

**CURRICULUM VITAE****Name:** Christopher C. Imes, PhD, RN

Current Position: Assistant Professor  
 Acute and Tertiary Care  
 University of Pittsburgh  
 School of Nursing

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 3500 Victoria St  
 Pittsburgh, PA 15261  
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 412-624-5872

**EDUCATION AND TRAINING:****Undergraduate**

1996 – 2000	Case Western Reserve University Frances Payne Bolton School of Nursing	BSN	Nursing
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**Graduate**

2007 - 2012	University of Washington School of Nursing	PhD	Nursing
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2009 - 2010	University of Washington School of Public Health	Graduate Certificate	Public Health Genetics
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**Postgraduate**

2012 - Present	University of Pittsburgh School of Nursing	Postdoctoral Training	Genetic/Genomics
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**Additional Training**

2009	NIH/NINR & Georgetown University Summer Genetics Institute	Molecular Genetics	
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2013	NIH/NINR Fatigue and Sleep Methodologies Boot Camp		Fatigue and Sleep
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**LICENSES/CERTIFICATION:**

2000-Present	Registered Nurse, licensed in Ohio and Pennsylvania
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**PROFESSIONAL EXPERIENCE:**

2001-2006	Clinical Staff Nurse, United States Army Various locations
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2006-2007	Nurse Manager/Special Projects Officer, United States Army Adult/Pediatric Intensive Care Unit (ICU), Tripler Army Medical Center, Honolulu, HI
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2006-2009 Co-Investigator  
Deployment Experiences as Perceived by AMEDD PROFIS Personnel  
Funding Agency: Global War on Terror Funds, United States Army

2007-2012 Clinical Staff Nurse, Per Diem  
Post-Anesthesia Care Unit, University of Washington Medical Center, Seattle, WA

2012-2014 Postdoctoral Fellow, Targeted Research and Academic Training of Nurses in Genomics,  
T32NR009759, NIH/NINR  
University of Pittsburgh School of Nursing

2014-Present Assistant Professor, Acute and Tertiary Care  
University of Pittsburgh School of Nursing

2016-Present Training Faculty, Targeted Research and Academic Training Program for Nurses in  
Genomics, T32NR009759, NIH/NINR  
University of Pittsburgh School of Nursing

2016-Present Affiliated Faculty Member of the Center for Bioethics & Health Law  
University of Pittsburgh

2016-Present Institutional Review Board Member  
Human Research Protection Office, University of Pittsburgh

**RESEARCH:**

2006 – 2008 Co-Investigator  
Deployment Experiences as Perceived by AMEDD PROFIS Personnel  
Funding Source: Global War on Terror Funds, United States Army

2011 – 2012 Dissertation Research Project, Principal Investigator  
Using a Family History Based Intervention to Increase Perceived CVD Risk in Young  
Adults: A Feasibility Study (My Family Medical History and Me)  
Funding Sources: Biobehavioral Nursing Research Training Program, Hester McLaws  
Nursing Scholarship, University of Washington

2012 – 2013 Principal Investigator  
Family History, Perceived Risk, and Behaviors: An Internet-based Survey  
Funding Sources: Targeted Research and Academic Training of Nurses in Genomics  
Training Grant, NIH/NINR

2013 – 2014 Principal Investigator  
The Pleiotropic Effects of Circadian Rhythm Genes and Their Impact on Weight-Loss:  
An Exploratory Study  
Funding Sources: Targeted Research and Academic Training of Nurses in Genomics  
Training Grant, NINR/NIH and Sigma Theta Tau International, Psi-at-large Chapter  
Small Grant

- 2014 – 2016      Principal Investigator  
 “My Life Check” to Improve Dietary and Physical Activity Habits among Young Adults  
 Funding Source: Sigma Theta Tau International, Small Grant
- 2014 – 2016      Principal Investigator  
 An Exploratory Study of the Epigenetics of Obstructive Sleep Apnea among Adults with Diabetes  
 Funding Source: University of Pittsburgh School of Nursing's Hub for Genomics of Patient Outcomes
- 2015 – 2016      Principal Investigator  
 An Exploratory Study of the Genetics of Obstructive Sleep Apnea among Adults with Diabetes  
 Funding Source: University of Pittsburgh School of Nursing Center for Research and Evaluation Pilot/Feasibility Study Program
- 2017 – Current    Principal Investigator  
 An Exploratory Study of Gene Expression Changes among Nurses Rotating Shifts  
 Funding Source: University of Pittsburgh School of Nursing

**Publications (\*data based):**

- \*Zheng, Y., Sereika, S.M., Danford, C.A., **Imes, C. C.**, Goode, R.W., Mancino, J. & Lora E. Burke. (2017). Trajectories of weight change and predictors over 18-month weight loss treatment. *Journal of Nursing Scholarship*, 49(2): 177-184. doi: 10.1111/jnu.12283
- Osier, N. D., **Imes, C. C.**, Khalil, H., Zelazny, J., Johansson, A. E., & Conley, Y. P. (2017). Symptom science: Repurposing existing omics data. *Biological Research for Nursing*, 19(1): 18-27. doi: <https://doi.org/10.1177/1099800416666716>
- \***Imes, C. C.**, Novosel, L. M., & Burke, L. E. (2016). Heart disease risk and self-efficacy in overweight and obese adults. *The Journal for Nurse Practitioners*, 12(10): 710-716. doi: 10.1016/j.nurpra.2016.09.008
- \*Mendez, D. D., Gary-Webb, T. L., Goode, R., Zheng, Y., **Imes, C. C.**, Fabio, A., Duell, J., & Burke, L. E. (2016). Neighborhood factors and six-month weight change among overweight individuals in a weight loss intervention. *Preventive Medicine Reports*, 4: 569-573. doi:10.1016/j.pmedr.2016.10.004
- \***Imes, C. C.**, Dougherty, C. M., Lewis, F. M., Austin M. A. (2016). Outcomes of a pilot, intervention study for young adults at risk for cardiovascular disease based on their family history. *Journal of Cardiovascular Nursing*, 31(5), 433-440. doi:10.1097/JCN.0000000000000261
- \*Goode, R., Ye, L., Sereika, S., Zheng, Y., Mattos, M., Acharya, S., Ewing, L. J., Danford, C., Hu, L., **Imes, C. C.**, Chasens, E. R., Oseir, N. D., Mancino, J., & Burke, L. E. (2016). Socio-demographic, anthropometric, and psychosocial predictors of attrition across behavioral weight-loss trials. *Eating Behavior*, 20:27-33. doi: 10.1016/j.eatbeh.2015.11.009
- \*Burke, L. E., Ewing, L. J., Ye, L., Styn, M., Zheng, Y., Music, E., Loar, I., Mancino, J., **Imes, C. C.**, Hu, L., Goode, R., & Sereika, S. (2015). The SELF Trial: A self-efficacy based behavioral intervention trial for weight loss maintenance. *Obesity*, 23(11), 2175-2182. doi: 10.1002/oby.21238

- \***Imes, C. C.**, Lewis, F. M., Austin, M. A., & Dougherty, C. M. (2015). My Family Medical History and Me: Feasibility results of a cardiovascular risk reduction intervention. *Public Health Nursing, 32*(3), 246-255. doi: 10.1111/phn.12130
- Luyster, F. S., Choi, J., Yeh, C., **Imes, C. C.**, Johannson, A., & Chasens, E. R. (2015). Screening and evaluation tools for sleep disorders in older adults. *Applied Nursing Research, 28*(4): 334-340. Advanced online publication. doi:10.1016/j.apnr.2014.12.007.
- Imes, C. C.**, & Lewis, F. M. (2014). Family history of cardiovascular disease, perceived cardiovascular disease risk, and health-related behavior: A review of the literature. *Journal of Cardiovascular Nursing, 29*(2), 108-129. doi: 10.1097/JCN.0b013e31827db5eb
- Imes, C. C.**, & Burke, L. E. (2014). The obesity epidemic: The United States as a cautionary tale for the rest of the world. *Current Epidemiology Report, 1*, 82-88. doi: 10.1007/s40471-014-0012-6
- Imes, C. C.**, & Austin, M. A. (2013). Low-density lipoprotein cholesterol, apolipoprotein B, and risk of coronary heart disease: From familial hyperlipidemia to genomics. *Biological Research for Nursing, 15*(3), 292-308. doi: 10.1177/1099800412436967
- \***Imes, C. C.**, Dougherty, C. M., Pyper, G., & Sullivan, M. D. (2011). Descriptive study of partners' experiences of living with severe heart failure. *Heart & Lung, 40*(3), 208-216. doi: 10.1016/j.hrtlng.2010.12.007
- Imes, C.** (2008). In response to: Pesut B. & Johnson J. (2008). Reinstating the 'Queen': understanding philosophical inquiry in nursing. *Journal of Advanced Nursing, 61*(1), 115–121. *Journal of Advanced Nursing, 63*(1), 218. doi: 10.1111/j.1365-2648.2008.04737.x

#### **Selected Published Abstracts:**

- Imes, C. C.**, Kline, C. E., Rockette-Wagner, B., Baniak, L. M., Mendez, D. D., Chasens, E. R., Sereika, S. M., & Burke, L. E. (2017). Bi-directional relationship between sleep and sedentary behavior in adults who are overweight and obese. *Circulation, 135*(Suppl 1): AMP089.
- Kline, C. E., Burke, L. E., Sereika, S. M., **Imes, C. C.**, Baniak, L. M., Mendez, D. D., Strollo, P. J., Ye, L., & Chasens, E. R. (2017). Sleep apnea is reduced following a behavioral weight loss intervention but impedes weight loss outcomes. *Circulation, 135*(Suppl 1): AMP028.
- Burke, L., Chasens, E., **Imes, C.**, Kline, C., Baniak, L., Mendez, M., & Rathbun, S. (2017). Quality of sleep affects self-efficacy for adhering to a healthy lifestyle plan. *Annals of Behavioral Medicine, 51*(Suppl): S1816-S1817.
- Zheng, Y., Sereika, S., Ma, Q., Dnaford, C., Imes, C., Yu, Y., Sun, R., Goode, R., Mancino, J., & Burke, L. (2017). Patterns of total and saturated fat consumption and their associations with weight changes over a 12-month weight loss study. *Annals of Behavioral Medicine, 51*(Suppl): S1803-S1804.
- Sun, R., **Imes, C.**, Yu, Y., Danford, C., Goode, R., Ma, Q., Lora, I., Mendez, D., Sereika, S., & Burke, L. (2016). Is there an association between comorbid conditions and self-efficacy for weight loss among participants in weight loss intervention study? *Nursing Research, 65*(2), E105-106.

- Imes, C. C.**, Zheng, Y., Lu, H., Mendez, D. D., Goode, R. W., Mattos, M., Ma, Q., Sun, R., Yu, Y., Danford, C. A., Sereika, S. M., & Burke, L. E. (2016). Patterns of change in step count during the first 12 months of a weight loss intervention: A group-based trajectory analysis. *Circulation*, *133*(Suppl 1): AP130.
- Mendez, D. D., Rathbun, S. L., Goode, R. W., Zheng, Y., Mattos, M., **Imes, C. C.**, Danford, C. A., Sereika, S. M., & Burke, L. E. (2016). Neighborhood grocery store density is associated with daily self-efficacy among individuals enrolled in a behavioral weight loss intervention. *Circulation*, *133*(Suppl1): A40.
- Kline, C. E., Stollo, P. J., Chasens, E. R., Rockette-Wagner, B., Kriska, A. M., **Imes, C. C.**, Sereika, S. M., & Burke, L. E. (2016). Changes in objective and subjective sleep parameters following a 12-month behavioral weight loss intervention and their relationship to weight change. *Circulation*, *133*(Suppl 1): AMP92.
- Zheng, Y., Sereika, S. M., Ewing, L. J., Danford, C. A., Terry, M. A., **Imes, C. C.**, Goode, R. W., Mendez, D. D., Mattos, M., Hu, L., Sun, R., & Burke, L. E. (2016). Is self-efficacy associated with patterns of self-weighing behavior? *Circulation*, *133*(Suppl 1): AP245.
- Rockette-Wagner, B., Kriska, A. M., Ma, Q., Sereika, S. M., **Imes, C. C.**, Kline, C. E., & Burke, L. E. (2016). Objectively measured physical activity and sedentary behavior change during a lifestyle intervention in overweight adults: Does season matter? *Circulation*, *133*(Suppl 1): AP248.
- Imes, C. C.**, Taylor, B., Kupfer D. J., Frank, E., Krafty, R., Thayer, J. F., & Hall M. H. (2015). Sleep characteristics in depressed individuals predicts future coping: Results from a longitudinal study. *Sleep*, *38*(Abstract Suppl):A324.
- Burke, L. E., Ewing, L. J., Ye, L., Styn, M., Zheng, Y., Music, E., Loar, I., Mancino, J. M., **Imes, C. C.**, Goode, R., Danford, C. A., & Sereika, S. M. (2015). The SELF Trial: A Self-Efficacy Based Behavioral Intervention Trial for Weight Loss Maintenance. *Annals of Behavioral Medicine*, *49*(Suppl.): s76, Paper Session 8.
- Zheng, Y., Danford, C. A., Sereika, S. M., Ewing, L. J., Mancino, J. M., **Imes, C. C.**, & Burke, L. E. (2015). Patterns of Self-Weighing Behavior and Weight Changes in a Weight Loss Trial. *Annals of Behavioral Medicine*, *49*(Suppl.): s84, Paper session 15
- Imes, C. C.**, Ye, L., Zheng, Y., Mancino, J., Danford, C., Mattos, M., Music, E., Mendez, D. D., Lu, H., Ewing, L. J., Sereika, S. M., & Burke, L. E. (2015). Mean daily pedometer step count is associated with weight loss. *Circulation*, *131*(Suppl 1): AP110.
- Mendez, D. D., Ewing, L. J., Zheng, Y., **Imes, C. C.**, Goode, R. W., Mancino, J., Music, E., & Burke, L. E. (2015). Neighborhood environments and weight change among individuals participating in a weight loss intervention. *Circulation*, *131*(Suppl 1): AP265.
- Zheng, Y., Sereika, S. M., Ewing, L. J., Danford, C. A., Rockette-Wagner, B., **Imes, C. C.**, Hu, L., Sun, R., Burke, L. E. (2015). Changes in Physical Activity by Self-Weighing Trajectory Groups. *Circulation*, *131*(Suppl 1): AP118.
- Kline, C. E., Stollo, P. J., Chasens, E. R., Rockette-Wagner, B., Kriska, A., **Imes, C. C.**, & Burke, L. E. (2015). Insufficient and poor sleep are associated with barriers to healthy eating and lower physical activity: baseline characteristics of the EMPOWER study. *Circulation*, *131*(Suppl 1): AP073.

## **Selected Oral Presentations since August 2014**

Bigini, E. G., Chasens, E. R., Conley, Y. P., & **Imes, C. C.** (November, 2017). Diabetes education is associated with improved sleep quality and changes in gene methylation. Podium presentation presented at the 2017 International Society of Nurses in Genetics World Congress, Reston, Virginia.

**Imes, C. C.**, Chasens, E. R., & Conley, Y. P. (August, 2016). Disease self-management and distress in adults with diabetes and sleep apnea: An exploratory study of biological pathways. Podium presentation presented at the 2016 International Society of Nurses in Genetics World Congress, Dublin, Ireland.

**Imes, C. C.** (February, 2016). Learning a new language: Adding sleep to a cardiovascular and genomics program of research. Talk presented at University of Pittsburgh Medical Center Multidisciplinary Sleep Ground Rounds, Pittsburgh, PA.

**Imes, C. C.**, & Burke, L. E. (November, 2015). A family history of premature coronary heart disease: What else influences perceived risk? Podium presentation presented at the 2015 International Society of Nurses in Genetics World Congress, Pittsburgh, PA.

**Imes, C. C.** (October, 2014). Family history and cardiovascular disease risk in at-risk young adults: A pilot intervention study. Podium presentation at the Emerging Nurse Scholars Forum, Toronto, Canada.

**Imes, C. C.**, Zheng, Y., Mattos, M., Ye, L., Danford, C., Sereika, S. M., & Burke, L. E. (September, 2014). Healthy eating and exercise self-efficacy among overweight and obese adults: Does a family history of coronary heart disease make a difference. Podium presentation presented at the meeting of the Council for the Advancement of Nursing, Washington, DC.

## **Honors and Fellowships**

2000	The Cushing-Robb Prize for Outstanding Achievement, Case Western Reserve University, Frances Payne Bolton School of Nursing
2000	The Frances Payne Bolton Scholar Award for Academic Excellence, Case Western Reserve University, Frances Payne Bolton School of Nursing
2000	Excellence in Critical Care Award, Case Western Reserve University, Frances Payne Bolton School of Nursing
2007-2010	Achievement Rewards for College Scientists (ARCS) Fellow
2009-2012	Predocotoral Fellow, Biobehavioral Nursing Research Training Program, 5T32NR007106, NIH/NINR
2012	Dissertation Award in Nursing Science, Nominee, University of Washington, School of Nursing
2012-2014	Postdoctoral Fellow, Targeted Research and Academic Training of Nurses in Genomics, T32NR009759, NIH/NINR
2013	Sleep Research Society Travel Award, SLEEP 2013 Conference
2014	Bloomberg Emerging Nurse Scholar
2015	American Heart Association, Early Investigator Travel Award, 2015 EPI/Lifestyle 2015 Scientific Sessions
2017	American Heart Association, Cardiovascular and Stroke Nursing Early Career Travel Grant Scientific Sessions 2017

## **Professional Memberships**

1995-	Member, Sigma Theta Tau International, Honor Society of Nursing
2011-	Member, International Society of Nurses in Genetics
2013-	Member, American Heart Association
2014-	Member, Council for the Advancement of Nursing Science

## Professional Service

- 2013- *Heart and Lung*, Manuscript Reviewer
- 2013- *Journal of Cardiovascular Nursing*, Manuscript Reviewer
- 2013- International Society of Nurses in Genetics, abstract reviewer for annual conference
- 2013- *Preventive Medicine*, Manuscript Reviewer
- 2014- *Public Health Genomics*, Manuscript Reviewer
- 2015- International Society of Nurses in Genetics, grant reviewer
- 2016- *Public Health Nursing*, Manuscript Reviewer
- 2016- *Western Journal of Nursing Research*, Manuscript Reviewer
- 2016 American Heart Association, abstract reviewer for the Scientific Sessions 2016 conference
- 2016-2018 American Heart Association, Council on Lifestyle and Cardiometabolic Health's Early Career Committee
- 2017- *The Journal for Nurse Practitioners*, Manuscript Reviewer
- 2017- *Sleep Medicine Reviews*, Manuscript Reviewer