

Curriculum Vitae  
**Jaclyn P. Maher, Ph.D.**

## CONTACT INFORMATION

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## EDUCATION AND POST-DOCTORAL TRAINING

- Postdoctoral Scholar Research Associate, University of Southern California 2015-2017  
Real-Time Eating Activity and Children's Health Lab, Department of Preventive Medicine  
Supervisor: Dr. Genevieve F. Dunton
- Doctor of Philosophy, The Pennsylvania State University 2015  
Field of Study: Kinesiology (Concentration: Psychology of Physical Activity)  
Advisor: Dr. David E. Conroy  
Dissertation: "The dynamics of daily sedentary behavior in older adults"
- Master of Science, The Pennsylvania State University 2012  
Field of Study: Kinesiology (Concentration: Psychology of Physical Activity)  
Advisor: Dr. David E. Conroy  
Thesis: "Physical activity, sedentary behavior, and satisfaction with life in emerging adults: Untangling their associations using self-report and direct measures of behavior"
- Bachelor of Science, The Pennsylvania State University 2010  
Majors: Psychology, Kinesiology

## PROFESSIONAL EXPERIENCE

### Academic Appointments

- Assistant Professor 2017-present  
Department of Kinesiology  
University of North Carolina at Greensboro

### Teaching Experience

- Psychology of Physical Activity (KIN 388), University of North Carolina at Greensboro 2018  
This undergraduate course is designed to provide a broad overview of the major topics in psychology of physical activity. It covers psychological theories and research related to sport and exercise behavior and the application of psychology skills and knowledge in physical activity settings.
- Psychology of Sport and Exercise (KIN 644), University of North Carolina at Greensboro 2017  
This graduate course provides an overview of varied psychology topics (e.g., individual differences/personality, motivational orientations and strategies, applied psychological skills, social influence and group dynamics) with an emphasis on understanding major theories and research, and applying those theories and research findings to physical activity settings.

- Sport Psychology (PSY 2055), Manhattanville College 2017  
 This undergraduate course provides an introduction to the field of sport psychology through a critical examination of the major psychological theories and past research on human behavior in sport and exercise settings. Particular emphasis is placed on identifying cognitive, emotional, social, and developmental factors that influence sport participation and performance.
- Foundations in Health Education and Promotion (PM 501), University of Southern California 2016  
 This graduate course in the online MPH program focuses on the theoretical determinants of health and health-related behavior from the individual to the environmental level and considers intervention strategies that are theoretically grounded.

### **Invited Lectures**

- Systematic Reviews and Meta-Analysis* 2016  
 Quantitative Methods in Biomedicine (EBM)  
 University of Southern California
- Introduction to Evidence-Based Medicine* 2016  
 Quantitative Methods in Biomedicine (EBM)  
 University of Southern California
- Imagery: A Psychological Skill* 2014  
 Psychology of Movement Behavior (KINES 321)  
 The Pennsylvania State University
- Psychology of Sport: Enhancing Motivation, Climate, and Performance* 2014  
 Biophysical Basis of Kinesiology (KINES 197A)  
 The Pennsylvania State University
- Psychology of Physical Activity: The Initiation and Maintenance of Behavior* 2014  
 Biophysical Basis of Kinesiology (KINES 197A)  
 The Pennsylvania State University
- Imagery: A Psychological Skill* 2013  
 Psychology of Movement Behavior (KINES 321)  
 The Pennsylvania State University
- Experiencing Play: The Role of Intrinsic and Extrinsic Motivation* 2013  
 Meaning, Ethics, and Movement (KINES 345)  
 The Pennsylvania State University
- Physical Activity and Life Satisfaction in Emerging Adults* 2012  
 Psychology of Movement Behavior (KINES 321)  
 The Pennsylvania State University

### **Tutoring Experience**

- Morgan Academic Support Center for Student Athletes Tutor 2011-2015  
 350+ hours of one-on-one and small group tutoring in disciplines related to kinesiology, psychology, biology, and statistics

## Mentoring Experience

Mentor for Pre-Doctoral Graduate Students University of Southern California Students: Sydney O'Connor, Chaelin Ra	2015-2017
Mentor for Undergraduate Independent Study Experience University of Southern California Students: Sarah Inapour, Katie Lifanda, Victoria Martinez	2016
Mentor for Undergraduate Internship Experience The Pennsylvania State University Student: Alyssa Tomcho	2014-2015
Mentor for Undergraduate Independent Study Experience The Pennsylvania State University Student: Sara Pelletier	2014-2015
Mentor for Undergraduate Senior Thesis The Pennsylvania State University Student: Patrick Fitzsimmons	2012-2013
Mentor for Undergraduate Research Exhibition The Pennsylvania State University Student: Nicholas McCurdy, Stephanie Crilly	2012

## AWARDS, TRAININGS, & CERTIFICATIONS

### Awards

Outstanding Dissertation Award American Psychological Association, Division 47: Society for Sport, Exercise, and Performance Psychology	2016
Postdoctoral Scholar Training and Travel Award University of Southern California, Office of Postdoctoral Affairs	2016
Oral Presentation Meritorious Award (2 <sup>nd</sup> Place) University of Southern California, Annual Diabetes and Obesity Research Institute Symposium	2016
Harold F. Martin Graduate Assistant Outstanding Teaching Award The Pennsylvania State University	2014-2015
Kligman Graduate Student Fellow The Pennsylvania State University, College of Health and Human Development	2014-2015
Kinesiology Graduate Student Research Award The Pennsylvania State University, Department of Kinesiology	2014
Poster Presentation Meritorious Award (3 <sup>rd</sup> Place) The Pennsylvania State University, Annual Graduate Research Exhibition	2014

Center for Integrated Healthcare Delivery System Fellow 2012-2013  
The Pennsylvania State University

Excellence in Graduate Recruiting Award 2010-2011  
The Pennsylvania State University, Department of Kinesiology

### Trainings

Physical Activity and Public Health Research Course 2016  
Completed an 8-day course for post-doctoral personnel designed to develop research competencies related to physical activity and public health. Course activities included lectures, small group discussions, individual meetings with faculty, and individual grant writing projects.

### Certifications

Schreyer's Teaching Institute Graduate School Teaching Certification 2014  
Completed The Pennsylvania State University's new instructor orientation, completed two supervised teaching experiences, and completed a course in college teaching

College Reading and Learning Association Tutor Certification 2013  
Completed 350+ hours of tutoring in disciplines related to kinesiology, psychology, biology, statistics, and attended workshops to develop skills as a tutor (i.e., Goal Setting and Study Plans, Effective Communication, Diversity in the Classroom, Academic Integrity and Ethical Decision Making, Effective Relationships, Learning Styles and Disabilities)

## RESEARCH & SCHOLARSHIP

### Current Research Support

Research Endowment Grant Maher (PI) 07/01/18-06/30/2019  
American College of Sports Medicine  
Title: Microtemporal Motivational Process of Health Behavior Adoption and Maintenance in Older Adults  
Description: This study will determine the potential of employing real-time mobile and wearable technologies to uncover motivational processes differentiating behavior adoption vs. maintenance strategies.  
Role: PI

Research Excellence Award Maher, Adams, McGuirt (PIs) 04/01/18-08/30/19  
University of North Carolina at Greensboro, School of Health and Human Sciences  
Title: Physical Activity, sedentary behavior, and dietary intake behavior among African-American college freshman: A within-person approach  
Description: This study aims to understand the interrelations among physical activity, sedentary behavior, and dietary intake at both the momentary and daily level and explore possible differences in these relations by weight status.  
Role: Co-PI

New Faculty Grant Maher, Kennedy-Malone (PIs) 01/01/18-06/30/19  
University of North Carolina at Greensboro  
Title: Motivational Processes Regulating Minority Older Adults' Sedentary Behavior in Real Time  
Description: This study will use real-time data capture methodology with mobile phones to establish the role of reflective and automatic processes in regulating racial and ethnic minority older adults' sedentary behavior.  
Role: Co-PI

## Completed Research Support

Provost's Postdoctoral Scholar Research Grant  
University of Southern California

Maier (PI)

7/1/2016-6/30/2017

*Investigating the Processes Underlying Older Adults' Sedentary Behavior in Real Time*

This study will use real-time data capture methodology with mobile phones to investigate how time-varying factors (e.g., cognitions, mood, and physiological sensations) predict subsequent bouts of sedentary behavior throughout the day. Additionally, this study will explore the extent to which the frequency and consistency of contextual cues in the environment while sitting predict sedentary behavior habit strength.

Role: Principle Investigator

R01HL121330-01

Dunton, Hedeker (PIs)

5/1/2014-3/31/2018

NIH/NHLBI

*Novel Statistical Models for EMA Studies of Physical Activity*

This study will develop and test novel multilevel statistical methods to examine the effects of subject-level parameters (variance and slope) of time-varying variables in ecological momentary assessment (EMA) studies of physical activity. We will apply these modeling strategies to secondary analyses of pooled data from five federally- and foundation-supported EMA studies with a combined sample size of over 550 participants to examine the effects of subject-level variance and slopes of time-varying variables such as safety, stress, fatigue, and self-efficacy on physical and sedentary activity.

Role: Postdoctoral Research Associate

Paffenbarger-Blair Fund for Epidemiological Research on Physical Activity    Maier (PI)    7/1/2014-6/30/2015  
American College of Sports Medicine

*Daily Motivational Processes Underlying Older Adults' Sedentary Behavior*

This study used beginning and end of day assessments via computer tablets to evaluate the motivational dynamics associated with daily sedentary behavior in older adults.

Role: PI

118283-MRSGT-10-012-01-CPPB

Dunton (PI)

1/1/2010-12/31/15

American Cancer Society

*Investigating Physical Activity Decision-Making in Real-Time.*

This study will use real-time data capture methodology with mobile phones to investigate how time-varying factors (e.g., cognitions, mood, and physiological sensations) predict subsequent physical activity levels throughout the day.

Role: Postdoctoral Research Associate

## Manuscripts Published in Peer-Reviewed Journals

31. **Maier, J. P.** & Conroy, D. E. (in press). Within-Person Dynamics of Older Adults' Physical Activity, Sedentary Behavior, and Sit-to-Stand Transitions. *Journal for the Measurement of Physical Behaviour*.
30. **Maier, J. P.**, Dzibur, E., Nordgren, R. Huh, J., Chou, C. P., Hedeker, D., & Dunton, G. F. (in press). Do fluctuations in positive affective and physical feeling states predict physical activity and sedentary time? *Psychology of Sport and Exercise*.
29. Wen, C.K.F., Liao Y., **Maier, J. P.**, Huh, J., Belcher, B.R., Dzibur, E., & Dunton, G.F. (in press). The Acute Bidirectional Relationships of Children's Affective States and Physical Activity and Sedentary Behavior: The Moderating Role of Chronic Stress. *Health Psychology*.

28. Liao, Y., Schembre, S.M., O'Connor, S.G., Belcher, B.R., **Maher, J. P.**, Dzibur, E., & Dunton, G.F. (2018). An electronic ecological momentary assessment study to examine the consumption of high-fat/high-sugar foods, fruits/vegetables, and affective states among women. *Journal of Nutrition Education and Behavior*. 50(6), 626-631.
27. Dunton, G.F., O'Connor, S.G., Belcher, B.R., **Maher, J.P.**, & Schembre, S.M. (2018) Objectively-measured physical activity and sedentary time are differentially related to dietary fat and carbohydrate intake in children. *Frontiers in Public Health*. 6, 198.
26. **Maher, J. P.**, Huh, J., Intille, S., Hedeker, D., & Dunton, G.F. (2018). Greater Variability in Daily Physical Activity is Associated with Poorer Mental Health Profiles among Obese Adults. *Mental Health and Physical Activity*. 14, 74-81.
25. Zink, J., Belcher, B.R., Dzibur, E., Ke, W., O'Connor, S.G., Huh, J., Lopez, N., **Maher, J.P.**, Dunton, G. F. (2018). Association Between Self-Reported and Objective Activity Levels by Demographic Factors: Ecological Momentary Assessment Study in Children. *JMIR mHealth and uHealth*. 6(6), e150.
24. Rhea, C.K., Felsberg, D.T., & **Maher, J.P.** (2018). Towards evidence-based smartphone apps to enhance human health: Adoption of behavior change techniques. *American Journal of Health Education*, 49(4), 210-213.
23. Dzibur, E., Huh, J., Maher, J. P., Intille, S., & Dunton, G. F. (2018). Response patterns and intradyadic predictors of compliance to Ecological Momentary Assessment among mothers and children. *Translational Behavioral Medicine*, 8(2), 233–242.
22. **Maher, J. P.**, Rhodes, R. E., Dzibur, E., Huh, J., Intille, S., Dunton, G. F. (2017). Momentary assessment of physical activity intention-behavior coupling in adults. *Translational Behavioral Medicine*. 7(4): 709-718.
21. **Maher, J. P.**, Ra, C., O'Connor, S. G., Belcher, B. R., Leventhal, A., Margolin, G., Dunton, G. F. (2017) Associations between maternal mental health and well-being and objectively-measured physical activity and sedentary behavior in children. *Journal of Developmental and Behavioral Pediatrics*. 38(6): 385-394.
20. O'Connor, S.G., **Maher, J.P.**, Belcher, B.R., Leventhal, A.M., Margolin, G., Shonkoff, E.T., Dunton, G.F. (2017). Associations of maternal stress with children's weight-related behaviors: A systematic literature review. *Obesity Reviews*. 18(5): 514-525.
19. Dunton, G. F., Dzibur, E., Huh, J., Belcher, B. R., **Maher, J. P.**, O'Connor, S. G., Margolin, G. (2017). Daily associations of stress and eating in mother-child dyads. *Health Education and Behavior*. 44(3): 365-369.
18. **Maher, J. P.**, Sliwinski, M. J., & Conroy, D. E. (2017). Feasibility and Preliminary Efficacy of an Intervention to Reduce Older Adults' Sedentary Behavior. *Translational Behavioral Medicine: Practice, Policy and Research*. 7(1): 52-61.

17. **Maher, J. P.** & Conroy, D. E. (2017). Daily life satisfaction in older adults as a function of (in)activity. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*. 72(4): 593-602.
16. **Maher, J. P.**, Dzubur, E., Huh, J., Intille, S., Dunton, G. F. (2016). Within-day time-varying associations between behavioral cognitions and physical activity in adults. *Journal of Sport and Exercise Psychology*. 38(4): 423-434.
15. **Maher, J. P.** & Conroy, D. E. (2016). A dual process model of older adults' sedentary behavior. *Health Psychology*. 35(3): 262-272.
14. Rebar, A. L., **Maher, J. P.**, Doerksen, S. E., Elavsky, S., & Conroy, D.E. (2016). Intention-behavior gap is wider for walking and moderate physical activity than for vigorous physical activity in university students. *Journal of Science and Medicine in Sport*. 19(2): 130-134.
13. **Maher, J. P.**, Pincus, A. L., Ram, N., & Conroy, D. E. (2015). Daily physical activity and life satisfaction across adulthood. *Developmental Psychology*. 51(10): 1407-1419.
12. **Maher, J. P.**, Gottschall, J. S., & Conroy, D. E. (2015). Perceptions of the activity, the social climate, and the self during group exercise classes regulate intrinsic satisfaction. *Frontiers in Psychology*. 6, 1236.
11. Yang, C. H., **Maher, J. P.**, & Conroy, D. E. (2015). Acceptability of Mobile Health Interventions to Reduce Inactivity-Related Health Risk in Central Pennsylvania Adults. *Preventive Medicine Reports*. 48(4): 452-455.
10. **Maher, J. P.** & Conroy, D.E. (2015). Habit strength moderates the effects of daily action planning prompts on physical activity but not sedentary behavior. *Journal of Sport and Exercise Psychology*. 37(1): 97-107.
9. Yang, C. H., **Maher, J. P.**, & Conroy, D. E. (2015). Implementation of behavior change techniques in mobile apps for physical activity. *American Journal of Preventive Medicine*. 48(4): 452-455.
8. Fitzsimmons, P. T., **Maher, J. P.**, Doerksen, S. E., Elavsky, S., Rebar, A. L., & Conroy, D. E. (2014). A daily process analysis of physical activity, sedentary behavior, and perceived cognitive abilities. *Psychology of Sport and Exercise*. 15(5): 498-504.
7. Conroy, D. E., Yang, C. H., & **Maher J. P.** (2014). Behavior change techniques in top-ranked mobile apps for physical activity. *American Journal of Preventive Medicine*. 46(6):649-52.
6. Rebar, A. L., Doerksen, S. E., Elavsky, S., **Maher J.P.**, & Conroy, D. E. (2014). Habits predict physical activity on days when intentions are weak. *Journal of Sport and Exercise Psychology*. 36(2):157-65.
5. **Maher, J. P.**, Doerksen, S. E., Elavsky, S., Hyde, A.L., & Conroy, D.E. (2014). Daily satisfaction with life is regulated by physical activity and sedentary behavior. *Journal of Sport and Exercise Psychology*. 36(2):166-78.
4. Conroy, D. E., Elavsky, S., Doerksen, S. E., & **Maher, J.P.** (2013). A daily process analysis of intentions and physical activity in college students. *Journal of Sport and Exercise Psychology*. 35(5):493-502.

3. Hyde, A. L., **Maher, J. P.**, & Elavsky, S. (2013). Enhancing our understanding of physical activity and subjective well-being with a lifespan perspective. *International Journal of Wellbeing*. 3(1): 98-115.
2. Conroy, D. E., **Maher, J. P.**, Elavsky, S., Hyde, A. L., & Doerksen, S. E. (2013). Sedentary behavior as a daily process regulated by habits and intentions. *Health Psychology*. 32(11):1149-57.
1. **Maher, J. P.**, Doerksen, S. E., Elavsky, S., Hyde, A.L., Pincus, A.L, Ram, N., & Conroy, D.E. (2013). A daily analysis of physical activity and satisfaction with life in emerging adults. *Health Psychology*. 32(6):647-56.

#### **Manuscripts Submitted to Peer-Reviewed Journals**

2. Wen, C.K.F., Liao Y., **Maher, J. P.**, Huh,J., Belcher,B.R., Dzibur,E., & Dunton,G.F. (in press). The Acute Bidirectional Relationships of Children's Affective States and Physical Activity and Sedentary Behavior: The Moderating Role of Chronic Stress. *Health Psychology*. Submitted. 2017.
1. Belcher, B.R., **Maher, J.P.**, Lopez, N.V., Margolin, G., Leventhal, A.M., Ra, C., O'Connor, S., Gruenewald, T.L., Huh, J., & Dunton, G.F. Associations of Maternal Mental Health and Well-being with Children's Adiposity: Moderation by Household Characteristics. *Pediatric Obesity*. Submitted. 2017.

#### **National and International Presentations**

18. **Maher, J. P.**, Huh, J., Intille, S., Hedeker, D., & Dunton, G. F. (April, 2018). Greater Day-to-Day Variability in Physical Activity is Associated with Poorer Mental Health Profiles among Obese Adults. Oral presentation to occur at Society of Behavioral Medicine Conference, New Orleans, LA.
17. Dunton, G.F., **Maher, J. P.**, Huh, J., Intille, S., Hedeker, D. (April, 2018). Affective Response to Physical Activity and Affective Instability Predict Obesity Risk. Oral presentation to occur at the Society of Behavioral Medicine Conference, New Orleans, LA.
16. Yang, C., **Maher, J. P.**, Dunton G. F., Hedeker, D., & Conroy, D. E. (April, 2018). Examining the interplay between mean and variability of momentary negative affect in predicting everyday activity among college students. Oral presentation to occur at the Society of Behavioral Medicine Conference, New Orleans, LA.
15. Lopez, N.V., Schembre, S.M., Belcher, B.R., O'Connor, S.G., **Maher, J. P.**, Arbel, .R, Margolin. G., & Dunton, G.F. (April, 2018). Parenting styles, food-related parenting practices, and children's healthy eating. Oral presentation to occur at the Society of Behavioral Medicine Conference, New Orleans, LA.
14. **Maher, J. P.**, Dzibur, E., Huh, J., Chou, C. P., Hedeker, D., Dunton, G. F. (June, 2017). Do fluctuations in positive affective and physical feeling states predict physical activity and sedentary time? Paper to be presented at the 5th Biennial Conference of the Society for Ambulatory Assessment, Luxembourg.
13. Dunton, G.F., **Maher, J. P.**, Ra, C., Dzibur, E., Ke, W., Arbel, R., Gruenewald, T., & Margolin, T. (June, 2017). Examining daily stress, diurnal cortisol, and physical activity in children using ecological momentary and ambulatory assessment. Paper presented at the 5th Biennial Conference of the Society for Ambulatory Assessment, Luxembourg.



12. Wen, C. F. K., Liao, Y., **Maher, J. P.**, Belcher, B. R., Huh, J., Dzibur, E., Leventhal, A. M., Dunton, G. F. (March, 2017). The acute bidirectional relationships of children's affective states and physical activity: The role of chronic stress. Paper presented at the Society of Behavioral Medicine Conference, San Diego, CA.
11. **Maher, J. P.**, Rhodes, R. E., Dzibur, E., Huh, J., Intille, S., Dunton, G. F. (March, 2017). Momentary assessment of physical activity intention-behavior coupling in adults. Paper presented at the Society of Behavioral Medicine Conference, San Diego, CA.
10. Ra, C. K., **Maher, J. P.**, Hedeker, D., Dzibur, E., & Dunton, G. F. (July, 2016). Applying Mixed Effect Location Scale Modeling to investigate relations between positive affect and obesity in mothers. Paper presented at the International Association for Time Use Research Conference, Seoul, South Korea.
9. Dunton, G. F., Dzibur, E., Leventhal, A. M., **Maher, J. P.**, Margolin, G., Belcher, B., & Huh, J. (June, 2016). Intra-dyadic relations of daily stress with physical activity and sedentary behavior among mothers and children: An Ecological Momentary Assessment Study. Paper to be presented at the International Society for Behavioral Nutrition and Physical Activity Conference, Capetown, South Africa.
8. **Maher, J. P.**, Huh, J., Intille, S., & Dunton, G. F. (March, 2016). Within-day time-varying associations between behavioral cognitions and physical activity in adults. Paper presented at the Society of Behavioral Medicine Conference, Washington, DC.
7. **Maher, J. P.** & Dunton, G. F. (February, 2016). Momentary assessment of physical activity intention-behavior coupling in adults. Paper presented at the Diabetes and Obesity Research Institute Annual Symposium, Los Angeles, CA.
6. **Maher, J. P.** & Conroy, D. E. (June, 2015). A dual process model of older adults' sedentary behavior. Paper presented at the Society of Ambulatory Assessment Conference, University Park, PA.
5. **Maher, J. P.**, Sliwinski, M. J., & Conroy, D. E. (April, 2015). The feasibility of a hybrid intervention to reduce sedentary behavior in older adults. Paper presented at the Society of Behavioral Medicine Conference, San Antonio, TX.
4. **Maher, J. P.** & Conroy, D. E. (October, 2014). A needs assessment for mobile health applications to modify motivation for physical activity and sedentary behavior. Paper presented at the Pennsylvania Public Health Association and Pennsylvania Office of Rural Health Annual Conference, University Park, PA.
3. **Maher, J.P.**, Pincus, A.L., Ram, N., & Conroy, D. E. (April, 2014). Daily physical activity and life satisfaction: Age-varying and age-invariant processes revealed by intensive sampling. Paper presented at the Society of Behavioral Medicine Conference, Philadelphia, PA.
2. Hyde, A. L., Doerksen, S. E., Elavsky, S., **Maher, J. P.**, & Conroy, D. E. (March, 2013). Habits predict physical activity when intentions are low. Paper presented at the Society of Behavioral Medicine Conference, San Francisco, CA.
1. **Maher, J. P.**, Doerksen, S. E., Elavsky, S., Hyde, A. L., Pincus, A.L, Ram, N., & Conroy, D.E. (June, 2012). A daily analysis of physical activity and satisfaction with life in emerging adults. Paper presented at the North American Society for the Psychology of Sport and Physical Activity Conference, Honolulu, HI.

## Poster Presentations

19. Felsberg, D.T., **Maher, J.P.**, & Rhea, C.K. (June, 2018). The State of Behavior Change Techniques in Virtual Reality Rehabilitation of Neurologic Populations: A Systematic Review. Poster to be presented at the North American Society for the Psychology of Sport and Physical Activity.
18. **Maher, J. P.**, Ra, C. K., Leventhal, A. M., Hedeker, D., Huh, J., Chou, C. P., & Dunton, G. F. (April, 2018). Variability in Positive Affect, Alcohol Consumption and Mental Health among Mothers. Poster to be presented at Society of Behavioral Medicine Conference, New Orleans, LA.
17. **Maher, J. P.**, & Conroy, D. E. (June, 2017). Older adults' step counts associated with both sitting less and standing more. Poster presented at the International Conference on Ambulatory Monitoring of Physical Activity and Movement, Bethesda, MD.
16. Robertson, T., Dunton, G. F., **Maher, J. P.**, Alberts, J. (March, 2017). Eat Move Win: Pilot results of an online nutrition education program for high school students. Poster presented at the Society of Behavioral Medicine Conference, San Diego, CA.
15. **Maher, J. P.**, & Conroy, D. E. (June, 2016). Controlled and automatic motivational processes regulate older adults' daily sedentary behavior. Poster presented at the American College of Sports Medicine Annual Conference, Boston, MA.
14. **Maher, J. P.**, Sliwinski, M. J., & Conroy, D. E. (March, 2015). The feasibility of a hybrid intervention to reduce sedentary behavior in older adults. Poster presented at the Pennsylvania State University Graduate Exhibition, University Park, PA.
13. Yang, C. H., **Maher, J. P.**, & Conroy, D. E. (October, 2014). Factors influencing the perceived value of mobile applications to modify physical activity and sedentary behavior. Poster presented at the Pennsylvania Public Health Association and Pennsylvania Office of Rural Health Annual Conference, University Park, PA.
12. Rebar, A. L., Duncan, M. J., van Uffelen, J., Short, C., **Maher, J. P.**, & Vandenalotte, C. (June, 2014). How Australian adults rated likelihood to adhere to public health sitting messages. Poster presented at the International Society of Behavioral Nutrition and Physical Activity. San Diego, CA.
11. **Maher, J. P.** & Conroy, D. E. (April, 2014). Habit Strength Moderates the Effects of Facilitated Action Planning on Physical Activity but Not Sedentary Behavior. Poster presented at the Society of Behavioral Medicine Conference, Philadelphia, PA.
10. Yang, C. H., **Maher, J. P.**, & Conroy, D. E. (April, 2014). Behavior Change Techniques in Top-Ranked Mobile Apps for Physical Activity. Poster presented at the Society of Behavioral Medicine Conference, Philadelphia, PA.

9. **Maher, J. P.**, Doerksen, S. E., Elavsky, S., Hyde, A. L., & Conroy, D. E. (March, 2013). Daily physical activity and sedentary behavior have additive effects on satisfaction with life in emerging adults. Poster presented at the Society of Behavioral Medicine Conference, San Francisco, CA.
8. Conroy, D. E., Hyde, A. L., & **Maher, J. P.** (March, 2013). Evaluative conditioning increases physical activity but does not reduce sedentary behavior. Poster presented at the Society of Behavioral Medicine Conference, San Francisco, CA.
7. Doerksen, S. E., Elavsky, S., **Maher, J. P.**, Hyde, A. L., & Conroy, D. E. (June, 2012). Daily fluctuations in self-efficacy and physical activity. Poster presented at the North American Society for Sport and Physical Activity Conference, Honolulu, HI.
6. Conroy, D. E., Doerkson, S. E., Elavsky, S., Hyde, A. L., & **Maher, J. P.** (June, 2012). Automatic and Controlled Motivational Processes Regulate Daily Sedentary Behavior. Poster presented at the North American Society for the Psychology of Sport and Physical Activity Conference, Honolulu, HI.
5. **Maher, J. P.**, Hyde, A. L., Pincus, A. L., Ram, N., & Conroy, D. E. (March, 2012). A daily analysis of physical activity and satisfaction with life in emerging adults. Poster presented at the Pennsylvania State University Graduate Exhibition, University Park, PA.
4. **Maher, J.P.** & Conroy, D.E. (May, 2011). Health behaviors, mental health and energy resources covary with daily satisfaction ratings. Poster presented at the Association for Psychological Science Conference, Washington, DC.
3. Conroy, D.E., Doersken, S.E., Elavsky, S., Hyde, A.L., & **Maher, J.P.** (May, 2011). Attitudinal fluctuations covary with fluctuating intentions for physical activity and sedentary behavior. Poster presented at the Association for Psychological Science Conference, Washington, DC.
2. **Maher, J.P.** & Conroy, D.E. (2011, March). Health behaviors, mental health and energy resources covary with daily satisfaction ratings. Poster presented at the Pennsylvania State University Graduate Exhibition, University Park, PA.
1. **Maher, J.P.**, Hyde, A.L., Fiolo, N.J., & Elavsky, S. (2011, March). Enhancing our understanding of physical activity and subjective well-being with a lifespan perspective. Poster presented at the Pennsylvania State University's HHD/SON Interdisciplinary Research Forum and Social, University Park, PA.

## SOCIETY MEMBERSHIPS

Society of Ambulatory Assessment	2015-Present
American Psychological Association	2014-Present
American College of Sports Medicine	2014-Present
Society of Behavioral Medicine	2013-Present
North American Society for the Psychology of Sport and Physical Activity	2012-2013
Association for Psychological Science	2011-2012

## PROFESSIONAL, UNIVERSITY, & PUBLIC SERVICE

### Professional Service

Associate Editor, <i>BMC Public Health</i>	2018-2020
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Editorial Board Member, <i>Psychology of Sport and Exercise</i>	2018-2020
Junior Co-Chair (Elected), Theories & Techniques of Behavior Change Interventions Special Interest Group, Society of Behavioral Medicine	2017-2019
Annual Meeting Action Plan Member, Physical Activity Special Interest Group, Society of Behavioral Medicine	2017-2018
Awards Action Plan Member, Physical Activity Special Interest Group, Society of Behavioral Medicine	2017-2018
National Fellowships Committee for Sigma Delta Epsilon/Graduate Women in Science, Member	2011-2012

Ad Hoc Reviewer

*Annals of Behavioral Medicine*  
*BMC Public Health*  
*Gerontology*  
*Health Psychology*  
*International Journal of Sport and Exercise Psychology*  
*Journal of Aging and Physical Activity*  
*Journal of Applied Sport Psychology*  
*Journal of Physical Activity and Health*  
*Journal of Science and Medicine in Sport*  
*Journal of Sport and Health Science*  
*Journal of Sport and Exercise Psychology*  
*Menopause*  
*Plos One*  
*Prevention Science*  
*Psychology and Health*  
*Psychology of Sport and Exercise*  
*Research Quarterly for Exercise and Sport*  
*Supportive Care in Cancer*  
*Translational Behavioral Medicine*

**University, College, and Departmental Service**

Undergraduate Symposium for Scholarly and Creative Work, Judge University of Southern California	2016
Graduate Student Council, Kinesiology Representative The Pennsylvania State University, College of Health and Human Development	2014-2015
Healthy People Penn State, Graduate Student Panel Member The Pennsylvania State University, College of Health and Human Development	2014
Post-Doctoral Research Exhibition, Judge The Pennsylvania State University	2014
Kinesiology Graduate Student Association, Co-President The Pennsylvania State University, Department of Kinesiology	2012-2015
Alumni Mentor Program, Mentor The Pennsylvania State University, College of Health and Human Development	2011-2015

## Public Service

Voices of Experience: Results from Community Conversations about Aging Healthy Aging Community Lecture Series Juniper Communities at Brookline, State College, PA	2015
Living Healthy in 2014: Sitting Less and Staying Mobile Healthy Aging Community Lecture Series The Village at Penn State, State College, PA	2014
Haunted-U Zombie Science Day, Volunteer The Pennsylvania State University, Outreach and Science Engagement	2012
Bellefonte Family Science Night, Volunteer The Pennsylvania State University, Graduate Women in Science	2011
Expanding your Horizons Day, Volunteer The Pennsylvania State University, Graduate Women in Science	2011
Science, Technology, Engineering, & Mathematics Fair, Presenter Park Forest Middle School, State College, PA	2011
Girl Scout Science, Math, Engineering, & Technology Workshop, Presenter The Pennsylvania State University, Graduate Women in Science	2010