

Sean P. Mullen
Champaign, IL 61801
Phone: 217-244-4502 (office) | Fax: 217-244-7322
Email: spmullen@illinois.edu

I. PERSONAL HISTORY AND PROFESSIONAL EXPERIENCE

A. Educational Background

Stockton University, Pomona, NJ, Psychology, BA, 2002

Villanova University, Villanova, PA, General-Experimental Psychology, MS, 2005

University of Virginia, Charlottesville, Education (Emphasis in Exercise Psychology) PhD, 2009

B. List of Academic Positions Since Final Degree

Adjunct Professor (2009), Villanova University, Psychology Department

Post-doctoral Fellow (2010-2012), University of Illinois, Department of Kinesiology & Community Health

Instructor (2010-2011), University of Illinois, Department of Kinesiology & Community Health

Assistant Professor (2012-present), University of Illinois, Department of Kinesiology & Community Health

C. Other Professional Employment

Instructor (2004-05), University of Virginia, Service Physical Education Program, Supervisor: Diane Whaley, PhD

Graduate Teaching Assistant (2004-06), University of Virginia, Department of Human Services, Supervisor: Diane Whaley, PhD

Co-Instructor (2006), James Madison University, Department of Kinesiology, Supervisor: Michael Golderberger, PhD

Data Analyst (2006-07), University of Virginia's Health System, Children's Fitness Clinic, Supervisor: Susan Cluett, FNP

Student Consultant (2008), University of Virginia, Information Technology & Communication, Supervisor: Lori Kressin

Assistant Director (2005-08), University of Virginia, Lifetime Physical Activity Program, Supervisor: Diane Whaley, PhD

Instructor (2008-09), University of Virginia, Lifetime Physical Activity Program, Supervisor: Diane Whaley, PhD

D. Honors, Recognitions, and Outstanding Achievements

Psi Chi (International Honor Society in Psychology), Stockton University, 2001

Distinguished Graduate, Stockton University, 2002

CASTL Doctoral Research Award in Education Science, University of Virginia, 2009

Listed as “Teachers Ranked as Excellent by their Students,” UIUC, FA’13, SP’14, FA’14, SP’15

Distinguished Alumni Award in Psychology, Stockton University, 2016

E. Invited Lectures

1. Mullen, S. P. (November, 2016). *Using technology to enhance exercise engagement, cognitive functioning, and assessment: a precision behavioral medicine perspective*. Visual Cognition Brown Bag lecture series hosted by the Department of Psychology. University of Illinois, Urbana, IL.
2. Mullen, S. P. (April, 2016). *Precision behavioral medicine: Refining measurement and interventions targeting exercise and cognition using mobile health technology*. Chittenden Symposium on Mobility, Technology, and the Future of Health. University of Illinois, Urbana, IL.
3. Mullen, S. P. (April, 2016). *A Stockton jumpstart to lifelong learning in psychology, technology, aging & health*. Psi Chi Symposium at Stockton University, Pomona, NJ.
4. Mullen, S. P. (February, 2016). *6-Minute Blitz: Exercise, technology, & cognition across the lifespan*. Presented at the first meeting of the Cognition, Lifespan Engagement, Aging, and Resilience (CLEAR) Initiative. Beckman Institute for Advanced Science and Technology. University of Illinois U-C.
5. Mullen, S. P. (October, 2014). *Exercise, technology, & cognition across the lifespan*. UCLA’s Exercise and the Brain Symposium. Los Angeles, CA.
6. Mullen, S. P. (September, 2014). *Development of a Motion-Detection Device (MODD) for the assessment and training of cognitive functioning and motor control*. Health Care Simulation & Engineering Systems Center (HCSES) Symposium. University of Illinois, Urbana, IL.
7. Mullen, S. P. (September, 2008). *Health & Exercise Psychology Keynote Panel*. Nominated to participate in panel discussion following keynote speaker’s address. Association of Applied Sport Psychology. St. Louis, MO.

F. Offices Held in Professional Societies

2006-2008 Mid-Atlantic Regional Student Representative, AASP
 2008-2012 Health & Exercise Psychology Committee, AASP
 2012-2015 Augmented Cognition Technical Group, HFES
 2010-present Member, Physical Activity SIG, SBM
 2013-present Member, SBM Technology SIG, SBM
 2014-present Member, Alternative & Integrative Medicine Special Interest Group, SBM

G. Grants Received

H1. Active Grants

1R01AG052707-A101 (PI: Mullen; co-Is: A. Kramer, E. McAuley, S. Shen) 9/1/2016-5/31/2021
National Institute of Aging \$577,232 (YR1)
 Cognitive regulation training and exercise (CORTEX)-II with middle-aged adults

No number (consultant; PI: Massey) 07/2016-07/2018
Playworks \$105,688
 Great Recess Framework: The development and validation of a recess observational tool

RB15229 (PI: Mullen; co-I: K. Wilund) 8/16/15-2/28/18
UIUC Research Board \$23,078
Heat & aerobic training (HEAT) with pre-hypertensive middle-aged adults

No number (PI: Mullen) 8/16/13-8/15/17
UIUC Center for Health, Aging, & Disability \$20,000
 Exergaming intervention for adults with mild cognitive impairment: a pilot study

H2. Completed Grants

No number (Consultant; PI: B. Wuencsche)
Internal grant submitted to University Auckland's Science Faculty
 Immersive physiological active cognitive training (IMPACT)

R21 RHL113410A1 (PI: Mullen; co-Is: A. Kramer, E. McAuley) 7/1/12-6/30/16
National Heart, Lung, and Blood Institute \$411,236
 Cognitive regulation training and exercise

No number (Co-PI; PI: Aaron Johnson) 8/16/14-12/15/16
UIUC Center for Health, Aging, & Disability \$20,000
 Technology-assisted vocal exercise for older adults

No number (PI: Mullen) 2009-2010
Center for Advanced Study of Teaching and Learning \$1000
 Factors involved in exercise identity development and maintenance

No number (PI: Mullen) 2008-2009
Association for Applied Sport Psychology \$607.20
 Explaining parents' roles in children's physical activity

H3. Pending Grants

unknown (Co-I; PI: Hillman)
Northeastern University (NIH Subaward) Total Requested: \$779,523
 Sympathetic nervous system mediates the acute effects of exercise on brain and cognition in children

II. PUBLICATIONS AND CREATIVE WORKS

Denotes any publication derived from thesis

* Denotes student advisee co-authors

+Denotes special recognition

A. Theses

1. Mullen, S. P. (2009). *Factors involved in the development and maintenance of exercise identity*. (Doctoral dissertation). Retrieved from ProQuest Dissertations and Theses. (Accession Order No. AAT 3400964)
2. Mullen, S. P. (2004). *The relationship between motivational orientation and physical activity self-definition*. Unpublished master's thesis. Villanova University, Villanova, PA.

B. Chapters in Books (in print or accepted)

1. **Mullen, S. P.**, *Cohen, J., & *Palac, D. (accepted). Physical activity and sedentary behavior. In S. R. Waldstein, M. F. Muldoon, J. M. Satterfield, D. H. Novack, & S. Cole (Eds.), *Behavioral and social science in medicine: Principles and practice of biopsychosocial care*. NY: Springer.
2. McAuley, E., **Mullen, S. P.**, & *Fanning, J. (in press) Promoting physical activity behavior: Interventions and mediators. In E. B. Fisher, L. D. Cameron, A. J. Christensen, U. Ehlert, Y. Guo, B. Oldenburg, & F., Snoek (Eds.), *Principles and concepts of behavioral medicine: A global handbook*. NY: Springer.
3. **Mullen, S. P.**, *Palac, D., & Bryant, L. (2016). Maps to apps: Evaluation of wayfinding technology. In R. Hunter, L. Anderson, B. Belza, & S. Hooker (Eds.) *Community wayfinding: Pathways to understanding*. NY: Springer
4. McAuley, E., **Mullen, S. P.**, & Hillman, C. H. (2013). Physical activity, cardiorespiratory fitness, and cognition across the lifespan. In P. A. Hall (Ed.), *Social neuroscience and public health: foundations of an emerging discipline*. NY: Springer.

C. Articles in Journals (in print or accepted)

1. *Fanning, J., *Roberts, S. A., Hillman, C. H., **Mullen, S. P.**, Ritterband, L., & McAuley, E. (2017, Online). A smartphone "app"-delivered randomized factorial trial targeting physical activity in adults. *Journal of Behavioral Medicine*. doi:10.1007/s10865-017-9838-y

2. Maus, M., Belza, B., Chi, N-C., Hunter, R., **Mullen, S.**, & Satariano, W. A. (2016). Wayfinding technologies for older adults with visual impairments: Ideas for future directions. *Journal of Visual Impairment & Blindness*, 110(6), 477-480.
3. *Olson, E. A., **Mullen, S. P.**, *Raine, L. B., Kramer, A. F., Hillman, C. H., & McAuley, E. (2016). Integrated social- and neurocognitive model of physical activity behavior in older adults with metabolic disease. *Annals of Behavioral Medicine*, 51(2), 272-281. doi:10.1007/s12160-016-9850-4
4. **Mullen, S. P.**, Silva, M. N., & Teixeira, P. J. (2016). Initial validation of the activity choice index among overweight women. *Research Quarterly for Exercise and Sport*, 87(2), 174-181. doi: 10.1080/02701367.2016.1152349
5. **Mullen, S. P.**, & Hall, P. (2015). Editorial: Physical activity, self-regulation, and executive control across the lifespan. *Frontiers in Human Neuroscience*. doi: 10.3389/fnhum.2015.00614
6. *Massey, W. V., Meyer, B. B., & **Mullen, S. P.** (2015). Initial development and validation of the Processes of Change in Sport Questionnaire. *Psychology of Sport & Exercise*, 16(3), 79-87. doi:10.1016/j.psychsport.2014.09.009
7. Boudreax, E. D., Waring, M., Hayes, R., Sadasivam, R., **Mullen, S.**, & Pagoto, S. (2014). Evaluating and selecting mobile health apps: strategies for healthcare providers. *Translational Behavioral Medicine*, 4(4), 363-371. doi: 10.1007/s13142-014-0293-9
8. *Buckley, J., *Cohen, J., Kramer, A., McAuley, E., & **Mullen, S. P.** (2014). Cognitive control in the self-regulation of physical activity and sedentary behavior. *Frontiers in Human Neuroscience*, 747(8), 1-14. doi: 10.3389/fnhum.2014.00747 ***I served as Senior Author, Contact Author, & funded this publication via my NHLBI grant.**
9. *Olson, E. O., **Mullen, S. P.**, Rogers, L., Courneya, K., Verhulst, S., & McAuley, E. (2014). Meeting physical activity guidelines in rural breast cancer survivors. *American Journal of Health Behavior*, 38(6), 890-899. doi:http://dx.doi.org/10.5993/AJHB.38.6.11
10. *Gothe, N. P., *Fanning, J., *Awick, E., *Chung, D., *Wójcicki, T. R., *Olson, E. A., **Mullen, S.P.**, Voss, M., Erickson, K. I., Kramer, A. F., & McAuley, E. (2014). Executive function processes predict mobility outcomes in older adults. *Journal of the American Geriatric Society*. 62(2), 285-290. doi: 10.1111/jgs.12654 PMID: 24521364 PMCID: PMC3927159
11. *Ensari, I., Motl, R., *Sandroff, B. M., **Mullen, S.**, & McAuley, E. (2014). Pattern and predictors of change in depressive symptoms over 30 months in Multiple Sclerosis. *Multiple Sclerosis Journal*, 20(5), 602-609. doi: 10.1177/1352458513504251 PMID: 24067897
12. *Mailey, E. L., *Gothe, N. P., *Wójcicki, T. R., *Szabo, A. N., *Olson, E. A., **Mullen, S. P.**, *Fanning, J. T., Motl, R. W., & McAuley, E. (2014). Optimal interruption period and days of accelerometer monitoring in older adults. *Journal of Aging and Physical Activity*, 22(2), 255-260. doi: 10.1123/japa.2013-0021 PMID: 23752299 PMCID: PMC3875619
13. Motl, R. W., **Mullen, S. P.**, *Suh, Y., & McAuley, E. (2014). Does physical activity change over 24 months in persons with relapsing-remitting multiple sclerosis? *Health Psychology*, 33(4), 326-333. doi:10.1037/a0032700
14. **Mullen, S. P.**, *Wójcicki, T. R., *Mailey, E. L., *Szabo, A. S., *Gothe, N. P., *Olson, E. A., *Fanning, J., Kramer, A., & McAuley, E. (2013). A profile for predicting attrition from

- exercise in older adults. *Prevention Science*, *14*, 489-496. doi:10.1007/s11121-012-0325-y
15. McAuley, E., *Wójcicki, T. R., *Gothe, N., *Olson, E. A., *Szabo, A. N., *Fanning, J., et al... **Mullen, S. P.** (2013). Effects of a DVD-delivered exercise intervention on physical function in older adults. *Journals of Gerontology: Medical Sciences*, *68*(9), 1076-1082. doi:10.1093/gerona/glt014
 16. **Mullen, S. P.**, *Gothe, N. P., & McAuley, E. (2013). Evaluation of the Rosenberg Self-Esteem Scale in Older Adults. *Personality & Individual Differences*, *54*(2), 153-157. <http://dx.doi.org/10.1016/j.paid.2012.08.009>
 17. *Fanning, J. T., **Mullen, S. P.**, & McAuley, E. (2012). Increasing physical activity with mobile devices: a meta-analysis. *Journal of Medical Internet Research*, *14*(6), e161. doi:10.2196/jmir.2171
 18. *Hyunyu, L., *Baniqued, P., Cosman, J., **Mullen, S.**, McAuley, E., Severson, J., & Kramer, A. F. (2012). Examining cognitive function across the lifespan using a mobile application. *Computers in Human Behavior*, *28*(5), 1934-1946. doi:10.1016/j.chb.2012.05.013
 19. *Mailey, E. L., **Mullen, S. P.**, Mojtahedi, M. C., Guest, D. D., Evans, E. M., Motl, R. W., McAuley, E. (2012). Unobserved mental health profiles are associated with weight and physical activity change in female college freshmen: a latent profile analysis. *Mental Health & Physical Activity*, *5*, 76-84. doi:10.1016/j.mhpa.2012.01.001
 20. **Mullen, S. P.**, McAuley, E., Satariano, W. A., *Kealey, M., & Prohaska, T. R. (2012). Physical activity and functional limitations in older adults: The influence of self-efficacy and functional performance. *Journals of Gerontology: Social Sciences*, *67B*(3), 354-361. doi:10.1093/geronb/gbs036
 21. Motl, R. W., **Mullen, S.**, & McAuley, E. (2012). Multi-group measurement invariance of the Multiple Sclerosis Walking Scale-12. *Neurological Research*, *34*(2), 149-152. doi: 10.1179/1743132811Y.0000000063
 22. McAuley, E., Wójcicki, T. R., White, S. M., Mailey, E. L., Szabo, A. N., Gothe, N., Olson, E. A., **Mullen, S. P.**, Motl, R. W., Rosengren, K., & Estabrooks, P. (2011). Physical activity, function, and quality of life: design and methods of the FlexToBa™ trial. *Contemporary Clinical Trials*, *33*, 228-236. doi:10.1016/j.cct.2011.10.002
 23. **Mullen, S. P.**, Olson, E. A., White, S. M., Szabo, A. N., Wójcicki, T. R., . . . McAuley, E. (2011). Measurement of physical activity enjoyment in older adults: Invariance of the Physical Activity Enjoyment Scale (PACES) across group and time. *International Journal of Behavioral Nutrition and Physical Activity*, *8*, 103. doi:10.1186/1479-5868-8-103
 24. # **Mullen, S. P.** (2011). Perceptions of change and certainty regarding self-as-exerciser: A multistudy report. *Journal of Sport & Exercise Psychology*, *33*, 710-733. PMID:21984643
 25. McAuley, E., **Mullen, S. P.**, Szabo, A. N., White, S. M., Wójcicki, T. R., Mailey, E. L., . . . Kramer, A. F. (2011). Self-regulatory processes and exercise adherence in older adults: Executive function, self-efficacy, and strategy effects. *American Journal of Preventive Medicine*, *41*(3), 284-290. doi:10.1016/j.amepre.2011.04.014
 26. Motl, R. W., McAuley, E., & **Mullen, S.** (2011). Longitudinal measurement invariance of the Multiple Sclerosis Walking Scale-12. *Journal of the Neurological Sciences*, *305*, 75-79. doi:10.1016/j.jns.2011.03.008

27. McAuley, E., Szabo, A. N., Mailey, E., Erickson, K. I., Voss, M., White, S. M., Wójcicki, T. R., Gothe, N., Olson, E. A., **Mullen, S. P.**, & Kramer, A. F. (2011). Non-exercise estimated cardiorespiratory fitness: Associations with brain structure, cognition, and memory complaints in older adults. *Mental Health & Physical Activity*, 4(1), 5-11. doi:10.1016/j.mhpa.2011.01.001
28. Szabo, A.N., **Mullen, S.P.**, White, S.M., Wójcicki, T.R., Mailey, E.L., Gothe, N., . . . McAuley, E. (2011). Longitudinal invariance of the Abbreviated Late Life Function and Disability Instrument in Healthy Older Adults. *Archives of Physical Medicine and Rehabilitation*. 92(5), 785-791. doi:10.1016/j.apmr.2010.12.033
29. Gothe, N.P., **Mullen, S. P.**, Wójcicki, T. R., Mailey, E., White, S. M., Olson, E. A., . . . McAuley, E. (2011). Trajectories of change in self-esteem in older adults: exercise intervention effects. *Journal of Behavioral Medicine*, 34(4), 298-306. doi:10.1007/s10865-010-9312-6
30. McAuley, E., Mailey, E. L., **Mullen, S. P.**, Szabo, A.N., Wójcicki, T. R., White, S.M., . . . Kramer, A.F. (2011). Growth trajectories of exercise self-efficacy in older adults: Influence of measures and initial status. *Health Psychology*, 30(1), 75-83. doi: 10.1037/a0021567.
31. **Mullen, S. P.**, & Whaley, D. E. (2010). Age, gender, & fitness club membership: Factors related to involvement and adherence. *International Journal of Sport & Exercise Psychology*, 8, 24-35.

D. Abstracts (in print or accepted)

1. **Mullen, S. P.**, *Bullard, T., An, R., Trinh, L., and Mackenzie, M. (June, 2017). A call for a precision behavioral medicine perspective in physical activity promotion and maintenance. Poster accepted for presentation at the annual meeting for the *International Society for Behavioral Nutrition and Physical Activity*. Victoria, CAN.
2. Massey, W. V., Stellino, M. B., **Mullen, S. P.**, *Wilkison, M., & *Claassan, J. (June, 2017). The Great Recess Framework: Evidence for an observational tool to measure to quality of recess. Poster accepted for presentation at the *North American Society for the Psychology of Sport and Physical Activity*. San Diego, CA. Abstract # 16624
3. *Edwards, C. G., Walk, A. M., Thompson, S. V., **Mullen, S. P.**, Holscher, H., Khan, N. A. (April, 2017). Domain-specific relationships between cognitive control and disordered eating attitudes. Presentation and poster accepted for presentation at the *Annual Meeting for Experimental Biology*.
4. *Bullard, T., Rebar, A., Cohen, J., Palac, D., Wichman, A. L., Kramer, A. F., McAuley, E., & **Mullen, S. P.** (March, 2017). Exercise-related attitudinal changes after 20 hours of cognitive training. Poster presented at the *Annual Meeting for the Society for Behavioral Medicine*. San Diego, CA.
5. *Cohen, J. D., *Bullard, T., *Palac, D., Kramer, A. F., McAuley, E., & **Mullen, S. P.** (March, 2017). Revised model for predicting attrition from exercise. Poster presented at the *Annual Meeting for the Society of Behavioral Medicine*. San Diego, CA.
6. *Cohen, J., Trinh, L., Kramer, A. F., McAuley, E., & **Mullen, S. P.** (March, 2017). Prior cancer diagnosis associated with lower adherence and physical activity in an RCT involving cognitive training designed to increase exercise adherence. *Poster presented at the Annual Meeting of the American Society of Preventive Oncology*. Seattle, WA.

7. *Fanning, J., *Roberts, S. A., Hillman, C. H., **Mullen, S. P.**, Ritterband, L., & McAuley, E. (March, 2017). Impact of a modular social cognitive smartphone app on physical activity in adults: A randomized factorial trial. Poster presented at the *Annual Meeting of the Society of Behavioral Medicine*, San Diego, CA. **+This paper received the Best Dissertation Award.**
8. **Mullen, S. P.**, Bullard, T., & An, R. (March, 2017). A systematic review of adherence to RCTs involving physical activity interventions targeting three chronic diseases. Poster presented at the *Annual Meeting for the Society for Behavioral Medicine*. San Diego, CA.
9. *Palac, D., & **Mullen, S. P.** (March, 2017). Self-efficacy for exercise-specific memory and prospective mobile health application use. Poster presented at the *Annual Meeting for the Society for Behavioral Medicine*. San Diego, CA.
10. Wright, J., Napolitano, M., Godino, J., Bauman, M., & **Mullen, S. P.** (March, 2017). Wearables, apps and accelerometers: How to assess and intervene using wearables and how to make sense of the big world of data. Panel presentation during the Mid-day meetings at the *Annual Meeting for the Society for Behavioral Medicine*. San Diego, CA.
11. *Fanning, J., *Roberts, S., Hillman, C., **Mullen, S. P.**, Ritterband, L., & McAuley, E. (Feb, 2017). The individual and combined impact of two social cognitive smartphone modules on application usage: a randomized factorial trial. Presented at the *Third Annual Center for Behaviour Change Digital Health Conference*, London, England. **+This paper received the Best Submission Award.**
12. **Mullen, S. P.**, *Cohen, J. D., *Bullard, T., Woods, J., Wilund, K., Schroyer, R., Angadi, S. S., Buman, M., & Wong, B. (March, 2016). Effects of exercise combined with thermal therapy on blood pressure and psychosocial outcomes: A pilot RCT. Poster presented at the *Annual Meeting for the Society for Behavioral Medicine*. Washington, DC.
13. *Hua, A. K., *Bullard, T., *Cohen, J., *Palac, D., McAuley, E., Kramer, A. F., & **Mullen, S. P.** (March, 2016). A novel cognitive training intervention reduced back pain in middle-aged adults. Paper presented at the *Annual Meeting for the Society for Behavioral Medicine*. Washington, DC. **+This paper received a Meritorious Student Abstract award.**
14. *Palac, D., *Cohen, J. D., *Hua, A. L., *Bullard, T., Kramer, A. F., McAuley, E., & **Mullen, S. P.** (March, 2016). Short and long-term effects of multi-modal cognitive training on processing speed. Poster presented at the *Annual Meeting for the Society for Behavioral Medicine*. Washington, DC.
15. *Cohen, J. D., *Palac, D., *Bullard, T., *Hua, A. K., Schroyer, R., Wong, B., Wilund, K., Woods, J., Kramer, A. F., & **Mullen, S. P.** (March, 2015). Chronic cognitive effects of sauna following aerobic exercise on processing speed. Poster presented at the *Annual Meeting for the Society for Behavioral Medicine*. Washington, DC.
16. *Bullard, T., *Cohen, J., *Palac, D., *Hua, A. K., Kramer, A. F., McAuley, E., & **Mullen, S. P.** (Mar-April, 2016). Inter-individual differences in self-regulation of exercise: a latent profile analysis. Poster presented at the *Annual Meeting for the Society for Behavioral Medicine*. Washington, DC.
17. **Mullen, S. P.**, *Cohen, J., *Bullard, T., Erickson, K., Bherer, L., Kramer, A. F., & McAuley, E. (April, 2015). CORTEX: A randomized controlled trial to test cognitive training effects on 4-mo exercise adherence. Paper presented at the *Annual Meeting for the Society for Behavioral Medicine*. San Antonio, TX. Abstract retrieved from: <http://www.sbm.org/UserFiles/file/SBM2015FinalProgram.pdf>

18. *Bullard, T., Banducci, S., *Cohen, J., *Palac, D., Erickson, K., Bherer, L., Kramer, A. F., McAuley, E., & **Mullen, S. P.** (April, 2015). Effects on cognitive functioning from 20-hr training: Secondary outcomes from the CORTEX trial. Paper presented at the *Annual Meeting for the Society for Behavioral Medicine*. San Antonio, TX. Abstract retrieved from: <http://www.sbm.org/UserFiles/file/SBM2015FinalProgram.pdf> [†]**This paper received a Meritorious Student Abstract award.**
19. *Cohen, J., *Bullard, T., *Palac, D., & **Mullen, S. P.** (April, 2015). Physical and cognitive benefits associated with exercise and sauna use. Poster presented at the *Annual Meeting for the Society for Behavioral Medicine*. San Antonio, TX. Abstract retrieved from: <http://www.sbm.org/UserFiles/file/SBM2015FinalProgram.pdf>
20. **Mullen, S.**, *Bullard, T., *Cohen, J., *Palac, D., *Hua, A., Johnson, A., & Mudar, R. (March, 2015). A comparison of traditional and tablet-delivered Trails A&B in Three Samples. Poster presented at the *Annual meeting for the Cognitive Neuroscience Society*. San Francisco, CA. Abstract B48 Retrieved from: https://www.cogneurosociety.org/wordpress/wp-content/uploads/2015/03/CNS_2015_Program.pdf
21. Vandenberg, A. E., Belza, B., Logsdon, R. G., **Mullen, S.**, Hunter, R. H. (November, 2014). *Wayfinding technology for people with cognitive impairment: how effective, functional, usable, and useful?* Paper presented at the Annual Meeting for the Gerontological Society of America. Abstract #1070 retrieved from: <https://www.geron.org/images/gsa/2014asm/gsa2014programbook.pdf>
22. Satariano, W., Maus, M., Hunter, R., Belza, B., Friedman, D. B., **Mullen, S.**, & Vandenberg, A. E. (November, 2014). *Wayfinding technologies: Older Adults*. Paper presented at the Annual Meeting for the Gerontological Society of America. Washington, DC. Abstract #1070 retrieved from: <https://www.geron.org/images/gsa/2014asm/gsa2014programbook.pdf>
23. **Mullen, S. P.**, McAuley, E., & Motl, E. (April, 2014). Symptomology profiles and predictors of change for adults with relapse-remitting multiple sclerosis across 30 months. *Annals of Behavioral Medicine*, 47, S217
24. *Massey, W., Meyer, B., & **Mullen, S.** (October, 2013). *Development of a Processes of Change measure for us in applied sport psychology settings*. Poster presented at the Association of Applied Sport Psychology. New Orleans, LA, 1, 67.
25. Ensari, I., Motl, R., Sandroff, B. M., **Mullen, S.**, & McAuley, E. (May, 2013). *Pattern and predictors of change in depressive symptoms over 30 months in Multiple Sclerosis*. Poster presented at The Consortium of Multiple Sclerosis Centers, Annual Meeting. Orlando, FL. CG13
26. Shaikh, A., Ritterband, L., Fair, A., Shen, B., & **Mullen, S.** (March, 2013). *Translational pipelines for evidence-based digital health*. *Annals of Behavioral Medicine*, 45, 3054.
27. Gothe, N. P., **Mullen, S. P.**, & McAuley, E. (March, 2013). The effects of Yoga on cognition: a meta-analysis of chronic and acute yoga effects. *Annals of Behavioral Medicine*, 45, S138. [†]**This paper received a Meritorious Student Abstract award.**
28. Baniqued, P., Lee, H., Cosman, J., **Mullen, S. P.**, Severson, J., McAuley, E., Kramer, A. (April, 2012). *CrossFit: Forging mental and physical fitness for optimal cognitive function across the lifespan*. Paper presented at the Cognitive Aging Conference, Atlanta, GA.

29. Fanning, J. T., **Mullen, S. P.**, & McAuley, E. (April, 2012). Increasing physical activity with mobile devices: a meta-analysis. *Annals of Behavioral Medicine*, 43, S273.
30. **Mullen, S. P.**, Gross, A., Parisi, J., Rebok, G., & McAuley, E. (April, 2012). Physical function, cognition, and health-related quality of life among older adults from ACTIVE. *Annals of Behavioral Medicine*, 43, S24.
31. **Mullen, S. P.**, Wójcicki, T. R., Mailey, E. L., Szabo, A. N., Gothe, N. P., Olson, E. A., et al., ... McAuley, E. (April, 2012). *A profile for predicting attrition from exercise in older adults*. *Annals of Behavioral Medicine*, 43, S120.
32. Motl, R. W., **Mullen, S. P.**, Suh, Y., & McAuley, E. (April, 2012). *Does physical activity change over 24 months in persons with relapsing-remitting multiple sclerosis?* *Annals of Behavioral Medicine*, 43, S41.
33. Olson, E. A., Wójcicki, T. R., Szabo, A. N., Mailey, E. L., **Mullen, S. P.**, Gothe, N. P., Fanning, J. T., & McAuley, E. (April, 2012). Advanced lower extremity function in older adults: Intervention effects. *Annals of Behavioral Medicine*, 43, S79.
34. Olson, E. A., Szabo, A. N., **Mullen, S. P.**, McAuley, E. & Kramer, A. F. (November, 2011). *Pulse pressure, depression, physical function, and cognitive function in healthy older adults*. Poster presented at the annual meeting of the Gerontological Society of America, Boston, MA.
35. McAuley, E., Wójcicki, T. R., White, S. M., Mailey, E. L., Szabo, A. N., Gothe, N., Olson, E. A., **Mullen, S. P.**, Fanning, J., Motl, R. W., Rosengren, K., Estabrooks, P. (October, 2011). *Physical activity, function, and quality of life: Design and methods of the FlexToBa™*. Poster presented at the Conference of HEPA, Amsterdam, Netherlands.
36. **Mullen, S. P.**, Mailey, E. L., White, S. M., Wójcicki, T. R., Szabo, A. N., Gothe, N. P., . . . McAuley, E. (April, 2011). Physical activity, self-efficacy, and functional limitations in older adults: a randomized control trial. *Annals of Behavioral Medicine*, 41, S185.
37. Fanning, J. T., **Mullen, S. P.**, Szabo, A. N., Erickson, K. I., Kramer, A. F., & McAuley, E. (April, 2011). Individual differences in fitness and memory response trajectories across a 12-month exercise trial. *Annals of Behavioral Medicine*, 41, S226.
38. Szabo, A. N. **Mullen, S. P.**, White, S. M., Wójcicki, T. R., Kramer, A., & McAuley, E. (April, 2011). Executive function, self-regulation, and self-efficacy effects on exercise adherence in older adults. *Annals of Behavioral Medicine*, 4, S238. **+This paper received a Meritorious Student Abstract award.**
39. Mailey, E. L., **Mullen, S. P.**, Evans, E. M., Motl, R. W., & McAuley, E. (April, 2011). Differential patterns of mental health changes correspond to changes in physical activity in female college freshmen. *Annals of Behavioral Medicine*, 41, S185.
40. Gothe, N. P., **Mullen, S. P.**, Wójcicki, T. R., Mailey, E., White, S. M., Olson, E. A., . . . McAuley, E. (April, 2011). *Trajectories of self-esteem in older adults: exercise intervention effects*. *Annals of Behavioral Medicine*, 41, S227.
41. Szabo, A.N., **Mullen, S. P.**, McAuley, E. & Kramer, A.F. (March, 2011). *Self-regulatory processes and exercise adherence in older adults*. Poster presented at HABITS, Beckman Institute, Champaign, IL.
42. **Mullen, S. P.** (October, 2010). *Parents' possible child selves*. Paper presented at the Association of Applied Sport Psychology conference. Providence, RI.
43. **Mullen, S. P.**, & Whaley, D. E. (September, 2008). *Tracking identity profiles in young adult exercisers over 4 months*. Presented at the Association of Applied Sport Psychology conference. St. Louis, MO.

44. **Mullen, S. P.** (September, 2008). *Building an online community for integrating knowledge about drug use in sport and exercise*. Presented as part of a symposium lecture series on “Action Taken Post-Congress” at the Association of Applied Sport Psychology. St. Louis, MO.
45. Whaley, D. E., & **Mullen, S. P.** (September, 2008). *Sources of competence information used by adult exercisers*. Presented at the Association of Applied Sport Psychology conference. St. Louis, MO.
46. **Mullen, S. P.**, & Whaley, D. E. (October, 2006). *(Re)Training the trainers: Spreading the gospel of exercise psychology to the fitness industry*. Presented at the Association of Applied Sport Psychology (AASP) conference. Miami, FL.
47. Whaley, D. E., & **Mullen, S. P.** (May, 2005). *Obesity in rural America: The importance of place*. Presented at the 2nd Action on Obesity Summer (hosted by the Mayo Clinic). Representing the Association for Applied Sport Psychology, Rochester, MN.
48. Whaley, D. E., & **Mullen, S. P.** (October, 2005). *An examination of self-determination theory in a community fitness facility*. Presented at the Association of Applied Sport Psychology (AASP) conference. Vancouver, Canada.
49. **Mullen, S. P.**, & Kendzierski, D. A. (August, 2004). *Relationship between motivational orientation and physical activity self-definition*. Presented at the American Psychological Association (APA) conference: Division 47. Washington, DC.

E. Other: Scholarly Presentations (Not Listed Under Invited Lectures or In Print)

1. Mullen, S. P. (March, 2014). *Sauna use: Physical and cognitive benefits*. Presentation at the first Perfect Sweat Summit. San Francisco, CA.
2. Mullen, S. P. (March, 2013). *Time for a mental tune-up*. Workshop presented to UIUC student-athletes. Champaign, IL.
3. Mullen, S. P. (October, 2008). *Motivational strategies for maximizing lifetime tennis success*. Workshop presented to a youth tennis program sponsored by the Charlottesville Tennis Patrons Association, Charlottesville, VA.
4. Mullen, S. P. (April, 2007). *Taking it to the court*. Workshop presented to the University of Virginia’s Women’s Tennis Team. Charlottesville, VA.
5. Whaley, D.E., & **Mullen, S.P.** (April, 2006). *Maintaining physical activity: Self-perceptions and adherence*. Workshop presented to the Women’s Health Project participants, James Madison University, Harrisonburg, VA.
6. Mullen, S. P. (March, 2006). *Eye-Toy Kinetic: How to integrate technology in physical education classes*. Presented to members of the Charlottesville Obesity Task Force. Charlottesville, VA.
7. Mullen, S. P. (February, 2006). *Psychological reaction to injury and psychological needs during rehabilitation*. Guest Lecture Series for EDHS 850, Seminar in Athletic Training. University of Virginia, Charlottesville, VA.
8. **Mullen, S. P.**, & Whaley, D. E. (June, 2005). *Being an effective leader and maximizing physical activity in others*. Workshop presented to the Charlottesville Summer Playground Program Staff, Charlottesville, VA.

III. RESIDENT INSTRUCTION

A. Summary of Instruction

1. Descriptive Data

KIN 122: Physical Activity and Health (3 credits)

KIN 247: Intro to Sport Psychology (3 credits)

KIN 385: Experience in Kinesiology Research (3 credits)

KIN 391: Special Projects (3 credits)

KIN 474: Tech-Driven Health (3 credits)

KIN 594: Special Topics: Latent Variable Modeling for Physical Activity Researchers (3 credits)

2. Supervision of Student Research

Graduate Student Supervision

Anna Tanaglia, Communication, UIUC, SP 2016 (Comprehensive Exam Reviewer)

Sung Wan Kang, Social Work, UIUC, SP 2015 (Qualifying Paper Reviewer)

Jason Fanning, Kinesiology, UIUC, SP 2015-2016 (Dissertation Committee Member)

Andrew Hau, Kinesiology, UIUC, FA 2014-present (co-Supervisor)

Daniel Palac, Kinesiology, UIUC, FA 2014-present (Supervisor)

Tiffany Bullard, Kinesiology, UIUC, FA 2014-present (Supervisor)

Jason Cohen, Kinesiology, UIUC, FA 2013-present (Supervisor)

Matthew Wright, Kinesiology, UIUC, FA 2012-SP 2013 (Supervisor)

William Massey, PhD, Kinesiology, U Wisconsin-Milwaukee, 2013 (External Member)

Undergraduate Student Supervision

Shirley Huang, James Scholar, SP 2017

Amy Devitt, James Scholar, SP 2016

Cristian Guzman, IPS-Sport Psychology Major, SP 2014-SP 2016

Michelle Hately, James Scholar, SP 2014

Kirsten Bork, James Scholar, SP 2014

Alyssa Neimark, James Scholar, FA 2013-SP 2014

Jeremy Shackett, James Scholar, SP 2013

Allie Osaba, James Scholar, SP 2012

2. Service to Disciplinary and Professional Societies or Associations

a. Editors of Journals or Other Publications

2014-2015 Guest Associate Editor of *Frontiers in Human Neuroscience*

2015-present Associate Editor of *Psychology of Sport and Exercise*

b. Journal Reviewer

Annals of Behavioral Medicine, Brain, Behavior, & Immunity, BMC Public Health, Contemporary Clinical Trials, Disability & Rehabilitation, Emotion, Health Psychology, International Journal of Sport Psychology, International Journal of Sport & Exercise Psychology, Journal of Alternative & Complementary Medicine, Journal of Aging & Physical Activity, Journal of Aging Research, Journal of Gerontology, Journal of Health Communication, Journal of Medical Internet Research, Journal of Primary Prevention, Journal of Sport & Exercise Psychology, Journal of Sport, Exercise, and Performance Psychology, Measurement in Physical Education & Exercise Science, NeuroReport, PLoS One, Preventive Medicine, Psychology of Sport & Exercise, Quality of Life Research, Research Quarterly for Exercise and Sport, Sport, Exercise, & Performance Psychology, Translational Behavioral Medicine

d. Grant Reviewer

2012-2013 *Multiple Sclerosis Society*
 2015-2016 *University of Illinois's Campus Research Board*
 FA 2016 *Illinois Learning Sciences Design Initiative*

e. Conference Reviewer

Society for Behavioral Medicine (abstracts, late-breaking abstracts, student awards)

f. Professional Society Membership

2002-2012 American Psychological Association (APA)
 2012-2015 Human Factors and Ergonomics Society (HFES)
 2014-2016 Cognitive Neuroscience Society (CNS)
 2016-2017 American Society of Preventive Oncology (ASPO)
 2003-present Association for Applied Sport Psychology (AASP)
 2008-present Society for Behavioral Medicine (SBM)

3. University/Campus Service**a. Department of Kinesiology and Community Health**

FA 2013-SP 2014 Student Travel Grant Program

b. College of Applied Health Sciences

FA 2013-SP 2015 Elections and Credentials Committee
 FA 2015-present Honors & Awards Committee

c. Campus

FA 2015-SP 2017 Senate IT Committee