3. Mindful Meetup Webinar Series. March – July 2020. Virginia Cooperative Extension. Setting up home for telework; Healthy snacks at home and creative social distancing ideas; How to move at home while gym is closed; Relaxation or meditation techniques; Reduce screen time; Chair yoga and stretches for prolonged sitting; Self-care; Role modeling; Fun exercises with kids!; All levels “break down” of sun salutations Tai Chi; Healthy Social Media Use at Home; Creative writing/journaling techniques + metta meditation Stress management techniques (Power posing)- quarantine and beyond and Meditation + Movement; 30 minute yoga flow; Mantras + Movement- What is it? How can we practice them? Why are they important?; Support + Movement; Journal prompts; Gentle yoga flow; Coloring for stress reduction
4. Survivors Exercise Together: The Benefits of Movement During COVID-19. Foundation for Women’s Cancer. May 2020
5. The myth, the legend... The pelvic floor. Trebel Wellness. Feb 2019.
6. Introduction to Dissemination Strategies. Black College Institute. June 2019.
7. 4H Mindfulness Tools. 4H Summer Camp, June 2019.
8. Harden SM, Byker Shanks C. A Reach, Effectiveness, Adoption, Implementation, Maintenance Evaluation of Weekend Backpack Food Assistance Programs. Author Webinar Series. American Journal of Health Promotion, October 2016.

Press Releases, News, and Interview

1. Washington TOP News (WTOP). How to build healthy habits this summer. June 18, 2022. <https://wtop.com/health-fitness/2022/06/how-to-get-active-and-build-some-healthy-habits-this-summer/>
2. Virginia Cooperative Extension goes digital, explores new pathways for content delivery. May 2020 https://vtnews.vt.edu/articles/2020/05/ext-extension-goes-digital.html?utm_source=cmpgn_news&utm_medium=email&utm_campaign=vtUnirelNewsDailyCMP_052820-f%2Fs
3. Harden SM. Virginia Tech researcher appointed to National Research Institute’s advisory panel. <https://vtnews.vt.edu/articles/2020/12/cals-Harden-PCORI-panel-appointment.html>
4. Harden SM. Making Space and Time for Activity. VCE Newsletter. May 2019.
5. Phillips S, Rosenberg D, Harden S, Trinh L. 5 Easy Ways to Get More Active. Society of Behavioral Medicine. Available at: <https://www.sbm.org/healthy-living/5-easy-ways-to-get-more-active>
6. Good D, **Harden SM**. Advancing science, changing lives: processors provide an obesity undergraduate research program. Oct. 9, 2018.
7. **Harden SM**. Understanding the benefits of Yoga. Good Day, Virginia. Virginia First, WFXR. June 21, 2018.

8. Loeffler A. Virginia Cooperative Extension's Family Nutrition Program is excited to announce free resources to help Virginians participate in the Move More, Virginia! campaign. URL: <https://vtnews.vt.edu/articles/2016/03/cals-movemorevirginia.html>
9. National Extension Association of Family and Consumer Sciences (NEAFCS) Community Health and Wellness, Impact 2018. Increasing physical activity (Wyoming outcomes).

IV. Advising and Teaching Experience Mentoring

Current, Chair

1. Morgan Gregg. MS. Anticipated Spring 2022.
2. Susanna (Anna) Dysart. PhD. Anticipated Spring 2022.

Completed, Chair

4 MS and 5 PhD, August 2014-December 2020

1. Abby Stekettee, PhD, MPH. (cf. Fall 2020). Methods, paradigms, and practices: Advancing Dissemination and Implementation Science.
2. Becky Eacho, MS. (cf. Spring 2020). More Than a Fitness Studio: The role of collegiate recreation group exercise programs in undergraduate student wellbeing.
3. Thomas Strayer, PhD (cf. Spring 2019). Dissemination of Health Promotion Information in Cooperative Extension: A multi-study exploration of channels, sources, and characteristics that influence intervention uptake. Spring 2019. Award: Trainee Scholarship, 2017 Patient-Centered Outcomes Research Institute Annual Meeting – “Delivering Results, Informing Choices.” Position: Clinical/Translational Research Coordinator, Vanderbilt University Medical Center.
4. Meghan Wilson, PhD (cf. Spring 2018). Improving the functional fitness of older adults through Lifelong Improvements through Fitness Together (LIFT): Use of an integrated research-practice partnership approach in community and clinical settings. Position: Assistant Professor, Bluefield College and The Edward Via College of Osteopathic Medicine.
5. NithyaPriya Ramalingam, PhD (cf. Spring 2018). Exploration of training as an implementation strategy to promote physical activity within community settings: research, theory, and practice. Spring 2018. Position: Postdoctoral Research Associate, Oregon Health Sciences University.
6. Laura Balis PhD (cf. Spring 2018). Physical Activity Promotion for Older Adults in Extension through Domestic and International Efforts. Position: Health Educator, University of Wyoming Extension
7. Andrey Esakia. Master of Science (cf. April 2017). Smartwatch Centered System for Facilitating Group Processes of Small Teams in a Statewide Health Promotion Program. Position: PhD student, Computer Science.
8. Alicia Everette, Master of Science (cf. December 2016).. An integrated research-practice partnership to explore and develop physical activity resources within a statewide program. 2017 Outstanding Master's Student of the College of Agriculture and Life Sciences.
9. Anna Taggart, Master of Science (cf. May 2016). Uptake of a wearable activity tracking in a community-based weight-loss program.

Completed, Committee Member

1. Ayron Walker, MS, Human Nutrition, Foods, and Exercise. Advisor: Vivica Kraak, RD, PhD
2. Kristina Jiles, PhD, Human Nutrition, Foods, and Exercise. Advisor: Carlin Rafie, RD, PhD
3. Maryam Yuhas, PhD, Human Nutrition, Foods, and Exercise. Advisor: Jamie Zoellner, RD, PhD

4. Andrey Esakia, PhD, Computer Science. Advisor: Scott McCrickard, PhD
5. Emily VanDerBrink, MS, Human Nutrition, Foods, and Exercise. Advisor: Brenda Davy, RD, PhD
6. Mi Zhou, PhD, Human Nutrition, Foods, and Exercise. Advisor: Vivica Kraak, RD, PhD
7. Tim FitzPatrick, MS, Human Nutrition, Foods, and Exercise. Advisor: Janet Rankin, PhD
8. Trevin Glasgow, MS and PhD. Psychology. Advisor: Scott Gellar, PhD
9. Natalie Kružliaková, PhD, Human Nutrition, Foods, and Exercise. Advisor: Jamie Zoellner, PhD, RD
10. Katelynn Perzynski, PhD, Human Nutrition, Foods, and Exercise. Advisor: Jamie Zoellner, PhD, RD
11. Bailey Houghtaling, PhD, Human Nutrition, Foods, and Exercise. Advisor: Elena Serrano, PhD
12. Alexa Brooks, MS, Human Nutrition, Foods, and Exercise. Advisor: Valisa Hedric, PhD, RD

Current, Committee Member

1. Frankie Edwards, PhD, Translational Biology, Medicine and Health, Advisor: Sarah Parker PhD
2. Suwei Wang, PhD, Translational Biology, Medicine and Health, Advisor: Julia Goelke, PhD
3. Alyssa Gatto, PhD, Psychology, Advisor: Julie Dunsmore, PhD
4. Angelina Hargrove, PhD, Human Nutrition, Foods, and Exercise, Advisor: Carlin Rafie, RD, PhD

Current, Medical Student Research Advisor

1. Katie Brow, Informing the development of a lifestyle modification intervention for endometrial cancer survivors: a RE-AIM-based brainwriting pre-mortem
2. Brandon Ganjineh, What motivates cancer survivors to engage in exercise interventions?

Past, Medical Student Research Advisor

1. Lindsey Dove, MD, Implementation of Diabetes Self-Management and Strength Training Programs for Older Adults: A Post-Trial Qualitative Study

Current, OBGYN Resident Researchers

Resident Name, Project Title (Mentor)

1. Lindsay Borden, M.D. - Endometrial cancer characteristics and risk of recurrence: the role of epigenetic silencing of MLH1 (Mentor, Dr. David Iglesias)
2. Victoria Guerrero Gorman, M.D. - Patient compliance with delayed versus immediate postpartum long-acting reversible contraception (LARC) placement (Mentor, Dr. Eduardo Lara-Torre)
3. Dahea Kim, M.D. - Opioid prescription and use after outpatient gynecologic surgeries (Mentor, Dr. James Casey)
4. Tulsi Patel, M.D. - Outcomes for vulvar intraepithelial neoplasia (VIN) and vaginal intraepithelial neoplasia (VaIN) stratified by method of treatment (Mentor, Dr. David Iglesias)
5. Jordan Kuhn, M.D. - Evaluation of pregnancy outcomes in patients with suboptimally rising quantitative serum beta-HCG levels in the presence of an intrauterine gestational and yolk sac, and the absence of fetal pole (Mentor, Dr. Manjusha Sahni)
6. Hoa Nguyen, M.D. - Healing environments in the infertility clinic (Mentor, Dr. Emily Evans-Hoeker)
7. Priya Sabu, M.D. - Placental Microbiome: association with pre-existing diabetes and specific pregnancy and perinatal characteristics (Mentor, Dr. Jaclyn Nunziato)

8. Adrienne Uphoff, M.D. - Prevalence of myometrial tissue in reproductive-age women after varying hysteroscopic sampling techniques (Mentors, Dr. Emily Evans-Hoeker and Dr. James Casey)

Course Instructor:

Spring 2017 Implementation Science for Behavioral Interventions
Department of HNFE 5984
Virginia Tech

Summer I 2013 Behavioral Nutrition and Physical Activity
Department of HNFE Online Course 2664
Virginia Tech

**Fall 2012-
Dec 2012** Behavioral Nutrition and Physical Activity
Department of HNFE Course 2664
Virginia Tech

Guest Lecturer

1. Recurring Guest Lecture

- 1) Dissemination and Implementation Science Research Methods and Methods, HNFE 5154 Research Methods in Nutrition and Physical Activity graduate course.
- 2) Translating Evidence-Based Health Behavior Interventions into Practice. HNFE Translational Science graduate level course.
- 3) Impacting Systems and Behaviors: Application of Dissemination and Implementation Science, HNFE Health Counseling, undergraduate level course
- 4) Application of RE-AIM in the “real” real-world. HNFE Health Behavior Theories, undergraduate level course

2. Other

- 1) **Harden SM.** RE-AIM for Community Implementation Research. Dissemination and Implementation Science in Health at University of California, San Diego.
- 2) **Harden SM.** What it’s like to be a researcher. GRAD 601: The Academic Profession, for the Preparing Future Faculty Program. Virginia Commonwealth University. Richmond, VA
- 3) **Harden SM.** LIFT for the aging population: Justification and background Population Health Science, 5004 Foundations of Public Health. 2019
- 4) **Harden SM.** Evaluation of Community-based Programs: Introduction to the RE-AIM Framework. Department of Agriculture and Applied Economics, Virginia Tech. December 2017
- 5) **Harden SM.** Translating Evidence-Based Health Behavior Interventions into Practice. Translational Biology, Medicine, and Health program, Gateway Course. December 2017. One lecture, Fall 2017.
- 6) **Harden SM.** Translational Biology, Medicine, and Health program, Gateway Course. December 2017. One lecture, Fall 2017.
- 7) **Harden SM.** The T3/T4 Part of the Translational Spectrum. Translational Science Graduate Course, Virginia Tech. Two lectures, Fall 2016.
- 8) **Harden SM.** Fundamentals of Group Dynamics . Health Counseling Course. Virginia Tech, April 2013.
- 9) **Harden SM.** Addressing the Obesity Epidemic. Nutrition and Society Course. Montana State University, February 2013.
- 10) **Harden SM.** Fundamentals of Group Dynamics & Group Goal Setting. Health Counseling Course. Virginia Tech. April 2012.
- 11) **Harden SM.** Group Dynamics in Health Counseling. Health Counseling Course. Virginia

- Tech. April 2011.
- 12) **Harden SM.** Group Motivational Interviewing & Social Support. Health Counseling Course. Virginia Tech. April 2011.
 - 13) **Harden SM.** Evidence-Based Practice: The theory/ practice continuum. Health Counseling Course. Virginia Tech. January 2011.
 - 14) **Harden SM.** Group Goal Setting & Relapse Prevention. Health Counseling Course. Virginia Tech. February 2011.
 - 15) **Harden SM.** Group Dynamics in Health Counseling Health Counseling Course. Virginia Tech. March 2010.
 - 16) **Harden SM.** The Efficacy of Motivational Interviewing. Health Counseling Course. Virginia Tech. March 2010.

Cooperative Extension Trainings/Presentations

1. Extension Steps Up to Step it Up: FitEx Training. Northern district FCS agents . Jan 2019.
2. LIFT: Logistics, program planning, and practice. Parks and Rec, VCE, and Senior Center employees (N = 24). Jan 2019
3. Balis L*, Marshall C, Malcolm A, **Harden SM.** Goat Yoga: Preliminary Implications for Health, Agriculture, and 4-H. Extension Professional Improvement Conference. Nov 8, 2018.
4. Rafie C, **Harden SM,** Forburger A. Behavior Change Facilitation Training. 18 agents in attendance. Charlottesville, VA. July 26, 2018.
5. **Harden SM,** Bowersock A, Mako A, Brooks A. Pregnancy During Exercise: Myth Busters. Family Nutrition Program, Facebook Live Series. 210 views within one week of posting. March 29, 2018. <https://www.facebook.com/VaFNP/videos/10155253671156781/>.
6. Balis L* and **Harden SM.** LIFT (Lifelong Improvements through Fitness Together) Training. In person and live virtual training, Fort Washakie, WY, December 20, 2017
7. Balis L* and **Harden SM.** Move more and sit less: be a role model! Staff Wellness Presentation for 1305 CDC funding with the Virginia Department of Health. Webinar. October 2017.
8. **Harden SM,** Brooks A. Ask a Specialist: Physical Activity and You. Family Nutrition Program, Facebook Live Series. April 19, 2017.
9. **Harden SM.** Physical Activity as Part of the 4th H for Health. 4-H Symposium. Blacksburg, VA. November 2016.
10. **Harden SM.** Let's Move, Virginia: Physical Activity as Part of Extension Programming: Master Food Volunteer Updates. Newport News, VA. September 2016.
11. **Harden SM,** Gunter K. 'Being Active' Updates to the Eating Smart, Being Active Curriculum. Spokane, Washington via webinar recorded live from Blacksburg, VA April 2016.
12. **Harden SM.** Physical Activity: The other side of the energy balance equation within "MyPlate updates" Webinar recorded live from Blacksburg, VA, 2016
13. **Harden SM,** Farris A, Stevens J. The Elementary School Environment: Making the Healthy Choice the Easy Choice. VCE Winter Conference February 2016
14. **Harden SM.** Physical Activity Research and Community Implementation Laboratory. Let's Move, Virginia: Physical Activity Programming and Evaluation for Youth, Adults, and Older Adults. Master Food Volunteer Training. VA. October 2015.
15. **Harden SM,** Price T, Serrano E, Burkett S, Strong K, Stegon N. Activity Across the Lifespan. VCE Winter Conference 2015
16. **Harden SM.** Integrating Physical Activity Initiatives in Virginia Cooperative Extension: Present Perceptions and Future Plans. Family Nutrition Program. Multistate Conference. May 2015.
17. **Harden SM.** Incorporating Play into Our Day. Parent University in Bedford County, VA. November 2014.

18. **Harden SM.** Physical Activity Promotion in Virginia Cooperative Extension 4-H Symposium November 2014.
19. Ramalingam NS* and Harden SM. Adding Physical Activity: Being Active Updates to “Eating Smart, Being Active.” Family Nutrition Program Northern District Site Training. Richmond, Virginia. (2017, August 28), Farmville, Virginia. (2017, August 21), Abingdon, Virginia. (2017, August 14).
20. Ramalingam NS*, Brooks A, **Harden SM.** Move More: An introduction to incorporating Physical Activity. Family Nutrition Program Multistate Conference. Charleston, West Virginia. (2017, May 9).
21. Ramalingam NS* and **Harden SM.** Let’s move Virginia: Physical Activity programming and evaluation for Youth, Adults, and Older adults. Virginia Cooperative Extension SouthEast District Family and Consumer Sciences Quarterly Meeting. Isle of Wright, VA. (2017, March 17) and the Virginia Cooperative Extension Central District Winter Meeting. Rustburg, VA. (2017, February 17).
22. Ramalingam NS*, Everette A, and Harden SM. Healthy Eating and Physical Activity quality standards at 4-H camp. 4-H statewide staff training. Wakefield, VA. (2016, May 17-18).
23. Harden S, Ramalingam NS*, Everette, A. Being active: Updates to “Eating Smart, Being Active.” Family Nutrition Program Statewide staff training. Richmond, VA. (2016, June 21-22).
24. **Harden SM,** Ramalingam NS,* Everette, A. MacGhee, Meghan. Virginia Cooperative Extension Physical Activity 101. Virginia Cooperative Extension In-service Training. Blacksburg, VA. (2015, October 28-29).

V. Honors, Awards, Societies, & Services

Honors, Awards

August 2022	Letter of Distinction for Virginia Tech Carilion School of Medicine; Mentee, Katie Brow
Spring 2022	First Place, FCS SNAP-Ed Award for LIFT for Better Health: Lifelong Improvements through Fitness Together in North Carolina
2020	2020 Program Excellence Award Southwest District Winner
2021	2020 Drs. John and Shirley Gerken Professional Development Award Recipient
July 2019	2019 Drs. John and Shirley Gerken Professional Development Award Recipient
January 2018	A daptations b uilt through c ollaboration: the A BCs of effectively translating an evidence-based intervention into a practice-based setting 3 rd Place Poster Contest Winner
June 2017	Invited Early Career Investigator Award International Society of Behavioral Nutrition and Physical Activity
February 2017	Michael P. O’Donnell Paper of the Year American Journal of Health Promotion
September 2016	Fellow, Physical Activity and Public Health Research Course

June 2016	Champion, Society of Behavioral Medicine
Jan 2015-July 2015	Fellow, Professional Development Institute, Virginia Tech
August 2013-July 2014	Canadian Institutes of Health Research Funded Postdoctoral Fellowship
November 2013	Killam Postdoctoral Fellowship Finalist
April 2012	Who's Who Among American Universities and Colleges Scholars
March 2011	Selbot Fitness Award. Competitive internal award
October 2010	Induction to Virginia Tech Chapter of Alpha Epsilon Lambda
April 2010	Meritorious Student Abstract Award; Society of Behavioral Medicine
March 2010	Graduate Student Assembly 26 th Annual Research Symposium and Exposition: 2 nd Place Poster
Spring 2010	Virginia Tech Engaging Leadership Program, Facilitator

Membership in Academic or Professional Societies:

2015-Current	American College of Sports Medicine
2013- Current	International Society of Behavioral Nutrition and Physical Activity
2011- 2012	American Public Health Association
2010- Current	Alpha Epsilon Lambda
2009- Current	Society of Behavioral Medicine

Academic Services

July 2017	Reviewer: National Institute of Food and Agricultural, Rural Health and Safety Grant
May 2017	Reviewer: National Institute of Dental and Craniofacial Research: Dissemination and Implementation Research in Health U01
September 2016	Abstract reviewer: Society of Behavioral Medicine

Ad-Hoc Journal Reviewer

2018-present	Sport, Exercise, and Performance Psychology
2018-present	American Journal of Preventive Medicine
2018-present	Translational Journal of the American College of Sports Medicine
2018- present	Preventing Chronic Disease
2017-present	Health Psychology Review
2017-present	Health Education Research
2016- present	Preventive Medicine

2015- present BMC Public Health
 2015- present Translational Behavioral Medicine
 2013- present Journal of Medical Internet Research
 2013- present Health Psychology
 2013- present Journal of Human Sciences and Extension
 2012- present Group Dynamics: Theory, Research, and Practice

University

April 2013 **Judge:** Graduate Student Assembly 29th Annual Research Symposium

Department

Sept. 2015- Present **Member:** Department Graduate Committee
 Jan. 2015- Present **Member:** Department Steering Committee
 Dec. 2014 **Member:** Margaret Ellen Carter Hepler Memorial Fund Committee
 April 2009 **Judge:** Human Nutrition, Foods, and Exercise Undergraduate Research
 Sept. 2008- Sept. 2009 **HNFE Delegate:** Graduate Student Association

Extension

Summer 2017 **Reviewer**
 2017 Barton Nutrition Award
 September 2015-2019 **Chair**
 National Institute of Food and Agriculture, Nutrition and Health Committee for Planning and Guidance
 January 2015-2019 **Committee Member**
 National Institute of Food and Agriculture, Nutrition and Health Committee for Planning and Guidance
 Sub-Committees:
 Evaluation
 Nutrition and Physical Activity
 November 2015 **Reviewer**
 National Health Outreach Conference Abstracts
 August 2014- Present **Committee Member**
 Food, Nutrition, and Health Program Team
 November 2015 **National Health Outreach Conference**
 Abstract Reviewer
 April 2016 **VCE Program Excellence Awards**
 Reviewer
 May 2016- 2019 **Chair**
 Community Health Exercise is Medicine
 American College of Sports Medicine

April 2016- Present	Society of Behavioral Medicine SBM Champion; Physical Activity Special Interest Group Annual Meeting Planning Action Team Co-Chair
2018- Present	VTCSOM Medical Student Presentations Reviewer

Certification and Unique Skills:

December 2019-March 2020	300 hour Registered Yoga Teacher, Yoga Alliance
June 2017	200 hour Registered Yoga Teacher, Yoga Alliance
August 2012- January 2016	Website Management (RE-AIM.org)
October 2013	Promotional Video Director
June 2013	Tri-Council Policy Statement (TCPS II) Certification
Jan 2010-March 2011	Website Management (fitextension.ext.vt.edu)
December 2011	Certified Prenatal Yoga Instructor
January 2009	Carilion IRB Certification
September 2008	Virginia Tech IRB Certification
October 2008	Motivational Interviewing (1.5 Credit Hours)

Professional Development Activities

Topic	Dates	Credits
LISA: Calculating Sample Sizes and Power for Research	October 13, 2015	2
ARC Big Data I	November 2, 2015	1
Library: Writing a Literature Review - Unpacking the process Part 3 of 3: Managing citations in your research	November 17, 2015	1
Faculty Panel: Experiences with Flipping the Classroom	February 10, 2016	1
National Health Outreach Conference, 18 contact hours continuing education	April 6-8, 2016	1.8 CEU
LISA: Introduction to Multivariate Analysis of Variance (MANOVA) in JMP	April 16, 2016	2
CIDER: Back to Basics: Using Audience-Centered Public Speaking Skills to Enhance Your Teaching	October 26, 2016	3
Communicating with Students	Feb. 21, 2018	
An Introduction to Web Accessibility	Feb 27, 2018	
Academic Program Assessment: Planning, Measuring, Analyzing, Reporting, and Closing the Loop	March 18, 2018	
Transform your Lectures	Oct 9, 2018	

Trends in Learning Technologies for Higher Education	August 15, 2019	1
	February 17, 2020	3
NVivo Mixed Methods Workshop		
Getting students to engage in the classroom	February 25, 2020	2
Inclusive Pedagogy Pre Summer Workshop		
Everything you need to know about Online Teaching	March 15, 2020	1
Using Zoom for Graduate Committee Based and Final Defense	March 30, 2020	1
Book Publishing with Pressbooks: An Introduction	April 8, 2020	2
Advancing Diversity	Jan 12, 2021	8