

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

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

Work address: 336 Victoria Building
3500 Victoria St
Pittsburgh, PA 15261
Email: imesc@pitt.edu
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:

1998-2000	Research Assistant Case Western Reserve University, Frances Payne Bolton School of Nursing, Cleveland, Ohio
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2001-2003 Clinical Staff Nurse, United States Army
Medical Telemetry Unit, William Beaumont Army Medical Center, El Paso, TX

2003 Clinical Staff Nurse, United States Army
Intensive Care Unit (ICU), Joint Base Balad, Balad, Iraq

2003 Clinical Staff Nurse, United States Army
Critical Care Nursing Course, Madigan Army Medical Center, Tacoma, WA

2004 2005 Clinical Staff Nurse, United States Army
Adult/Pediatric Intensive Care Unit (ICU), Tripler Army Medical Center, Honolulu, HI

2005-2006 Clinical Staff Nurse, United States Army
Trauma Intensive Care Unit (ICU), Forward Operating Base Salerno, Khost, Afghanistan

2006-2007 Nurse Manager/Special Projects Officer, United States Army
Adult/Pediatric Intensive Care Unit (ICU), Tripler Army Medical Center, Honolulu, HI

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

2008 Research Assistant (Data Manager)
Anti-Arrhythmic Effects of Exercise after an Implantable Defibrillator (ICD)
PI: Dr. Cynthia Dougherty
University of Washington, School of Nursing, Seattle, WA

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)
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, \$1,500
- 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, \$5,000
- 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, \$7,000
- 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, \$15,000
- 2017 – 2018 Principal Investigator
An Exploratory Study of Gene Expression Changes among Nurses Rotating Shifts
Funding Source: University of Pittsburgh School of Nursing
- 2018 – 2019 Principal Investigator
Real-time Monitoring of Lifestyle Behaviors in Healthcare Providers Engaged in Shift Work: A Pilot, Feasibility Study
Funding Source: University of Pittsburgh's Healthy Lifestyle Institute, \$20,000

Publications (*data based):

***Imes, C.C.**, Baniak, L. M., Choi, J., Luyster, F. S., Morris, J. L., Ren, D., & Chasens, E. R. (2018). Correlates of endothelial function in older adults with untreated obstructive sleep apnea and cardiovascular disease. *Journal of Cardiovascular Nursing*. Advanced online publication.
doi:10.1097/JCN.0000000000000261

- ***Imes, C. C.**, Zheng, Y., Mendez, D. D., Rockette-Wagner, B., Mattos, M. K., Goode, R. W., Sereika, S. M., & Burke, L. E. (2018). Group-based trajectory analysis of physical activity change in a U.S. weight loss intervention. *Journal of Physical Activity and Health, 15*(11): 840-846. doi:10.1123/jpah.2017-0484
- *Kline, C. E., Burke, L. E., Sereika, S. M., **Imes, C. C.**, Rockette-Wagner, B., Mendez, D. D., Stollo, P. J., Zheng, Y., Rathbun, S. L., & Chasens, E. R. (2018). Bidirectional relationships between weight change and sleep apnea in a behavioral weight loss intervention. *Mayo Clinic Proceedings, 93*(8): 1290-1298. doi:10.1016/j.mayocp.2018.04.026
- *Yang, K., Baniak, L. M., **Imes, C. C.**, Choi, J., & Chasens, E. R. (2018). Perceived versus actual risk of Type 2 Diabetes by race and ethnicity. *The Diabetes Educator, 44*(3): 269-277. doi:10.1177/0145721718770983
- *Chasens, E. R., Yang, K., Baniak, L. M., Choi, J., & **Imes, C. C.** (2017). Sleep and other correlates of high-level health in older adults. *Geriatric Nursing, 39*(4): 344-349. doi:10.1016/j.gerinurse.2017.11.002
- *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:

- Graves, L. Y., **Imes, C.**, Williams, E., Yang, K., Morris, J., & Chasens, E. R. (2018). Sleep Duration in Older Adult Men is Predictive of Depression. *Sleep*, 41(Suppl): A359.
- Williams, E. T., Graves, L. Y., Yang, K., **Imes, C. C.**, Chasens, E. R. (2018). Predictors of Abnormal Sleep Duration in Older Adults with and without Arthritis. *Sleep*, 41(Suppl): A268.
- Imes, C. C.**, Kline, C. E., Mendez, D. D., Sun, R., Yu, Y., Chasens, E. R., Burke, L. E., & Rathburn, S. L. (2018). Impaired nighttime sleep negatively effects next-day physical activity: Results from an ecological momentary assessment study. *Circulation*, 137(Suppl 1): AP278.
- Kline, C. E., Burke, L. E., Zheng, Z., Sereika, S. M., **Imes, C. C.**, Mendez, D. D., Rockette-Wagner, B. J., Strollo, P. J., Rathburn, S. L., & Chasens, E. R. (2018). Adults with obstructive sleep apnea have lower adherence to weight loss behaviors in a behavioral weight loss intervention. *Circulation*, 137(Suppl 1): AP338.
- Yang, K., Baniak, L., **Imes, C. C.**, Choi, J. & Chasens, E. (2018). Racial differences in perceived versus actual risk of type 2 diabetes among NHANES 2011-2014 participants. *Nursing Research*, 67(2). E46
- Chasens, E. Baniak, L., Choi, J., **Imes, C. C.**, & Yang, K. (2018). Use of data from NHANES to examine predictors of high-level health in older adults. *Nursing Research*, 67(2). E46-47.
- 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., Danford, 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., Strollo, 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:

Imes, C. C., & Shah, L. (October, 2018). Family history viewed as equally influencing risk among individuals with and without a family history of premature heart disease. Podium presentation presented at the 2018 International Society of Nurses in Genetics World Congress, Orlando, Florida.

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 Predoctoral 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

Professional Service

2013- International Society of Nurses in Genetics, abstract reviewer for annual conference

2015- International Society of Nurses in Genetics, grant reviewer

2016 American Heart Association, abstract reviewer for the Scientific Sessions conference

2016-2020 American Heart Association, Council on Lifestyle and Cardiometabolic Health's Early Career Committee Member

2018-2020 American Heart Association, Council on Lifestyle and Cardiometabolic Health's Membership & Communications Committee Vice-Chair

2018- Sigma Theta Tau International, Eta Chapter, Scholarship Committee Chair

2018- American Heart Association, abstract reviewer for the Epi/Lifestyle Scientific Sessions conference