

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

Pronouns: He/him/his

Current Position: Assistant Professor  
Acute and Tertiary Care  
School of Nursing  
University of PittsburghWork address: 336 Victoria Building  
3500 Victoria St  
Pittsburgh, PA 15261  
Email: imesc@pitt.edu  
412-624-5872**EDUCATION****Postgraduate**

2012-2014 University of Pittsburgh School of Nursing Postdoctoral Training Genetics/ Genomics; Sleep

**Graduate**

2007-2012 University of Washington School of Nursing PhD Nursing

2009-2010 University of Washington School of Public Health Graduate Certificate Public Health Genetics

**Undergraduate**

1996-2000 Case Western Reserve University Frances Payne Bolton School of Nursing BSN Nursing

**ADDITIONAL TRAINING**

2020 University of Pittsburgh Office of Diversity and Inclusion's Diversity and Inclusion Certificate Program Diversity, Equity, and Inclusion (DEI)

2016 University of Pittsburgh's "Big Data and Healthcare Analytics - A Path to Personalized Medicine" Course Big Data and Healthcare Analytics

2013 NIH/NINR Fatigue and Sleep Methodologies Boot Camp Fatigue and Sleep

2013 Sleep Research Society's 18<sup>th</sup> Annual Trainee Symposium Series Sleep

2009 NIH/NINR &amp; Georgetown University Summer Genetics Institute Molecular Genetics

## APPOINTMENTS AND POSITIONS

### Academic

- 2022-Present Training Faculty, Technology: Research in Chronic and Critical Illness (T32 NR008857)  
University of Pittsburgh School of Nursing
- 2020-Present Faculty Member of the Center for Sleep and Circadian Science  
University of Pittsburgh
- 2018-Present Graduate Faculty  
University of Pittsburgh
- 2018-2021 Affiliated Faculty Member of the Pitt Healthy Lifestyle Institute  
University of Pittsburgh
- 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
- 2014-Present Assistant Professor, Acute and Tertiary Care  
University of Pittsburgh School of Nursing
- 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
- 2006-2009 Co-Investigator  
Deployment Experiences as Perceived by AMEDD PROFIS Personnel  
Funding Agency: Global War on Terror Funds, United States Army
- 1998-2000 Research Assistant  
Case Western Reserve University, Frances Payne Bolton School of Nursing,  
Cleveland, Ohio

### Non-Academic

- 2007-2012 Clinical Staff Nurse, Per Diem  
Post-Anesthesia Care Unit, University of Washington Medical Center, Seattle,  
WA
- 2006-2007 Nurse Manager/Special Projects Officer, United States Army  
Adult/Pediatric Intensive Care Unit, Tripler Army Medical Center, Honolulu, HI
- 2005-2006 Clinical Staff Nurse, United States Army  
Trauma Intensive Care Unit, Forward Operating Base Salerno, Khost,  
Afghanistan
- 2004-2005 Clinical Staff Nurse, United States Army  
Adult/Pediatric Intensive Care Unit, Tripler Army Medical Center, Honolulu, HI

- 2003 Clinical Staff Nurse, United States Army  
Critical Care Nursing Course, Madigan Army Medical Center, Tacoma, WA
- 2003 Clinical Staff Nurse, United States Army  
Intensive Care Unit (ICU), Joint Base Balad, Balad, Iraq
- 2001-2003 Clinical Staff Nurse, United States Army  
Medical Telemetry Unit, William Beaumont Army Medical Center, El Paso, TX

### LICENSES/CERTIFICATION

- 2014-Present Registered Nurse, Pennsylvania, RN660353  
2000-Present Registered Nurse, Ohio, RN.290868

### MEMBERSHIP IN PROFESSIONAL AND SCIENTIFIC SOCIETIES

- 2015-Present Member, Sleep Research Society  
2013-Present Member, American Heart Association  
2011-Present Member, International Society of Nurses in Genetics  
1995-Present Member, Sigma, International Honor Society of Nursing

### HONORS AND AWARDS

- 2022 Dean's Distinguished Teaching Award, University of Pittsburgh School of Nursing  
2014 Bloomberg Emerging Nurse Scholar  
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

### PUBLICATIONS

<https://www.ncbi.nlm.nih.gov/myncbi/christopher.imes.1/bibliography/public/>

Refereed Articles, \* = Data based

1. \*Imes, C. C., Kline, C. E., Patel, S. R., Sereika, S. M., Buysse, D. J., Harvey, A. G., & Burke, L. E. (2024). *An adapted transdiagnostic sleep and circadian intervention (TransS-C) for adults with excess weight and suboptimal sleep health: Pilot study results*. Manuscript submitted for publication.
2. \*Luyster, F. S., Baniak, L. M., Imes, C. C., Jeon, B., Morris, J. L., Orbell, S., & Scott, P. (2023). *Association of comorbid obstructive sleep apnea and insomnia with risk of major adverse cardiovascular events*. Manuscript submitted for publication.
3. \*Moon, S., Imes, C. C., Kazakoff, M., Jones, K. B., Al Ebousi, H., Willey, B. M., Ren, D., Vendetti, M. L., & Dabbs, A. D. (2023). *Associations between sleep quality and reported psychological and physical symptom burden after lung transplantation*. Manuscript submitted for publication.

4. \*Konkol, M., George, E. L., Scott, P. W., & **Imes, C. C.** (2024). Examining nurses' perception of shift work and evaluating supportive interventions. *Journal of Nursing Care Quality*, 39(1), 10-17. doi: 10.1097/NCQ.000000000000070
5. \*Kariuki, J. K., **Imes, C. C.**, Engberg, S. J., Scott, P. W., Klem, M. L., & Cortes, I. Y. (2024). The impact of lifestyle-based interventions on absolute cardiovascular disease risk: A systematic review and meta-analysis. *JBI Evidence Synthesis*, 22(1), 4-65. <https://doi.org/10.11124/JBIES-22-00356>
6. \*Kamath, A., & **Imes, C. C.** (2023). Discordance between self-reported and lab-measured A1C among U.S. adults with diabetes: Findings from the National Health and Nutrition Examination Survey (2013-2020). *The Journal for Nurse Practitioners*, 19(10), 104769. <https://doi.org/10.1016/j.nurpra.2023.104769>
7. **Imes, C. C.**, Tucker, S. J., Trinkoff, A. M., Chasens, E. R., Weinstein, S. M., Dunbar-Jacob, J., Patrician, P. A., Redeker, N. S., & Baldwin, C. M. (2023). Wake up call: Night shifts adversely affects nurse Health and retention, patient and public safety, and costs. *Nursing Administration Quarterly*, 47(4), E38-E55. doi: 10.1097/NAQ.0000000000000595
8. Vendetti, M. L., Moon, S., **Imes, C. C.**, Hergenroeder, A. L., Sciorba, F., Lendermon, E., Pilewski, J., Ren, D., Parmanto, B., Dewhirst, B., Willey, B. M., Jones, K. B., Morrel, M. R., Sanchez, P., & Dabbs, A. D. (2023). Design of Lung Transplant Go (LTGO): A randomized controlled trial evaluating the efficacy of a telerehabilitation behavioral exercise intervention to improve physical activity, physical function, and blood pressure control after lung transplantation. *Contemporary Clinical Trials*, 33, 101097. <https://doi.org/10.1016/j.conctc.2023.101097>
9. \*Cajita, M. I., Rathbun, S. L., Shiffman, S., Kline, C. E., **Imes, C. C.**, Zheng, Y., Ewing, L., & Burke, L. E. (2023). Examining reactivity to intensive longitudinal ecological momentary assessment: 12-month prospective study. *Eating and Weight Disorders – Studies on Anorexia, Bulimia, and Obesity*, 28(26), 1-5. <https://doi.org/10.1007/s40519-023-01556-1>
10. \*Morris, J. L., Belcher, S. M., Jeon, B., Godzik, C. M., **Imes, C. C.**, Luyster, F., Sereika, S. M., Scott, P. W., & Chasens, E. R. (2023). Financial hardship and its associations with perceived sleep quality in participants with type 2 diabetes and obstructive sleep apnea. *Chronic Illness*, 19(1), 197-207. <https://doi.org/10.1177/17423953211065002>
11. **Imes, C. C.**, Barthel, N. J., Chasens, E. R., Dunbar-Jacob, J., Engberg, S. J., Feeley, C. A., Fennimore, L. A., Godzik, C. M., Klem, M. L., Luyster, F. S., Ren, D., & Baniak, L. (2023). Shift work organization on nurse injuries: A scoping review. *International Journal of Nursing Studies*, 138, 104395. <https://doi.org/10.1016/j.ijnurstu.2022.104395>
12. \*Morris, J. L., Orbell, S., Scott, P. W., **Imes, C. C.**, Jeon, B., Baniak, L. M., Burke, L. E., & Chasens, E. R. (2022). Risk stratification by sex and menopausal status in the multivariable apnea prediction index. *Sleep & Breathing*. Advance online publication. <https://doi.org/10.1007/s11325-022-02766-0>
13. \*Kariuki, J. K., Yang, K., Scott, P. W., Chasens, E. R., Godzik, C. M., Luyster, F. S., & **Imes, C. C.** (2022). Obstructive sleep apnea risk is associated with severity of Metabolic Syndrome: National Health and Nutrition Examination Survey, 2015–2018. *Journal of Cardiovascular Nursing*, 37(5), 482-498. <https://doi.org/10.1097/JCN.0000000000000868>

14. \*Baniak, L. M., Scott, P. W., Chasens, E. R., **Imes, C. C.**, Jeon, B., Shi, X., Strollo, P. J., & Luyster, F. S. (2022). Sleep problems and associations with cardiovascular disease and all-cause mortality in asthma-COPD overlap: analysis of the National Health and Nutrition Examination Survey (2007-2012). *Journal of Clinical Sleep Medicine, 18*(6), 1491-1501. <https://doi.org/10.5664/jcsm.9890>
15. \*Burke, L. E., Kline, C. E., Mendez, D. D., Shiffman, S., Chasens, E. R., Zheng, Y., **Imes, C. C.**, Cajita, M. I., Ewing, L., Goode, R., Mattos, M., Kariuki, J. K., Kriska, A., & Rathbun, S. L. (2022). Nightly variation in sleep influences self-efficacy for adhering to a healthy lifestyle: A prospective study. *International Journal of Behavioral Medicine, 29*(3), 377–386. <https://doi.org/10.1007/s12529-021-10022-0>
16. \*Rockette-Wagner, B., Cheng, J., Bizhanova, Z., Kriska, A. M., Sereika, S. M., Kline, C. E., **Imes, C. C.**, Kariuki, J. K., Mendez, D. D., & Burke, L. E. (2022). Change in objectively measured activity resulting from the EMPOWER Study lifestyle intervention. *Translational Journal of the American College of Sports Medicine, 7*(1), e000184. <https://doi.org/10.1249/tjx.000000000000184>.
17. \***Imes, C. C.**, Bizhanova, Z., Sereika, S. M., Korytkowski, M. T., Atwood, C. W., Jr, Burke, L. E., Kariuki, J., Morris, J. L., Stansbury, R., Strollo, P. J., Jr, & Chasens, E. R. (2022). Metabolic outcomes in adults with type 2 diabetes and sleep disorders. *Sleep & Breathing, 26*(1), 339-346. <https://doi.org/10.1007/s11325-021-02408-x>
18. Trinkoff, A. M., Baldwin, C. M., Chasens, E. R., Dunbar-Jacob, J., Geiger-Brown, J., **Imes, C. C.**, Landis, C. A., Patrician, P. A., Redeker, N. S., Rogers, A. E., Scott, L. D., Toderó, C. M., Tucker, S. J., Weinstein, S. M., & Fatigue Subgroup of the Health Behavior Expert Panel, American Academy of Nursing (2021). CE: Nurses are more exhausted than ever: What should we do about it?. *The American Journal of Nursing, 121*(12), 18–28. <https://doi.org/10.1097/01.NAJ.0000802688.16426.8d>
19. Chasens, E. R., **Imes, C. C.**, Kariuki, J. K., Luyster, F. S., Morris, J. L., DiNardo, M. M., Godzik, C. M., Jeon, B., & Yang, K. (2021). Sleep and metabolic syndrome. *The Nursing Clinics of North America, 56*(2), 203–217. <https://doi.org/10.1016/j.cnur.2020.10.012>
20. Moon, S., Dabbs, A. D., Hergenroeder, A. L., Vendetti, M. L., Jones, K. B., Willey, B. M., Morrell, M. R., & **Imes, C. C.** (2021). Considerations for assessing physical function and physical activity in clinical trials during the COVID-19 pandemic. *Contemporary Clinical Trials, 105*, 106407. <https://doi.org/10.1016/j.cct.2021.106407>
21. \***Imes, C. C.**, Bizhanova, Z., Kline, C. E., Rockette-Wagner, B., Chasens, E. R., Sereika, S. M., & Burke, L. E. (2021). Bidirectional relationship between sleep and sedentary behavior in adults with overweight or obesity: A secondary analysis. *Sleep Advances: A Journal of the Sleep Research Society, 2*(1), zpab004. <https://doi.org/10.1093/sleepadvances/zpab004>
22. \*Kline, C. E., Chasens, E. R., Bizhanova, Z., Sereika, S. M., Buysse, D. J., **Imes, C. C.**, Kariuki, J. K., Mendez, D. D., Cajita, M. I., Rathbun, S. L., & Burke, L. E. (2021). The association between sleep health and weight change during a 12-month behavioral weight loss

intervention. *International Journal of Obesity*, 45(3), 639–649. <https://doi.org/10.1038/s41366-020-00728-8>

23. \*Chasens, E. R., Dinardo, M., **Imes, C. C.**, Morris, J. L., Braxter, B., & Yang, K. (2020). Citizenship and health insurance status predict glycemic management: NHANES data 2007-2016. *Preventive Medicine*, 139, 106180. <https://doi.org/10.1016/j.ypmed.2020.106180>
24. \*Yu, Y., Burke, L. E., Shen, Q., **Imes, C. C.**, Sun, R., Groth, S., Zhang, W., & Kalarchian, M. A. (2020). A qualitative exploration of patients' experiences with lifestyle changes after sleeve gastrectomy in China. *Obesity Surgery*, 30(8), 3127–3134. <https://doi.org/10.1007/s11695-020-04653-7>
25. \*Bigini, E. G., Chasens, E. R., Conley, Y. P., & **Imes, C. C.** (2019). DNA methylation changes and improved sleep quality in adults with obstructive sleep apnea and diabetes. *BMJ Open Diabetes Research & Care*, 7(1), e000707. doi:10.1136/bmjdr-2019-000707
26. \*Helvig, A., Epps, F., Lee, J., Chen, M. L., **Imes, C. C.**, & Chasens, E. R. (2019). Sleep and self-rated health in an aging workforce. *Workplace Health & Safety*, 67(6), 302-310. doi: 10.1177/2165079919828748
27. Kariuki, J. K., Cortes, I. Y., **Imes, C. C.**, Weiss, P. M., Engberg, S. J. (2019). The impact of lifestyle modification on absolute cardiovascular disease risk: A systematic review protocol. *JBI Database of Systematic Reviews and Implementation Reports*, 17(10), 2106-2114. doi:10.11124/JBISRIR-2017-003847
28. \***Imes, C. C.**, & Chasens, E. R. (2019). Rotating shifts negatively impacts health and wellness among intensive care nurses. *Workplace Health & Safety*, 67(5), 241-219. doi:10.1177/2165079918820866
29. \***Imes, C. C.**, Baniak, L. M., Choi, J., Luyster, F. S., Morris, J. L., Ren, D., & Chasens, E. R. (2019). Correlates of endothelial function in older adults with untreated obstructive sleep apnea and cardiovascular disease. *Journal of Cardiovascular Nursing*, 34(1), E1-E7. doi: 10.1097/JCN.0000000000000536
30. \***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
31. \*Kline, C. E., Burke, L. E., Sereika, S. M., **Imes, C. C.**, Rockette-Wagner, B., Mendez, D. D., Strollo, P. J., Zheng, Y., Rathbun, S. L., & Chasens, E. R. Bidirectional relationships between weight change and sleep apnea in a behavioral weight loss intervention. *Mayo Clinic Proceedings*, 93(9), 1290-1298. doi: 10.1016/j.mayocp.2018.04.026
32. \*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

33. \*Chasens, E. R., Yang, K., Baniak, L. M., Choi, J., & **Imes, C. C.** (2018). Sleep and other correlates of high-level health in older adults. *Geriatric Nursing, 39*(3), 344-349. <https://doi.org/10.1016/j.gerinurse.2017.11.002>
34. \*Zheng, Y., Sereika, S.M., Danford, C.A., **Imes, C. C.**, Goode, R.W., Mancino, J. & Burke, L. E. (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
35. 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>
36. \***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
37. \*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
38. \***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
39. \*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
40. \*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
41. \***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
42. Luyster, F. S., Choi, J., Yeh, C., **Imes, C. C.**, Johansson, 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.
43. **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

44. **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
45. \***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

#### Published Abstracts

1. Kline, C. E., **Imes, C. C.**, Sereika, S. M., Buysse, D. J., Rockette-Wagner, B., Bizhanova, Z., & Burke, L. E. (2023). Better sleep health is associated with greater adherence to lifestyle modification during a 12-month behavioral weight loss intervention. *Circulation*, *147*(Suppl 1), A51.
2. **Imes, C. C.**, Kline, C. E., Patel, S. R., Sereika, S. M., Harvey, A. G., Buysse, D. J., & Burke, L. E. (2023). A behavioral intervention to improve health sleep among adults with excess weight and suboptimal sleep health: Preliminary results of a feasibility study. *Circulation*, *147*(Suppl 1), AP460.
3. **Imes, C. C.**, Kline, C. E., Chasens, E. R., Bizhanova, Z., Wang, Y., Patel, S. R., Buysse, D. J., Sereika, S. M., & Burke, L. E. (2022). Better sleep health at baseline is associated with greater weight loss at 6 months in a technology-supported behavioral weight loss intervention trial. *Sleep Medicine*, *100*, S70.
4. Luyster, F., Scott, P., Chasens, E., **Imes, C.**, Jeon, B., Shi, X., Strollo, P., & Baniak, L. (2022). Associations between sleep problems and cardiovascular disease and all-cause mortality in asthma-COPD overlap. *Sleep*, *45*(Suppl 1), A251-A252.
5. Kazakoff, M., Moon, S. E., Jones, K., Willey, B. M., Imes, C. C., Vendetti, M., Rauscher, B., Ren, D., Powell, B., Lendermon, E., & DeVito Dabbs, A. (2022). Relationship between reported psychological distress, physical symptom burden, and sleep quality after lung transplantation. *Journal of Heart and Lung Transplant*, *41*(4 Suppl), S404-S405.
6. **Imes, C. C.**, Kariuki, K., Chasens, E., Scott, P., & Yang, K. (2021). Associations between metabolic syndrome severity and race/ethnicity, socioeconomic, and lifestyle factors. *Circulation*, *143*(Suppl 1), AP160.
7. Morris, J. L., **Imes, C. C.**, Scott, P., & Chasens, E. R. (2021). Sensitivity of the Multivariable Apnea Prediction Index in screening pre- and post-menopausal women for obstructive sleep apnea. *American Journal of Respiratory and Critical Care Medicine*, *203*, A4701.
8. Altamimi, M. M., Jones, K., Moon, E., Vendetti, M. L., Willey, B., Hergenroeder, A. L., Morrell, M., Sciurba, F., DeVito Dabbs, A., & **Imes, C.** (2021). Patterns of daily physical activity and sedentary behaviors in recent lung transplant recipients. *Journal of Heart and Lung Transplantation*, *40*(4 Suppl) S385.



9. Chasens, E., Sereika, S., **Imes, C.**, Morris, J., Stansbury, R., & Atwood, C. (2020). Metabolic outcomes in adults with type 2 diabetes and OSA, insomnia, or co-morbid OSA and insomnia. *Chest*, 157(6), A435.
10. **Imes, C. C.**, Wagner, M. A., Chasens, E. R., & Conley, Y. P. (2020). Differentially expressed genes using saliva samples from nurses rotating shifts. *Sleep*, 43(Suppl), A8.
11. Morris, J. L., Baniak, L., Belcher, S. M., **Imes, C.**, Luyster, F., Scott, P.W., Sereika, S., Chasens, E. R. (2020). Perceived financial difficulty predicts sleep quality in participants with type 2 diabetes and obstructive sleep apnea. *Sleep*, 43(Suppl), A401.
12. DeVito Dabbs, A., Vendetti, M. L., Willey, B. M., **Imes, C. C.**, Faett, B., Hergendroeder, A. L., Moon, E. S., Jones, K. B., Hu, H., Sanchez, P. G., & Morrell, M. R. (2020). Barriers to participation in a multi-component telehealth exercise intervention. *The Journal of Heart and Lung Transplantation*, 39(4), S499.
13. **Imes, C. C.**, Bizhanova, Z. H., Kline, C. E., Sereika, S. M., & Chasens, E. (2020). Sleep apnea severity is more strongly associated with cardiovascular health than a composite measure of sleep health in adults with sleep apnea and diabetes. *Circulation*, 141(Suppl 1), AP544.
14. Kline, C. E., Bizhanova, Z. H., Sereika, S. M., Buysee, D., **Imes, C. C.**, Kariuki, J., Mendez, D., Chasens, E., & Burke, L. E. (2020). Better sleep health is associated with greater weight loss during a 12-month behavioral weight loss intervention. *Circulation*, 141(Suppl 1), AMP21.
15. **Imes, C. C.**, Kline, C. E., Mendez, D. D., Sun, R., Yu, Y., Chasens, E. R., Rathburn, S. L., & Burke, L. E. (2019). Subjective versus objective measures of sleep: Results from an Ecological Momentary Assessment study. *Circulation*, 139(Suppl 1), P276.
16. Zheng, Y., **Imes, C.**, Sereika, S. M., Rathburn, S. L., & Burke, L. (2019). Temporal associations between lifestyle self-efficacy and adherence to calorie goal. *Circulation*, 139(Suppl 1), P095.
17. 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.
18. **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.
19. Kline, C. E., Burke, L. E., Zheng, Z., Sereika, S. M., **Imes, C. C.**, Mendez, D. D., Rockette-Wagner, B. J., Stollo, 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.
20. 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.
21. 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.

22. **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.
23. 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.
24. 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.
25. 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.
26. 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.
27. **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.
28. 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.
29. 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.
30. 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.
31. 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.
32. Goode, R., Ma, Q., Sereika, S. M., Hu, L., Mancino, J. M., Mattos, M. K., Mendez, D., **Imes, C. C.**, Danford, C., Zheng, Y., & Burke, L. E. (2016). Black-white differences in self-efficacy and

weight change in a 12-month behavioral weight loss program. *Annals of Behavioral Medicine*, 50(Suppl), S183.

33. Hu, L., Ma, Q., Sereika, S. M., **Imes, C. C.**, Zheng, Y., Mattos, M. K., Sun, R., Goode, R., Mancino, J. M., Yu, Y., & Burke, L. E. (2016). Using smartphone self-monitoring app improves weight loss in a 12-month behavioral weight loss trial. *Annals of Behavioral Medicine*, 50(Suppl), S24.
34. Mattos, M. K., Ma, Q., Sereika, S. M., **Imes, C. C.**, Lu, H., Mancino, J. M., Goode, R., Devlin, M. G., Sun, R., Burke, L. E. (2016). Change in health literacy in a 12-week mhealth weight loss treatment pilot feasibility study. *Annals of Behavioral Medicine*, 50(Suppl), S259.
35. **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.
36. 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.
37. 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.
38. **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.
39. 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.
40. 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.
41. 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.
42. Mattos, M., Ye, L., Sereika, S. M., Music, E., Zheng, Y., **Imes, C. C.**, Danford, C., & Burke, L. E. (2014). Change in health literacy of adults in a weight loss treatment trial. *Annals of Behavioral Medicine*, 47(Suppl.), S23.

43. Zheng, Y., Sereika, S. M., Ye, L., Mattos, M., **Imes, C. C.**, Music, E., Danford, C., & Burke, L. E. (2014). Associations between electronically recorded self-weighing and weight change in a weight loss trial. *Annals of Behavioral Medicine, 47*(Suppl), S117.
44. **Imes, C. C.**, Mattos, M., Zheng, Y., Ye, L., Music, E., Danford, C., Sereika, S. M., & Burke, L. E. (2014). Coronary heart disease risk factors and perceived risk among overweight and obese adults. *Circulation, 129*(Suppl 1), A204.
45. Zheng, Y., Sereika, S. M., **Imes, C. C.**, Ye, L., Mattos, M., Mancino, J., Danford, C., & Burke, L. E. (2014). Trajectories of weight change and their association with barriers to healthy eating during 18-month weight loss treatment. *Circulation, 129*(Suppl 1), A08.

Pre-prints, \* = Data based

1. \*Harris, A., Li, J., Atchison, K., Piva, S. R., **Imes, C. C.**, Johnson, J. T., & Nilsen M. L. (2022). Neck disability and insomnia in head and neck cancer survivors. Research Square. <https://doi.org/10.21203/rs.3.rs-1517752/v1>

Other Publications (Non-peer reviewed, non-data based)

1. Cajita, M. I., Kline, C. E., Burke, L. E., Bigini E. G., **Imes, C. C.** (2020). Feasible but not yet efficacious: A scoping review of wearable activity monitors in interventions targeting physical activity, sedentary behavior, and sleep. *Current Epidemiology Reports, 7*: 25-38, <https://doi.org/10.1007/s40471-020-00229-2>
2. **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 Reports, 1*, 82-88. doi: 10.1007/s40471-014-0012-6
3. **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

Book Chapters

1. Luyster, F. S, Baniak, L. M, Chasens, E. R., Feeley, C. A., **Imes, C. C.**, & Morris, J. L. (2019). Sleep among working adults. In D. T. Duncan, I. Kawachi, & S. Redline, *The Social Epidemiology of Sleep*. Oxford University Press.

## RESEARCH

### Funded Research Grants

Role: Principal Investigator  
 Funding Source: University of Pittsburgh School of Nursing Sleep and Circadian Rhythms Nursing Research and Scholarship HUB  
 Title: Scheduling, Sleep, and Health among Nurses and Nursing Assistants  
 Dates: 2023 – 2024  
 Award: \$1,000

Role: Principal Investigator  
Funding Source: University of Pittsburgh School of Nursing Center for Research and Evaluation  
Pilot/Feasibility Study Program  
Title: Behavioral Intervention to Improve the Sleep Health in Adults with Obesity: A  
Feasibility and Acceptability Study  
Dates: 2021 – 2022  
Award: \$10,047

Role: Co-Investigator, 4 -15% Effort (DeVito Dabbs, PI)  
Funding Source: NIH/NINR, R01NR017196  
Title: Lung Transplant Go (LTGO)  
Dates: 2019 – 2023  
Award: \$586,979 (Yearly budget)

Role: Principal Investigator  
Funding Source: University of Pittsburgh's Healthy Lifestyle Institute  
Title: Real-time Monitoring of Lifestyle Behaviors in Healthcare Providers Engaged in  
Shift Work: A Pilot, Feasibility Study  
Dates: 2018 – 2020  
Award: \$20,000

Role: Principal Investigator  
Funding Source: University of Pittsburgh School of Nursing Center for Research and Evaluation  
Pilot/Feasibility Study Program  
Title: The Feasibility of Using Saliva to Examine Gene Expression Changes in Shift  
Workers  
Dates: 2018 – 2019  
Award: \$15,000

Role: Principal Investigator  
Funding Source: University of Pittsburgh School of Nursing Center for Research and Evaluation  
Pilot/Feasibility Study Program  
Title: An Exploratory Study of the Genetics of Obstructive Sleep Apnea among Adults  
with Diabetes  
Dates: 2015 – 2016  
Award: \$15,000

Role: Principal Investigator  
Funding Source: University of Pittsburgh School of Nursing's Genomics of Patient Outcomes HUB  
Title: An Exploratory Study of the Epigenetics of Obstructive Sleep Apnea among  
Adults with Diabetes  
Dates: 2014 – 2016  
Award: \$7,000

Role: Principal Investigator  
Funding Source: Sigma Theta Tau International, Small Grant  
Title: "My Life Check" to Improve Dietary and Physical Activity Habits among Young  
Adults  
Dates: 2014 – 2016  
Award: \$5,000

Role: Principal Investigator  
Funding Source: Sigma Theta Tau International, Psi-at-large Chapter Small Grant  
Title: The Pleiotropic Effects of Circadian Rhythm Genes and Their Impact on Weight-Loss: An Exploratory Study  
Dates: 2013 – 2014  
Award: \$1,500

## PRESENTATIONS WITHOUT PUBLISHED ABSTRACTS

### International

1. **Imes, C. C.**, Wagner, M. A., Chasens, E. R., & Conley, Y. P. (November, 2022). Associations between self-reported health and wellness and gene expression level changes among nurses rotating shifts. Poster presented at the 2022 ISONG World Congress, Durham, North Carolina.
2. Grovers, M. J., & **Imes, C. C.** (November, 2019). Genetic Justice: How does genetic science alter our concept of justice? Invited podium presentation presented at the 2019 International Society of Nurses in Genetics World Congress, San Antonio, Texas.
3. **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.
4. 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.
5. **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.
6. **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.
7. **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.
8. **Imes, C. C.**, Ye, L., Conley, Y., & Burke, L. E. (October, 2013). Leptin, leptin receptor, and ghrelin genes and their association with protein levels and body mass index in a sample of weight cyclers. Poster session presented at the meeting of the International Society of Nurses in Genetics, Bethesda, MD.

### National

1. Burke, L., Ye, L., Zheng, Y., **Imes, C.**, Danford, C., Hu, L., Goode, R., Mattos, M., Chuang, Y., & Ewing, L. (November, 2014). How does self-monitoring with a mobile device affect weight

loss maintenance over the holidays? Poster session presented at The Obesity Society Annual Meeting at ObesityWeek, Boston, MA

2. Burke, L., Ye, L., Zheng, Y., **Imes, C.**, Strollo, P., Loar, I., Danford, C., & Chasens, E. (November, 2014). The prevalence of OSA among participants in a weight loss study. Poster session presented at The Obesity Society Annual Meeting at ObesityWeek, Boston, MA.
3. Goode, R., Ye, L., Sereika, S., Zheng, Y., Danford, C., Acharya, S., **Imes, C.**, Ewing, L., Mancino, J., Hu, L., Mattos, M., Burke, L. (November, 2014). Baseline socio-demographic, anthropometric and psychosocial predictors of attrition across behavioral weight-loss trials. Poster session presented at The Obesity Society Annual Meeting at ObesityWeek, Boston, MA.
4. Zheng, Y., Sereika, S., Danford, C., **Imes, C.**, Ye, L., Goode, R., Mancino, J., Ewing, L., Burke, L. (November, 2014). Dual trajectories of weight change and adherence to treatment regimen during a 24-month weight loss study. Poster session presented at The Obesity Society Annual Meeting at ObesityWeek, Boston, MA
5. Burke, L. E., Styn, M. A., Ye, L., Zheng, Y., Mattos, M., Sereika, S. M., & **Imes, C. C.** (September, 2014). Associations among health-related quality of life, weight self-efficacy, and co-morbid conditions in adults seeking weight loss treatment. Podium presentation presented at the meeting of the Council for the Advancement of Nursing, Washington, DC.
6. **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.
7. **Imes, C. C.**, Sereika, S. M., Burke, L. E., Korytkowski, M., Strollo, P. J. & Chasens E. R. (June, 2013). Evaluation of a single-item question about sleep quality. Poster presented at the meeting of the Associated Professional Sleep Societies, Baltimore, MD.

#### Local

1. **Imes, C. C.** (November, 2021). Research in Progress - Feasibility and acceptability of a behavioral intervention to improve the sleep health of adults with obesity. Presented at University of Pittsburgh Multidisciplinary Sleep and Circadian Science Grand Rounds, Pittsburgh, PA.
2. **Imes, C. C.** (December, 2019). Real-time monitoring of lifestyle behaviors among healthcare providers engaged in shift work: a pilot, feasibility study – Preliminary findings. Invited podium presentation presented at the 2019 Healthy Lifestyle Institute Summit, Pittsburgh, PA.
3. **Imes, C. C.**, Grubs, R. E., & Empey, P. E. (May, 2019). Legal, ethical, and privacy issues in the Post-Genomic Era: A multi-disciplinary discussion. Invited speaker presented at ISONG's Regional Meeting 2019, Pittsburgh, PA.

4. **Imes, C. C.** (April, 2019). Sleep and shift work: Impact, risks, and recommendations. Invited podium presentation presented at UPMC's Critical Care Symposium, Pittsburgh, PA.
5. **Imes, C. C.** (December, 2018). Real-time monitoring of lifestyle behaviors among healthcare providers engaged in shift work: A pilot, feasibility study. Invited podium presentation presented at the 2018 Healthy Lifestyle Institute Summit, Pittsburgh, PA.
6. **Imes, C. C.** (November, 2018). Molecular approaches to understanding obstructive sleep apnea. Invited podium presentation presented at the University of Pittsburgh Sleep Medicine Institute Research Day, Pittsburgh, PA.
7. **Imes, C. C.,** Baniak, L. M., Choi, J., Luyster, F. S., Morris, J. L., Park, M., & Chasens, E. R. (November, 2016). Body mass index is the best adiposity correlate of endothelial function in adults with untreated obstructive sleep apnea. Poster session presented at the University of Pittsburgh Sleep Medicine Institute Research Day, Pittsburgh, PA.
8. **Imes, C. C.** (February, 2016). Learning a new language: Adding sleep to a cardiovascular and genomics program of research. Presented at University of Pittsburgh Medical Center Multidisciplinary Sleep Ground Rounds, Pittsburgh, PA.
9. **Imes, C. C.,** Taylor, B., Kupfer D. J., Frank, E., Krafty, R., Thayer, J. F., & Hall, M. H. (November, 2015). Sleep characteristics in depressed individuals predicts future coping: Results from a longitudinal study. Poster session presented at the University of Pittsburgh Sleep Medicine Institute Research Day, Pittsburgh, PA.

## TEACHING

### Didactic Courses

Term	Course Title & Number	Credit Hours	Number of Students	Level
Spring 2024	NUR 1085: Ethics in Nursing and Health Care	3	~ 85	Undergraduate
Spring 2024	NUR 3120: Diversity, Equity, and Inclusion in Healthcare	1	~10	Graduate
Spring 2024	NUR 0053: Introduction to Inclusion, Equity and Diversity in Health Care	1	~ 20	Undergraduate
Fall 2023	NUR 1085: Ethics in Nursing and Health Care	3	~ 90	Undergraduate
Fall 2023	NUR 3120: Diversity, Equity, and Inclusion in Healthcare	1	~5	Graduate
Fall 2023	NUR 0001: First Year Seminar	1	~20	Undergraduate
Summer 2023	NUR 1085: Ethics in Nursing and Health Care	3	~ 30	Undergraduate
Summer 2023	NUR 1651: Health Care & Nursing Science in Switzerland	3	~20	Undergraduate
Spring 2023	NUR 1085: Ethics in Nursing and Health Care	3	~ 90	Undergraduate



Fall 2022	NUR 1085: Ethics in Nursing and Health Care	3	~ 110	Undergraduate
Fall 2022	NUR 3120: Diversity, Equity, and Inclusion in Healthcare	1	~5	Graduate
Summer 2022	NUR 1085: Ethics in Nursing and Health Care	3	~ 30	Undergraduate
Summer 2022	NUR 1651: Health Care & Nursing Science in Switzerland	3	~20	Undergraduate
Spring 2022	NUR 1085: Ethics in Nursing and Health Care	3	~ 100	Undergraduate
Spring 2022	NUR 0053: Introduction to Inclusion, Equity and Diversity in Health Care	1	~ 20	Undergraduate
Fall 2021	NUR 1085: Ethics in Nursing and Health Care	3	~ 130	Undergraduate
Fall 2021	NUR 3120: Diversity, Equity, and Inclusion in Healthcare	1	~10	Graduate
Summer 2021	NUR 1085: Ethics in Nursing and Health Care	3	~ 30	Undergraduate
Spring 2021	NUR 1085: Ethics in Nursing and Health Care	3	~ 105	Undergraduate
Spring 2021	NUR 0053: Introduction to Inclusion, Equity and Diversity in Health Care	1	~ 20	Undergraduate
Fall 2020	NUR 1085: Ethics in Nursing and Health Care	3	~ 130	Undergraduate
Summer 2020	NUR 1085: Ethics in Nursing and Health Care	3	~ 30	Undergraduate
Spring 2020	NUR 1085: Ethics in Nursing and Health Care	3	~ 30	Undergraduate
Spring 2020	NUR 0053: Introduction to Inclusion, Equity and Diversity in Health Care	1	~ 20	Undergraduate
Fall 2019	NUR 1085: Ethics in Nursing and Health Care	3	~ 70	Undergraduate
Summer 2019	NUR 3050: Grant Writing	1	~ 15	Graduate
Spring 2019	NUR 1085: Ethics in Nursing and Health Care	3	~ 70	Undergraduate
Spring 2019	NUR 0053: Introduction to Inclusion, Equity and Diversity in Health Care	1	~ 15	Undergraduate
Fall 2018	NUR 1085: Ethics in Nursing and Health Care	3	~ 70	Undergraduate
Spring 2018	NUR 1085: Ethics in Nursing and Health Care	3	~ 30	Undergraduate
Fall 2017	NUR 1085: Ethics in Nursing and Health Care	3	~ 30	Undergraduate
Spring 2017	NUR 1085: Ethics in Nursing and Health Care	3	~ 25	Undergraduate

Fall 2016	NUR 1085: Ethics in Nursing and Health Care	3	~ 45	Undergraduate
Spring 2016	NUR 1085: Ethics in Nursing and Health Care	3	~ 40	Undergraduate
Fall 2015	NUR 1085: Ethics in Nursing and Health Care	3	~ 50	Undergraduate

### Clinical Teaching

Term	Course Title & Number	Number of Students	Level
Summer 2020	NUR 1234C: Transition into Professional Nursing Clinical	8	Undergraduate
Spring 2018	NUR 1220C: Advanced Clinical Problem Solving	8	Undergraduate
Summer 2017	NUR 1220C: Advanced Clinical Problem Solving	7	Undergraduate
Summer 2016	NUR 1221C: Advanced Clinical Problem Solving	5	Undergraduate.
Spring 2015	NUR 1120C: Advanced Nursing Management of the Adult with Acute/Complex Health Problems	8	Undergraduate
Summer 2015	NUR 1221C: Advanced Clinical Problem Solving	6	Undergraduate

### Guest Lectures

Term	Course Title & Number	Hours	Number of Students	Level	Title of Lecture
Fall 2023	NUR 2010 Health Promotion/Disease Prevention	1.5	~ 20	Graduate	Cardiovascular Disease Prevention and Risk Calculation
Spring 2023	NUR 1308/2308: Ethics of Biotechnology	1	~20	Undergraduate and Graduate	Ethics of CRISPR Technology
Spring 2023	NUR 2682: Human Genetics and Clinical Applications	1	~50	Graduate	Ethical Issues of Genetic Testing, Reproductive Genetics, and Gene Editing
Fall 2022	NUR 2010 Health Promotion/Disease Prevention	1.5	~ 30	Graduate	Cardiovascular Disease Prevention and Risk Calculation
Fall 2020	NUR 2010 Health Promotion/Disease Prevention	1.5	~ 30	Graduate	Cardiovascular Disease Prevention and Risk Calculation
Spring 2020	NUR 2010 Health Promotion/Disease Prevention	1.5	~ 30	Graduate	Cardiovascular Disease Prevention and Risk Calculation

Fall 2019	NUR 1680 Introduction to Genetics and Molecular Therapeutic	1.5	~ 70	Under- graduate	Gene Expression
Spring 2019	NUR 2010 Health Promotion/Disease Prevention	1.5	~ 40	Graduate	Cardiovascular Disease Prevention and Risk Calculation
Fall 2018	NUR 2010 Health Promotion/Disease Prevention	1.5	~ 20	Graduate	Cardiovascular Disease Prevention and Risk Calculation
Spring 2018	NUR 2010 Health Promotion/Disease Prevention	1.5	~ 40	Graduate	Cardiovascular Disease Prevention and Risk Calculation
Fall 2018	NUR 2010 Health Promotion/Disease Prevention	1.5	~ 20	Graduate	Cardiovascular Disease Prevention and Risk Calculation
Fall 2017	NUR 2010 Health Promotion/Disease Prevention	1.5	~ 50	Graduate	Cardiovascular Disease Prevention and Risk Calculation
Fall 2016	NUR 2010 Health Promotion/Disease Prevention	1.5	~ 50	Graduate	Cardiovascular Disease Prevention and Risk Calculation
Spring 2015	NUR 2010 Health Promotion/Disease Prevention	1.5	~ 30	Graduate	Cardiovascular Disease Prevention and Risk Calculation
Fall 2014	NUR 2010 Health Promotion/Disease Prevention	1.5	~ 50	Graduate	Cardiovascular Disease Prevention and Risk Calculation

## MENTORING ACTIVITIES

### Undergraduate

2021-2023	Aneesh Kamath	Undergraduate (Pre-Medicine School) Student
2022-2023	Kiersten Quirk	Undergraduate Research Mentorship Program
2022-2022	Eric Sullivan	Undergraduate Research Mentorship Program
2021-Present	Isabella Frank	Undergraduate Research Mentorship Program
2016-2020	Evelyn Bigini	Undergraduate Research Mentorship Program
2015-2016	Ashley Mori	Undergraduate Research Mentorship Program
2014-2016	Taylor Albanese	Undergraduate Research Mentorship Program
2013-2014	Shuhong Gao	Undergraduate Research Mentorship Program

### Graduate

2022	Nicole Barthel	Graduate Student Researcher
2019-Present	Mujahid Altamimi	PhD Advisor, Dissertation Committee Chair
2018-2020	Bomin Jeon	Graduate Student Researcher
2016-2019	Yu Yang	PhD Dissertation Committee Member

### Post-doctoral

2017-2018	Lisa Shah, PhD, RN	Mentor for Postdoctoral Fellow
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## SERVICE

### University

2023	Ad hoc campus interviewer, Fulbright US Student Program
2023	Faculty, University of Pittsburgh Department of Psychiatry's Sleep and Circadian Workshop on Indispensable Methods (SWIM)
2022	Grant reviewer, Clinical and Translational Science Institute's Willingness 2 Participate Pilot Competition
2021-Present	Ad hoc member, University of Pittsburgh Department of Psychiatry Research Review Committee
2016-Present	Member, Institutional Review Board Committee D

### School of Nursing

2020-2021	Taskforce Chair, Graduate-level Diversity, Equity, and Inclusion Course
2018-Present	Member, PhD Council; PhD Program Vision and Evaluation Committee Member, 2022-Present; Grant/abstract reviewer for PhD student grants and awards, 2022-Present
2018-Present	Instructor, Governor School
2016-Present	Member, Academic Integrity Committee
2015-2019	Member, Diversity Committee; Co-Chair from 2017-2019
2014-Present	Member, BSN Council

### Professional

2021	Grant reviewer, Sigma, Eta Chapter
2020-Present	Member, American Academy of Nursing (AAN), Nurse Fatigue Subgroup of the Health Behavior Expert Panel
2018-Present	Abstract reviewer, American Heart Association, Epi/Lifestyle Scientific Sessions
2018-present	American Heart Association, Council on Lifestyle and Cardiometabolic Health's Membership & Communications Committee; Vice Chair 2018-2020; Chair 2020-2022
2018-2022	Member, American Heart Association, Council on Lifestyle and Cardiometabolic Health's Behavioral Change for Improving Health Factors Committee
2017-2023	Member, International Society of Nurses in Genetics, Research Committee
2017-2022	Chair, Sigma, Eta Chapter, Scholarship Committee
2017-Present	Abstract reviewer, American Heart Association, Scientific Sessions
2016-2020	Member, American Heart Association, Council on Lifestyle and Cardiometabolic Health's Early Career Committee
2015-2022	Grant reviewer, International Society of Nurses in Genetics
2013-2021	Abstract reviewer, International Society of Nurses in Genetics Annual Conference

### Manuscript reviewer

2023	Ad hoc reviewer: <i>Sleep Health</i>
2021-Present	Ad hoc reviewer: <i>Behavioral Medicine, Sleep</i>
2020-Present	Ad hoc reviewer: <i>Journal of Science and Medicine in Sport, BMJ Open Diabetes Research &amp; Care</i>
2019-Present	Ad hoc reviewer: <i>American Nurse Today</i>
2018-Present	Ad hoc reviewer: <i>Journal of Applied Gerontology</i>
2017-Present	Ad hoc reviewer: <i>The Journal for Nurse Practitioners, Sleep Medicine Reviews</i>

2016-Present

Ad hoc reviewer: *Public Health Nursing, Western Journal of Nursing Research*

2014-Present

Ad hoc reviewer: *Public Health Genomics*

2013-Present

Ad hoc reviewer: *Heart & Lung, Journal of Cardiovascular Nursing, Preventive Medicine*