

DUKE BIBER, PhD, NBC-HWC
ASSISTANT PROFESSOR
HEALTH SCIENCE
JAMES MADISON UNIVERSITY

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Harrisonburg, VA 22801
Email: biberdd@jmu.edu

EDUCATIONAL BACKGROUND

- 2018 **Doctorate of Philosophy**, Georgia State University
College of Education, Department of Kinesiology and Health
Major Field of Study: Kinesiology
Concentration: Exercise Psychology
Cognate: Counseling Psychology
- 2013 **Master of Science**, Georgia Southern University
College of Health and Human Science, Department of Kinesiology and Health
Major Field of Study: Kinesiology
Concentration: Sport and Exercise Psychology
Cognate: Counseling Psychology
- 2011 **Bachelor of Arts**, Indiana University
College of Arts and Sciences, Department of Psychological and Brain Sciences
Major Field of Study: Psychology
Minor Field of Study: Spanish

PROFESSIONAL APPOINTMENTS

- 2022- **Assistant Professor**
Integrated Health Science
Department of Health Promotion and Physical Education
Kennesaw State University (Kennesaw, GA)
- 2018-2022 **Assistant Professor**
Health and Community Wellness
Department of Sport Management, Wellness, and Physical Education
University of West Georgia (Carrollton, GA)
- 2018 **Adjunct Faculty**
Exercise Psychology)
Department of Kinesiology and Health Sciences
Virginia Commonwealth University (Richmond, VA)
- 2017-2018 **Instructor of Record**
Kinesiology
Department of Kinesiology

- The University of Virginia (Charlottesville, VA)
- 2017- 2018 **CATCH Coordinator and Process Evaluator**
Sentara Martha Jefferson Hospital (Charlottesville, VA)
- 2013-2017 **Graduate Teaching and Research Assistant**
Department of Kinesiology and Health
Georgia State University, Atlanta, Georgia
- 2012-2013 **Behavioral Counselor**
CRC Health Group, Wellspring Camp, San Marcos Texas
- 2011-2013 **Graduate Teaching and Research Assistant**
Department of Health and Kinesiology
Georgia Southern University, Statesboro, Georgia

TEACHING EXPERIENCE

JAMES MADISON UNIVERSITY

HTH 255: Chronic Disease and Developmental Disabilities

HTH 351: Health Behavior Change

HTH 423: Ethics and Critical Thinking in Health

KENNESAW STATE UNIVERSITY

HIS 2100: Introduction to Integrated Health Science

IHS 3240: Fundamentals of Behavioral Healthcare

IHS 4760: Integrated Health Science Capstone

PHE 4650: Health Coaching and Patient Education

UNIVERSITY OF WEST GEORGIA

PWLA 1600: Personal Wellness

PHED 2000: Applied Concepts of Fitness and Wellness

XIDS 2002: What Do You Know About Drugs and Alcohol

XIDS 2002: What Do You Know About Stress Management and Healthy Coping

CMWL 3100: Lifespan Development

CMWL 3101: Mental and Emotional Wellness

CMWL 3102: Psychology of Health and Wellness

CMWL 4100: Wellness Coaching

CMWL 4103: Special Topics: Research Methods in Community Wellness

CMWL 4685: Applied Research Methods in Health and Community Wellness

VIRGINIA COMMONWEALTH UNIVERSITY

HPEX 357: Personal Health and Behavior Change

HPEX 371: Exercise Psychology

UNIVERSITY OF VIRGINIA

KINE 1400-003: Weight Training

KINE 1730-1: Hiking

GEORGIA STATE UNIVERSITY

KH 2520: Principles of Physical Activity and Fitness
KH 4280 Psychology of Physical Activity
KH 2130 Introduction to Allied Fields in HPE/Fitness

GEORGIA SOUTHERN UNIVERSITY

KINS Honors Research in Kinesiology
KINS 1115 Bowling
KINS 1218 Fitness Walking
KINS 1219 Football: Flag
KINS 1311 Jogging
KINS 3132 Foundations of Exercise and Sport Psychology

GRANTS AND FUNDED ACTIVITY

(Externally Funded: \$1,109,982.52; Internally Funded: \$6,300; In Review: \$3,474,048)

²⁵ Gazmararian, J., Boedeker, P., **Biber, D. D. (Co-I)**, Meyer, A., Davis, A. (*in review*). Girls Empowering Movement (GEM): Integrating Mindfulness and Movement for Mental, Emotional and Behavioral Health. Submitted to the Spencer Foundation. Amount Requested: \$400,000

²⁴ Davis, **Biber, D. D.**, Brillhart, M., Stewart, B., & Martin, M. (2023). Affordable Materials Grants, Round 24. A one-year application submitted to Affordable Learning Georgia. Amount Requested: \$18,250

²³ **Biber, D. D.** (*in review*). Walking and Lifestyle Coaching (WALC) Program: A Pre-post Test Pilot Study. Submitted to the College of Health and Behavioral Studies, James Madison University. Amount Requested: \$3,735.69

²² Fadel, N., Gainey, F., **Biber, D.D.**, Stoner, A., Beccia, A., Hussa-Farrell, R., Farrell, T., & Brewerton, T. Eating Disorder Prevention and Identification Training for HealthCare Professionals. 2023 Spartanburg Regional Healthcare System. Amount Awarded: \$32,500.

²¹ Fadel, N., Stoner, A., Hussa-Farrell, R., Gainey, M., **Biber, D. D. (Co-I)**, Farrell, T., & Wilson, A. (*not awarded*). Eating Disorder Prevention and Identification Training for HealthCare Professionals and Community Members in Spartanburg South Carolina. Submitted to the Hilda and Preston Davis Foundation. Amount Requested: \$212,580

²⁰ Gazmararian, J., **Biber, D. D. (Co-I)**, Boedeker, P., Meyer, A., Davis, A. (*not awarded*). Girls Empowering Movement (GEM): Integrating Mindfulness and Movement for Mental, Emotional and Behavioral Health for All. Letter of Inquiry submitted to William T Grant Foundation. Amount Requested: \$600,000

¹⁹ Fadel, N., Stoner, A., Hussa-Farrell, R., Karydi, A., & **Biber, D. D. (Co-I)**. (*not awarded*). Sharpen Technology To Assist First Responders During Grey Zone Interactions. Submitted to the American Association for Suicide Prevention. Amount Requested: \$136,033

¹⁸ Barton, I., Garefino, A., & **Biber, D. D. (Co-I)**. Cobb Collaborative Community Transformation. 2023 Wellstar Community Transformation Grant. Amount Awarded: \$10,000

¹⁷ Gazmararian, J., Graybill, E., Boedeker, P., Biber, D. D. (Co-I), Davis, A., Meyer, A., Gross, S. (*not awarded*). Girls Empowering Movement (GEM): Integrating Mindfulness and Movement

for Positive Mental, Emotional and Behavioral Health. Submitted to the National Institutes of Health: Amount Requested: \$3,350,048

¹⁶ Garefino, A., B., **Biber, D. D. (Co-PI)**. (*not awarded*). Community Transformation Grants DECAL 23-24. Submitted to the Georgia Department of Early Care and Learning. Amount Requested: \$124,000

¹⁵ Stewart, B., **Biber, D. D.**, Davis, A., McBurse, S., Brandenburg, J. (*not awarded*). 2022 Integrated Wellness and CHW Training Program. Submitted to the Health Resources and Services Administration. Amount Requested: \$1,119,543.40

¹⁴ Stoepker, P., Brooks, C., **Biber, D. D.**, & Davis, A. (*not awarded*). Let's Move Carrollton: A multicomponent physical activity program for elementary student and family health behaviors. A one-year application submitted to the Georgia Health Foundation. Amount Requested: \$28,518

¹³ Gazmararian, J., Graybill, E., **Biber, D. D.** (Co-I), Stoepker, P., Meyer, A., & Kay, C. (*not awarded*). Girls Empowering Movement (GEM): A middle-School Initiative Exploring the Links Between Social, Emotional, and Physical Health. A two-year application submitted to the Centers for Disease Control and Prevention. Amount Requested: \$800,000

¹² Davis, A., McBurse, S., & **Biber, D. D.** (2022). Affordable Materials Grants, Round 21. A one-year application submitted to Affordable Learning Georgia. Amount Awarded: \$23,000

¹¹ Brandenburg, J., Branyon, A. & **Biber, D. D. (Co-I)**; Brandenburg, G., Stewart, B. (2021-2022). Year 3 State Opioid Response: College Adopt a School. Partnership with the Georgia Department of Behavioral Health and Developmental Disabilities. Amount Awarded: \$117,446.76

¹⁰ Morris, C., **Biber, D. D.**, Huffstead, M., Green, K., Smith, L., & Stewart, B. (2021). Application 1959a: Well Start for Early Learning at the Early Learning Center. Amount Awarded: \$1,400

⁹ **Biber, D. D.**, Stoepker, P., Brandenburg, G., & Heidorn, J. (2021). Application 2010: Girls Empowering Movement. Amount Awarded: \$1,400

⁸ Morris, C., Green, K., Smith, L., **Biber, D. D.**, & Huffstead, M., & Poole, A. Well Start for Early Learning. Community Foundation of West Georgia Alice Huffard Richards Grant. Amount Awarded: \$100,000

⁷ **Biber, D. D. (PI)**; Brandenburg, G., Stewart, B. (2020-2021). Year 2 State Opioid Response: College Adopt a School. Partnership with the Georgia Department of Behavioral Health and Developmental Disabilities. Amount Awarded: \$117,446.76

⁶ Stoepker, P.; **Biber, D. D. (Co-PI)**; Brandenburg, G.; & Heidorn, J. (2019-2024). Georgia Girls on the Go! Atlanta Falcons Youth Foundation in Partnership with HealthMPowers. Total Grant Amount: **(\$5,800,000)**. Sub-Award Amount Awarded: \$579,050.00

⁵ **Biber, D. D. (PI)**; Brandenburg, G., Stewart, B. (2019-2020). State Opioid Response: College Adopt a School. Partnership with the Georgia Department of Behavioral Health and Developmental Disabilities. Amount Awarded: \$105,039

⁴ Stoepker, P. (PI); **Biber, D. D. (Co-PI)**. (2018). The use and application of physical activity monitoring devices at UWG and neighboring school districts. College of Education Seed Grant. Amount Awarded: \$1,000

³ Martin, J. (PI); **Biber, D. D. (Co-PI)** (2018). A process evaluation of the CATCH program across five counties in central Virginia (#852P020). Virginia Foundation for Healthy Youth. Amount Awarded: \$68,000

² Ellis, R., **Biber, D. D. (SI)** (2016). College of Education and Human Development Center for the Study of Stress, Trauma and Resilience. Amount Awarded: \$2,500

¹ **Biber, D. D.** (Graduate Student) (2016). College of Education and Human Development Alumni Network Scholarship, Georgia State University. Amount Awarded: \$1,000

PEER-REVIEWED PUBLICATIONS

⁶¹ **Biber, D. D.** Davis, A., & Stewart, B (2023). Heads up! Using a mobile platform to assess Division II student-athlete mental health. *Journal of Sport Psychology in Action*, 1-11. <https://doi.org/10.1080/21520704.2023.2282191>.

⁶⁰ **Biber, D. D.** (2023). The impact of an mHealth mental health literacy training for foster parents. *Trends in Psychology (in press)*, November 2023).

⁵⁹ Stoepker, P., **Biber, D. D.**, & McMullen, J. (2022). Female undergraduate students' experiences facilitating an out-of-school physical activity program for middle school girls. *Journal of Teaching in Physical Education*. <https://doi.org/10.1123/jtpe.2022-0240>.

⁵⁸ **Biber, D. D.** & Rothman, R. (2023). Mental Health Literacy Training for College Female Peer Mentors: A Pilot Study. *Higher Education, Skills and Work-Based Learning*, ahead of print. <https://doi.org/10.1108/HESWBL-06-2023-0148>

⁵⁷ Berreta, K., Nguyen, C., Stoner, A. M., Ridgeway, L, Wilson, A., Fadel, N. & **Biber, D. D.** (2023). A RE-AIM analysis of a mental health app for undergraduate and medical students during the COVID-19 pandemic: A retrospective cross-sectional study. *International Journal of Environmental Research and Public Health*, 20, 6266. <https://doi.org/10.3390/ijerph20136266>

⁵⁶ Gross, S., & **Biber, D. D.** (2023). Tailoring health coaching strategies to promote middle school student wellness. *Strategies: Educator's Corner*. 36(3), 14-18. DOI:10.1080/08924562.2023.2195455

⁵⁵ **Biber, D. D.** & Balaam, S. (2023). Assessing NCAA female soccer player output using SPT2 GPS devices. *Journal of Health, Sports, and Kinesiology. (in press)*.

⁵⁴ Alaskon, A., Melton, B., Bland, H., & **Biber, D. D.** (2023). Physical activity solutions to decrease occupational stress. *ACSM's Health and Fitness Journal*, 27(3), 33-40. DOI: 10.1249/FIT.0000000000000864

⁵³ **Biber, D. D.** & Knoll, C. (2023). An analysis of an Exercise is Medicine on Campus ® program: A case report. *American Journal of Lifestyle Medicine*, 17(4), 479-484. DOI: <https://doi.org/10.1177/15598276231165491>.

⁵² Stoepker, P., **Biber, D. D.**, Davis, A., Welk, G., & Meyer, A. (2023). Contextualizing adolescent female physical activity behavior: A descriptive study. *International Journal of Environmental Research and Public Health*, 20(4), 3125. <https://doi.org/10.3390/ijerph20043125>

⁵¹ **Biber, D. D.** & Brandenburg, G. (2023). A RE-AIM analysis of the sources of strength program in a United States high school. *Preventive Medicine Reports*, 32, 102137 <https://doi.org/10.1016/j.pmedr.2023.102137>

⁵⁰ **Biber, D. D.** (2023). A pilot evaluation of the Food as Medicine program. *Evaluation and Program Planning*, 97, 102234. <https://doi.org/10.1016/j.evalprogplan.2023.102234>

⁴⁹ **Biber, D. D.** (2023). Persevering in nursing with Godly purpose. *Journal of Christian Nursing*, 40(2), E12-E13. doi: 10.1097/CNJ.0000000000001057

⁴⁸ Alaskon, A., Melton, B., Bland, H., & **Biber, D. D.** (2022). Physical activity levels among long-term care employees during the COVID-19 pandemic. *The Journal of Long-Term Care*, 277–288. DOI: <http://doi.org/10.31389/jltc.140>

⁴⁷ **Biber, D. D.**, Stoepker, P., Davis, A., & Ha, Taemin. (2022). College student physical activity: A systematic review. *Journal of Health, Sports, and Kinesiology*, 3(2), 4-13. <https://doi.org/10.47544/johsk.2022.3.2.4>

⁴⁶ **Biber, D. D.** (2022). Benefits of mindful self-compassion practice for frontline nurses. *Nursing2022*, 52(5), 34-37. doi: 10.1097/01.NURSE.0000827152.10997.19

⁴⁵ **Biber, D. D.**, Czech, D. R., Donald, E., Hassett, A., & Tucker, A. (2022). The relationship between sleep duration, BMI and optimism levels in generation Z students. *Journal of Interdisciplinary Studies in Education*, 11(1), 92-101. <https://ojed.org/jise>

⁴⁴ Whisenhunt, J., **Biber, D. D.**, & Heidorn, B. (2022). On the front line: The role of health educators in preventing student suicide. *JOPERD*, 93(3), 25-31. doi:10.1080/07303084.2021.2022039

⁴³ **Biber, D. D.**, Czech, D. R., Todd, S. Y., & Anthony, D. (2022). A pilot study addressing college athletes' musical choice in relation to identity, culture, and performance. *Applied Research in Coaching and Athletics Annual*, 37, 1-29.

- ⁴² **Biber, D. D.** (2022). Mindful self-compassion for nurses: A systematic review. *Nursing Management*. doi: 10.7748/nm.2021.e2028
- ⁴¹ **Biber, D. D.**, Stoepker, P., Gross, S., Heidorn, J., & Brandenburg, G. (2021). A model to promote university high-impact practices through community-based participatory research. *Pedagogy in Health Promotion*, 1-7. <https://doi.org/10.1177/23733799211041136>
- ⁴⁰ **Biber, D. D.** (2021). Using public service announcement projects for student content mastery and engagement. *College Teaching: A Quick Fix*, 1-2. doi: 10.1080/87567555.2021.1996325
- ³⁹ **Biber, D. D.** (2021). Expression of gratitude in college students: A qualitative study. *Developments*, 18(3). Retrieved from <https://developments.myacpa.org/expression-and-application-of-gratitude-in-college-students/>
- ³⁸ **Biber, D. D.** & Brandenburg, G. (2021). Understanding gratitude, curiosity, exploration, and life satisfaction in college. *Journal of Interdisciplinary Studies in Education*, 10(2), 65-80. Retrieved from <https://www.ojed.org/index.php/jise/article/view/2404>
- ³⁷ **Biber, D. D.**, & Ellis, R., & Rice, K. (2021). Self-compassion training within a work-place physical activity program: A pilot study. *Work: A Journal of Prevention, Assessment & Rehabilitation*, 68(4), 1059-1067. (2021). DOI: 10.3233/WOR-213436
- ³⁶ **Biber, D. D.** (2021). Teaching psychological theory through video diaries. *The Journal of Educators Online*, 18(2), 1-5.
- ³⁵ Varga, M. A., Lanier, B. A., **Biber, D. D.**, & Stewart, B. (2021). Holistic grief effects, mental health, and counseling support in bereaved college students. *College Student Affairs Journal*, 39(1), 1-13. DOI: 10.1353/csj.2021.0000
- ³⁴ **Biber, D. D.** & Czech, D.R. (2021). Comparing anxiety, aggression, and hostility, between NCAA Division I athletes and non-athletes: A cross-sectional study. *Applied Research in Coaching and Athletics Annual*, 36, 1-22. DOI: 10.1007/s12646-020-00556-w
- ³³ **Biber, D. D.** & Czech, D. R. (2021). College students' attitudes toward seeking professional help. *National Wellness Institute Journal*. Retrieved from <https://nwijournal.com/study-college-students-attitudes-toward-seeking-professional-help/>
- ³² **Biber, D. D.**, Melton, B., & Czech, D. R. (2020). The impact of COVID-19 on college anxiety, optimism, gratitude, and course satisfaction. *Journal of American College Health*, 1-7. DOI:10.1080/07448481.2020.1842424
- ³¹ **Biber, D. D.** (2020). Integration of a mindfulness meditation lab for university students. *Building Healthy Academic Communities Journal*, 4(2), 88-95. DOI: <http://dx.doi.org/10.18061/bhac.v4i2.7666>

³⁰ **Biber, D. D.** & Zizic, S. (2020). Joy, grit, and pride: Classroom activities that promote positive emotions. *Educators Corner in Strategies: A Journal for Physical and Sport Educators*, 33(6), 42-44. DOI: 10.1080/08924562.2020.1812344

²⁹ **Biber, D. D.** & Knoll, C. (2020). Exercise is medicine on campus ®: A pilot study. *Recreational Sports Journal*, 1-9. DOI: 10.1177/1558866120964815

²⁸ **Biber, D. D.**, & Heidorn, J. (2020). Tailoring the walking classroom to promote college student engagement. *College Teaching*, 1-4. DOI: 10.1080/87567555.2020.1833177

²⁷ **Biber, D. D.**, & Knies, D. (2020). Health coaching for graduate students: Promoting academic success and well-being. *Developments (American College Personnel Association - International)*, 17(4), 1-12. Retrieved from <http://developments.myacpa.org/>

²⁶ **Biber, D. D.** (2020). Exercise identity, self-regulatory efficacy, and self-compassion. *Psychological Studies*, 65(3), 261-269. DOI: 10.1007/s12646-020-00556-w

²⁵ **Biber, D. D.** & Brandenburg, G. (2020). A photovoice analysis of learning during a short-term study abroad trip to Belize. *Reflective Practice*, 21(5), 1-10. DOI: 10.1080/14623943.2020.1784867

²⁴ Ellis, R., Saringer, C., Davis, A., **Biber, D.**, & Ferrer, D. (2020). Examining the impact of wellness champions on the effectiveness of a workplace health and well-being program. *American Journal of Health Promotion*. 1-6. doi: 10.1177/0890117120929131

²³ **Biber, D. D.** (2020). Transformative learning curriculum for short-term study abroad trips. *Journal of Teaching & Travel in Tourism*. doi: 10.1080/15313220.2020.1775757

²² Todd, K., Czech, D. R., & **Biber, D. D.** (2020). The effect of perceived level of social support on the fear of falling. *Activities, Adaptation, and Aging*, 1-13. doi: 10.1080/01924788.2020.1746052

²¹ **Biber, D. D.** (2020). Teaching gratitude for social emotional learning. *Educator's Corner in Strategies: A Journal for Physical and Sport Educators*, 32(2), 32-34.

²⁰ **Biber, D. D.** (2019). Social emotional learning for a college classroom. *College Teaching*, doi: 10.1080/87567555.2019.1709408

¹⁹ **Biber, D. D.** (2019). Creating team cohesion and sport identity. *Coach's Corner in Strategies: A Journal for Physical and Sport Educators*, 32(6), 40-42. doi: 10.1080/08924562.2019.1658433

¹⁸ **Biber, D. D.** (2019). Facilitating social emotional learning in the workplace. *International Journal of Whole Person Care* 6(2), 26-29.

- ¹⁷ **Biber, D. D.**, Stoepker, P., & Heidorn, B. (2019). Techniques to Promote Healthy Self-Regulation in Physical Education. *Strategies*, 32(2), 56-60. DOI: 10.1080/08924562.2019.1559643
- ¹⁶ Johnson, A., **Biber, D. D.**, & Czech, D. R. (2019). A cross-sectional examination of optimism in a Generation Y sample. *Psychology and Education Journal*. 56(1-2).
- ¹⁵ **Biber, D. D.**, Brandenburg, G., Knoll, C., McBurse, S., Merem, A. M., & Stewart, B. (2018). The Wolf Wellness Lab: A Model for Community Health and Wellness Promotion. *Georgia Association for Health, Physical Education, Recreation and Dance*, 50(2), 4-11.
- ¹⁴ Czech, D. R., Melton, B., Wittenberg, M., & **Biber, D. D.** (2018). Influence of gender, race and generation on college students' exercise motivation levels: A generational comparison. *Journal of Sports Science*, 5(28), 268-275.
- ¹³ Wehner, K. J., Czech, D. R., & **Biber, D. D.** (2018). An examination of competitiveness between gender, race, and school classification of millennial students: An Exploratory Study. *Georgia Association of Health, Physical Education, Recreation, and Dance Journal*, 50(1), 15-20.
- ¹² Frimmel, K., Czech, D. R., Harris, B. S., Melton, B., & **Biber, D. D.** (2017). Mental preparation techniques and accomplishment of race goals by ironman triathletes: A qualitative investigation. *Journal of Sports Science*, 5, 157-166.
- ¹¹ **Biber, D. D.**, & Ellis, R. (2017). The effect of self-compassion on the self-regulation of health behaviors: A systematic review. *Journal of Health Psychology*. 1-12.
- ¹⁰ Williams, M., Czech, D. R., & **Biber, D. D.** (2017). The impact of NCAA division I women soccer coaching style on player well-being: A qualitative analysis. *Applied Research in Coaching and Athletics Annual*, 32, 1-12.
- ⁹ Ryan, Z., Czech, D. R., Harris, B. S., Todd, S., & **Biber, D. D.** (2016). A Qualitative examination of the sport music preferences of NCAA division I athletes. *International Journal of Sport Sciences*, 6(5).
- ⁸ **Biber, D. D.** & Ellis, R. (2016). A RE-AIM evaluation of a team-based physical activity program for university employees. *International Journal of Sport Studies* 6(2), 90-94.
- ⁷ **Biber, D. D.**, Fisher, J. A., Czech, D. R...Jordan, T. A. (2015). The experience of media and race in the National Football League: An existential phenomenological study. *The Sport Journal*, 1-17.
- ⁶ Cronon, H., **Biber, D. D.**, & Czech, D. R. (2015). Understanding college females' intrinsic motives for physical activity: A qualitative comparison between athletes and non-athletes. *Journal of SPORT*, 4(2), 27-42.

⁵ Pecinovsky, C., Harris, B.S., Czech, D.R., Burdette, T., & **Biber, D. D.** (2015). NCAA Division I head coaches' experiences with eating disorders and disordered eating in female athletes: A qualitative analysis. *Georgia Association for Health, Physical Education, Recreation and Dance Journal*, 47(1), 21-32.

⁴ Brown, L., Czech, D. R., & **Biber, D. D.** (2016). An examination between swimming ability, gender, and race: An exploratory investigation. *Georgia Association for Health, Physical Education, Recreation and Dance*.

³ Egli, T., Czech, D. R., Shaver, G., Gentner, N., Todd, G., & **Biber, D. D.** (2014). The experience of Christian prayer in coaching: A qualitative investigation. *Journal of Psychology and Christianity*, 33(1), 45.

² Jordens, N., Gentner, N., Czech, D. R., Joyner, A. B., & **Biber, D. D.** (2014). Breaking through "the wall": An examination of elite rowers and their experiences of conquering their mental boundaries. *Journal of Sports Science*, 2(2), 72-80.

¹ **Biber, D. D.**, Czech, D. R., Harris, B. S., & Melton, B. (2013). Attraction to physical activity of generation Z: A mixed methodological approach. *Open Journal of Preventive Medicine*, 3, 310-319.

SCHOLARLY PRESENTATIONS

⁴³ Spence, E., Davis, A., **Biber, D. D.**, & Haedicke, A. (February, 2024). Examining the relationship between a digital mental health literacy program and student athlete mental health. Accepted for presentation at the 2024 Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Greenville, SC.

⁴² Stoepker, P., **Biber, D. D.**, Dzewaltowski, D., Dauenhauer, B., Robinson, L. (*in review*). Motor learning and physical activity: A Delphi study. Submitted to the 2024 ISBNPA national meeting.

⁴¹ **Biber, D. D.**, Stoepker, P., & Davis, A. (*in review*). The Walking and Lifestyle Coaching (WALC) program for university students: An Exercise is Medicine on Campus® protocol. Submitted to the 2024 Society of Behavioral Medicine Annual Meeting, Philadelphia, PA.

⁴⁰ Redinger, A. & **Biber, D. D.** (2023, November). Mindy-body classroom strategies to reduce student stress following active shooter drills. Accepted for presentation to the American Public Health Association National Conference, Atlanta, GA.

³⁹ **Biber, D. D.** (2023, April). Self-Compassion: Learning to live and love yourself to flourish. Keynote address at the 2023 Eastern Kentucky University Scholar's Day, Richmond, KY.

³⁸ Davis, A., Gross, S., **Biber, D. D.**, Heidorn, J., & Stoepker, P. (2023, April). A RE-AIM evaluation of the pilot year of GEM: Girls Empowering Movement. A presentation for the 2023 Society of Behavioral Medicine Annual Meeting, Phoenix, AZ.

- ³⁷ Dlugonski, D., Stoepker, P., Kwan, Y. W., Kandasamy, S., & **Biber, D. D.** (2023, April). Promoting youth physical activity through academic-community partnership. A panel discussion for the 2023 Society of Behavioral Medicine Annual Meeting, Phoenix, AZ.
- ³⁶ **Biber, D. D.**, Davis, A. & Stewart, B. (2023, April). Behavioral health screening for university student athletes. Presentation for the 2023 Society of Behavioral Medicine Annual Conference, Phoenix, AZ.
- ³⁵ Heidorn, J., **Biber, D. D.**, Stoepker, P., Davis, A., Gross, S. (2023, March). *Girls Empowering Movement (GEM) Physical Activity Leadership Program*. Presentation at the 2023 SHAPE America Conference, Seattle, WA.
- ³⁴ **Biber, D. D.** (2022, October). Division II Student-Athlete Perceptions of Mental Health: A Qualitative Investigation. Presentation in review for the 2022 International Organization for Health, Sports, & Kinesiology 5th International Conference, Las Vegas, NV.
- ³³ Stoepker, P., McMullen, J., & **Biber, D. D.** (2022, June). Undergraduate experiences leading and facilitating an out-of-school time physical activity program. Presentation at the 2022 *AIESEP International Conference*, Queensland, Australia.
- ³² **Biber, D. D.** (2022, June). Team cohesion: A wellness-oriented framework for successful leadership. Presentation at the 2022 *National Wellness Conference*, Orlando, FL.
- ³¹ Conyers, M., Stoepker, P., & **Biber, D. D.** (2022, April). Girls empowering movement (GEM): Assessing physical activity using the PACER. Presentation at the 2022 UWG Scholar's Day, Carrollton, GA.
- ³⁰ Powell, A., **Biber, D. D.**, & Stoepker, P. (2022, April). Girls empowering movement (GEM): An analysis of middle school girl physical activity. Presentation at the 2022 UWG Scholar's Day, Carrollton, GA.
- ²⁹ **Biber, D. D.** (2021, October). Expression and application of gratitude in college students. Abstract accepted for presentation at the 2021 Georgia Educational Research Association Conference, Statesboro, GA.
- ²⁸ Reed, R., Stoepker, P., & **Biber, D. D.** (2021, April). Georgia School District Adherence to the Federal Wellness Policy Guidelines. Abstract accepted for presentation at the 2020 UWG Scholars' Day Undergraduate Research Conference, Carrollton, GA.
- ²⁷ **Biber, D. D.** (2021, May). Why have work-life balance when we can have work-life integration? TenTalk presentation at the Innovations in Pedagogy Conference, Carrollton, GA.
- ²⁶ **Biber, D. D.**, Stoepker, P., Ha, T. M. (2021, January). College Student Physical Activity: A Systematic Review. Poster presentation at the 2021 National Association for Kinesiology in Higher Education Conference.

²⁵ Shiver, T., Stoepker, P., **Biber, D. D.**, & Zizic, S. (2021). Engaging Student Voices and Choices: Developing a Playground for All. Presentation submitted for presentation at the 2021 National SHAPE Convention.

²⁴ **Biber, D. D.** & Brandenburg, G. (2020, October). A photovoice analysis of experiences during a short-term study abroad trip to Belize. Poster presentation at the Georgia Educational Research Association Conference.

²³ Bill, B., & **Biber, D. D.** (2020, October). Exploring Body Satisfaction in College Freshman through Body Mapping. Oral presentation at the Georgia Undergraduate Research Conference.

²² **Biber, D. D.** & Knoll, C. (2020, August). Exercise is Medicine on Campus ®: A Pilot Study. Poster submitted for presentation at the 2020 APA Annual Convention, Washington, D.C. [Note: This conference was canceled due to public health concerns related to COVID-19.]

²¹ DiNatale, K., Keller, M., & **Biber, D. D.** (2020, April). The Sources of Strength Program. Abstract accepted for presentation at the 2020 UWG Scholars' Day Undergraduate Research Conference, Carrollton, GA (2020). [Note: This conference was canceled due to public health concerns related to COVID-19.]

²⁰ Palomera, E., & **Biber, D. D.** (2020, April). Coping mechanisms caused by traumatic events in college students. Abstract accepted for presentation at the 2020 UWG Scholars' Day Undergraduate Research Conference, Carrollton, GA (2020). [Note: This conference was canceled due to public health concerns related to COVID-19.]

¹⁹ Hardy, C., Lettsome, K., & **Biber, D. D.** (2020, April). Breaking the counseling stigma among college students. Abstract accepted for presentation at the 2020 UWG Scholars' Day Undergraduate Research Conference, Carrollton, GA (2020). [Note: This conference was canceled due to public health concerns related to COVID-19.]

¹⁸ **Biber, D. D.**, & Knoll, C. (2020, August). Exercise is thy medicine: A second implementation. 2020 American Psychological Association Annual Convention, Washington, D.C.

¹⁷ **Biber, D. D.**, Knoll, C., Gross, H., & Lettsome, K. (2020, February). Exercise is medicine: A pilot study. 2020 Southeast ACSM Conference, Jacksonville, FL.

¹⁶ Knoll, C., **Biber, D. D.**, Stewart, B., Brandenburg, G. (2019, October). Preparing Future Wellness Professionals: Implementing University Worksite Wellness through Student Experiential Learning. Oral submitted to the National Wellness Conference, Kissimmee, FL.

¹⁵ **Biber, D. D.**, & Heidorn, J. (2019, July). Learning to Live and Love yourself through Every Emotion. Oral submitted to SHAPE America for presentation at the SHAPE American Mind-Body Connection Conference, Sioux Falls, SD.

¹⁴ Heidorn, J., & **Biber, D. D.** (2019, July). Working our way up and within in health education. Oral submitted to SHAPE America for presentation at the SHAPE American Mind-Body Connection Conference, Sioux Falls, SD.

¹³ **Biber, D. D.**, & Czech, D. R. (May, 2019). Self-compassion and attitudes toward seeking professional help in Generation Z. Poster submitted for presentation at the American Psychiatric Association Annual Meeting, San Francisco, CA.

¹² Rawls, N., **Biber, D. D.**, Brandenburg, G. (2019, April). The relationship between stress and sleep in a Generation Z Sample. Poster submitted for presentation at the University of West Georgia Scholar's Day Undergraduate Conference, Carrollton, GA.

¹¹ **Biber, D. D.**, Ellis, R., & Rice, K. (2019, March). Can We Teach Employees To Love Themselves Enough to Exercise? Poster submitted for presentation at the Society for Behavioral Medicine Annual Meeting, Washington, D.C.

¹⁰ Ellis, R., Saringer, C, **Biber, D. D.**, Ferrer, D., & Davis, A. (2019, March). Does the Organization Desire2Move? Poster submitted for presentation at the Society for Behavioral Medicine Annual Meeting, Washington, D.C.

⁹ **Biber, D. D.**, & Stoepker, P. (2018, October). Promoting Physical and Mental Health in the Classroom. Oral presentation at Georgia AHPERD, Athens, GA.

⁸ Brandenburg, G., & **Biber, D. D.** (2018, October). The relationship between sleep behavior and perceived stress in a Generation Z sample. Poster submitted for presentation at the Research, Diversity, and Study Abroad Showcase, Carrollton, GA.

⁷ **Biber, D. D.**, & Ellis, S. (2017 March). The Effect of a Mindful Self-Compassion Intervention on University Employee Physical Activity Motivation and Behavior. Three Minute Thesis (3MT) Competition at Georgia State University.

⁶ Ellis, S., & **Biber, D. D.** (2016, April). Does a Workplace Physical Activity Program Work? Presented at the Society of Behavioral Medicine.

⁵ **Biber, D. D.**, & Ellis, S. (2015, April). A RE-AIM analysis of D2M. Paper presented at the Kinesiology Research Symposium at Georgia State University.

⁴ **Biber, D. D.**, Czech, D. R., Harris, B. S. (2012, February). The lived experience of obese college students' adherence to nutrition and exercise programs: A phenomenological study. Paper presented at the Southeast Regional Conference of the Association for Applied Sport Psychology at Barry University

³ **Biber, D. D.**, Czech, D. R., Harris, B. S. (2012, March). The lived experience of obese college students' adherence to nutrition and exercise programs: A phenomenological study. Poster presented at the College of Graduate Studies Research Symposium

² **Biber, D. D.**, Czech, D. R., Harris, B.S. (2012, April). The lived experience of obese college students' adherence to nutrition and exercise programs: A phenomenological study. Poster presented at the Phi Kappa Phi Symposium

¹ **Biber, D.D.**, Easton, L. E. (2012, April). Sport Psychology Consulting: Required education and career possibilities. Presented at the Calvary Day School Career Fair

PUBLISHED BOOKS AND BOOK CHAPTERS

³ Whaley, D. E., **Biber, D. D.** (2021). Exercise and Physical Activity Participation: An Identity-Centered Approach. In Krane, V., & Williams, J. M. Editor (Eds)., *Applied sport psychology: Personal growth to peak performance*. (Ch. 25). New York, NY: McGraw-Hill.

² **Biber, D. D.** & Czech, D. R. (2020). *The Power of Positive Emotions*. (August, 2020). Published with Perceivant, LLC.

¹ Czech, D. R., **Biber, D. D.**, Gentner, N. (2019). *No Fear: Discover Your Passion and Live with Purpose*. (Kindle version). Retrieved from Amazon.com; ISBN-13: 9781079250992

MANUSCRIPTS IN REVIEW

¹¹ **Biber, D.D.** & Redinger, A. (2023). Mind-body classroom strategies: Techniques to reduce elementary student stress following active shooter drills. *JOPERD*. (*in review*, November, 2023).

¹⁰ **Biber, D. D.** & Davis, A. (2023). A positive psychology intervention for college student mental health and health behaviors. *Psychological Studies; Discover Mental Health; Journal of College Student Development; Health Psychology Open* (*in review*).

⁹ Griffith, H. & **Biber, D. D.** (2023). Mental health literacy among college sorority members: A descriptive analysis. *Georgia Journal of College Student Affairs* (*revisions needed by November*)

⁸ **Biber, D.D.**, Stoepker, P., & Davis, A. (2023). The Walking and Lifestyle Coaching (WALC) program for university students: An Exercise is Medicine on Campus® protocol. *BMC Public Health: Study Protocol* (*in review*, August 2023).

⁷ Alaskon, A., Melton, B., Bland, H., & **Biber, D. D.** (2022). The impact of physical activity level on perceived stress, burnout, and stress resilience in long-term care employees. *Journal of Aging and Long-Term Care* (*in review*).

⁶ Stoepker, P., **Biber, D. D.**, Dauenhauer, B., Robinson, L., & Dzewaltowski, D. (*in review*). Essential motor skills and evidence-based practices for enhancing motor skill development during out-of-school time programming: An expert consensus study. Submitted to *Journal of Motor Learning and Development* (October 2023).

⁵ Shiver, V., Stoepker, P., & **Biber, D. D.** (*awaiting reviewer scores*). Engaging student voices and choices: Developing a playground for all. *Children, Youth and Environments* (January 2023).

⁴ **Biber, D. D.** (2023). University student-athlete perceptions of mental health and coping. *Journal of Athlete Development and Experience* (*in review*, July, 2023).

³ Czech, D. R., **Biber, D. D.**, Melton, B. (*in review*). Exercise motivations of young adults during the COVID-19 pandemic. *Journal of Health Psychology* (July 2023).

² **Biber, D. D.** (2021). Understanding suicide symptoms and peer support in high school students. *Trends in Psychology* (*in review*, July, 2023).

¹ **Biber, D. D.** & Brandenburg, G. (*revision in review*). Sources of strength: The implementation of a high-school based suicide prevention program. *Evaluation and Program Planning*. (September, 2022).

RESEARCH IN PROGRESS

⁷ Davis, A., **Biber, D. D.**, Simon, M., Gross, S. & Stoepker, P. (2023). A RE-AIM analysis of the Girls Empowering Movement initiative.

⁶ Kawahata, D. & **Biber D. D.** (*in progress*). Mindless to Mindful: Testing the Feasibility and Efficacy of a Healthy Lifestyle Behavior Change Intervention.

⁵ Kawahata, D., Melton, B., Bland, H., & **Biber, D. D.** (2023). Supportive accountability, habit strength, and body fat percentage in SIG exercise program participants. (projected submission: August 2023).

⁴ **Biber, D. D.** & Davis, A. (2023). Exercise is Medicine On Campus®: The Walking Health Coaching Model for Weight Loss. Conceptual paper being prepared for the *American Journal of Lifestyle Medicine* (projected submission: August 2023).

³ **Biber, D. D.** & Davis, A. (2022). Implementing the Sharpen tailored resilience platform with university athletes.

² **Biber, D. D.**, & Brandenburg, J. (2022). An evaluation of nursing stress and burnout.

¹ **Biber, D. D.** (2021-2023). An Evaluation of a Mental and Emotional Wellness Application for Undergraduate Students.

DISSERTATION COMMITTEES

⁸ Doctoral Dissertation Committee, “Wellbeing and Perceived Performance Amon Amateur Boxers.”
College of Arts and Sciences, Dep. Of Health and Human Performance, Concordia University

Advised: Anne-Marie Harcrow, 2023-2024

⁷ Doctoral Dissertation Committee, “Exercise Habit Strength and Exercise Motivation in Adults.”

College of Arts and Sciences, Dep. Of Health and Human Performance, Concordia University
Advised: David Howington, 2023-2024

⁶ Doctoral Dissertation Committee, “Supportive Accountability, Habit Strength, and Body Fat Percentage in SIG Exercise Program Participants.”

College of Arts and Sciences, Dep. Of Health and Human Performance, Concordia University
Advised: David Kawahata, 2022-2023

⁵ Doctoral Dissertation Committee, “An exploratory investigation into professionals’ and clients’ expectations of social media and virtual training use in the fitness industry.”

College of Arts and Sciences, Dep. Of Health and Human Performance, Concordia University
Advised: Sterling Richards, 2022-2023

⁴ Doctoral Dissertation Committee, “Do African American male and female CBPO’s have significantly different weight perceptions in being “fit for duty”?”

College of Arts and Sciences, Dep. of Health and Human Performance, Concordia University
Advised: Antonette Jordan, 2022-2023

³ Doctoral Dissertation Committee, “The impact of physical activity level on perceived stress, burnout, and stress resilience in long-term care employees.”

College of Arts and Sciences, Dep. of Health and Human Performance, Concordia University
Advised: Aaron Alaskson, 2021-2022

² Doctoral Dissertation Committee, “The effectiveness of slow-deep breathing practice to manage depression, anxiety, and stress in physical therapy students.”

College of Arts and Sciences, Dep. of Health and Human Performance, Concordia University
Advised: Simone Provenzano, 2022-2023

¹ Doctoral Dissertation Committee, “The relationship between health behaviors, spirituality, and resilience in ROTC.”

College of Arts and Sciences, Dep. of Health and Human Performance, Concordia University
Advised: Cassie Frasher, 2021-2022

INVITED PUBLICATIONS, COMMENTARIES, AND MEDIA CONTRIBUTIONS

⁶ **Biber, D. D.** (2021). Invited Guest Speaker. To Health with Again Podcast. June 2021.

⁵ **Biber, D. D.** (2021). Speaker and Trainer. Girls Empowering Movement (GEM) Statewide Conference. 25 June 2021.

⁴ **Biber, D. D.** (2020). Keynote Speaker. Wellness Exploration Virtual Conference. University of West Georgia. 14 October 2020

³ Stewart, B., & **Biber, D. D.** (2020). Multicultural competency education in wellness preparation programs. National Wellness Institute Newsletter. 17 July 2020

² **Biber, D. D.** (2020). Broaden Your Horizons through Positive Emotional Expression. National Wellness Institute Newsletter. <http://nwijournal.com/2020/03/18/broaden-your-horizons-through-positive-emotional-expression/>

¹ **Biber, D. D.** (August 2014). Striving for persistence not perfection: Overcoming slumps and barriers to behavior change. Healthy Lifestyles E-Magazine. Retrieved from <http://healthylifestyles.gsu.edu/2014/09/>

APPLIED PRESENTATIONS

¹² **Biber, D. D.** (2021). Work-life integration: A guide for employee wellness. A USG employee initiative. (October-November 2021).

¹¹ **Biber, D. D.** (2021, March). Anxiety and Healthy Activities: It Takes A Village. Fayette County School System Professional Development.

¹⁰ **Biber, D. D.,** Brandenburg, G., Stewart, B. (2020, September). Sources of Strength Refresher Training. Carrollton High School Peer and Adult Leader Training.

⁹ **Biber, D. D.** (2020, February). It Takes A Village: Suicide Prevention. Rockdale County Professional Development.

⁸ **Biber, D. D.,** & Knoll, C. (2019, November). Wellness, stress management, and mindful eating. College of Science and Math Professional Development.

⁷ **Biber, D. D.** (2019, March). Eating through emotions: Becoming friends with food. Well@West Series at the University of West Georgia.

⁶ **Biber, D. D.** (2018, March). A process presentation of CATCH kids club and early childhood. Foundations CDC.

⁵ **Biber, D. D.** (2018, February). Physical activity motivation and adherence. Sentara Martha Jefferson Hospital.

⁴ **Biber, D. D.** (2016, December). Self-compassion in sport and exercise. Sports Medicine Chinese Delegation Program at Georgia State University.

³ **Biber, D. D.** (2015, April). Motivational correlates of physical activity among university employees. Kinesiology and Health Honors Research Symposium at Georgia State University.

² **Biber, D. D.** (2014, October). An overview of Desire2Move (D2M): Future planning and participation. Wellness Strategic Planning Retreat.

¹ **Biber, D. D.** (2014, April). Striving for persistence not perfection: Overcoming slumps and barriers to behavior change. Wellness Wednesday Conference at Georgia State University.

AWARDS

Council on Undergraduate Research, Health Sciences Innovative Mentor Award, Nominated for Early Career Mentor 2023.

Outstanding Professor Award for Research (2022), International organization of Health, Sports, and Kinesiology. Presented at the 2022 International Conference, Las Vegas, NV.

Exceptional Children's Services (ECS) Community Service Award Winner (2020), Sources of Strength at Central High School. University of West Georgia

Distinguished Paper Award (2021) for Expression and application of gratitude in college students at the Georgia Educational Research Association Conference.

COE Outstanding Research Award Winner (2019), College of Education; University of West Georgia

Best of the West Winner (2019), COE Strategic Imperative, College of Education; University of West Georgia

3-Minute Thesis (3MT) Winner (2017). Doctoral Grand Prize Winner; People's Choice Award Winner. Georgia State University. Amount Awarded: **\$600**

SERVICE

Department

2023- **Health Sciences Assessment Committee**
2023- **Health Sciences Yearlong Faculty Mentoring Program**

College

2023- **Health Sciences Accreditation Committee**
2023- **Health Care Administration Search Committee**

University

2023- **University Awards Committee**

Community

2023-2024 **AP Research Expert Research Advisor, Henrico County Schools**
Mentoree: Molly Cunningham
Anxiety and Performance: A Mixed-Methods Analysis of School Athletes

State/National:

2023-2024 **Society of Behavioral Medicine Rapid Communications Reviewer**
2020- **National Wellness Institute Advisory Council**
2020- **Editorial Board of the Performance Enhancement & Health**

Previous Service**Department:**

2022-2023 **IHS Clinical Assistant Professor Position Search Committee**
2020 **CMWL Instructor Position Search Committee**
2019 **Resilience and Thriving Course White Paper Committee**
2019-2022 **Curriculum, Instruction, and Assessment Coordinator (CMWL)**
2019 **CMWL Instructor Position Search Committee**
2018-2022 **CMWL Advisory Council**
2018-2022 **Wolf Wellness Lab Co-Research Coordinator**
2018-2022 **Wolf Wellness Lab Sport Psychology Consultant**

College:

2023- **Wellstar College Metamajor Committee**
2023- **WCHHS Summer Curriculum Workgroup**
2021 **COE Seed Grant Review Committee**
2020 **COE Grant Panelist**
2019 **COE Seed Grant Review Committee**
2019-2021 **Faculty Development, Mentoring, and Retention Committee**
2019 **Department Chair Review Committee**
2018 **Undergraduate Study Abroad Co-Leader to Belize**

University:

2023- **University Awards Committee**
2022-2023 **PI Academy Yearlong Faculty Mentoring Program**
2021 **Work-Life Integration Employee Wellness Program Creator**
2020 **Virtual Exploration Wellness Exploration Conference Keynote Speaker**
2019-2021 **FYS Advisory Committee**
2019 **Innovations in Pedagogy 2019 Reviewer**
2018-2020 **Journal of Social Sciences Editorial Board**

State/National:

2022-2023 **Georgia Department of Education MHAT Facilitator**
2020-2023 **National Wellness Institute Advisory Council**
2020- **Editorial Board of the Performance Enhancement & Health**
2016- **Society of Behavioral Medicine Physical Activity SIG**

2019-Present **Georgia Shape Physical Activity Sub Group**
2018-2020 **Kinesiology Regents Academic Advisory Committee (KRAAC)**
2020 **National Wellness Conference Review Committee**
2020-Present **SHAPE America National Convention Review Committee (x2)**
2020-Present **Atlanta Falcons Youth Foundation Girls Empowering Movement Committee**
2020 **High-Level Wellness Through Multicultural Competency Certificate Course Facilitator (National Wellness Institute)**

Community

2020-2021 **Food as Medicine Process Evaluator (Tanner Hospital)**
2020 **Suicide Prevention for Independent Learning (Rockdale County)**
2018-2021 **Young Life Metro Committee (Metro Atlanta Area Committee)**
2017-2018 **Portico Director of Student Ministries (Charlottesville, VA)**
2016-2017 **Assistant Golf Coach (Georgia State University)**
2014-2015 **Grady HS Varsity Cross-Country Coach (Atlanta, GA)**
2013- 2017 **Sport Psychology Consultant (Emory, GSU, UWG, GSU, GaTech)**
2013-2017 **Grady High School Young Life Team Leader (Atlanta, Georgia)**

PROFESSIONAL MEMBERSHIPS/CERTIFICATIONS

2023-Present **American Public Health Association**
2022-Present **International Organization for Health, Sports, and Kinesiology**
2020-Present **High-Level Wellness through Multicultural Competency Certification**
2020-Present **National Board-Certified Health and Wellness Coach**
2019-Present **Sources of Strength Training**
2017-Present **Coordinated Approach to Child Health (CATCH) Master Trainer**
2018-Present **Georgia Association for Health, Physical Education, Recreation, and Dance**
2018-Present **National Wellness Institute**
2018-Present **Society of Behavioral Medicine**
2019-Present **QPR Suicide Triage Training**
2018-Present **Council of Undergraduate Research Member**

PROFESSIONAL PEER-REVIEWER

2018-Present **The Journal of Health Psychology (n = 2 2018)**
2018-Present **Women in Sport and Physical Activity Journal (n = 3 2018)**
2017-Present **Research Quarterly for Sport and Exercise (n = 1 2017, n = 2 2019)**
2015-Present **Journal of Translational Behavioral Medicine (n = 3 2018; n = 1 2019)**
2014-Present **The Journal of Sport Rehabilitation (n = 2 2014; n = 2 2015)**
2013-Present **Association for Applied Sport Psychology Reviewer (n = 8 2014; n = 4 2013)**
2013-Present **Journal of Sport and Exercise Psychology (n = 3 2014; n = 1 2017)**
2013- Present **British Journal of Education, Society & Behavioural Science (n = 1 2013)**
2013-Present **The Sport Psychologist (n = 1 2014; n = 1 2013)**