

Curriculum Vitae

Kelliann K. Davis, PhD, FACSM, CEP

Associate Professor of Practice, University of Pittsburgh
Associate Co-Chair, Department of Health and Human Development
Physical Activity Research Center
Oak Hill Commons
32 Oak Hill Court
Pittsburgh, PA 15261
(412) 383-4003 office
(724) 309-0274 cell
kkd2@pitt.edu

Education & Certifications

University of Pittsburgh, Pittsburgh, PA
Doctor of Philosophy, Department of Health and Physical Activity
August 2008, **Exercise Physiology**
Advisor: Professor John M. Jakicic

University of Georgia, Athens, GA
Master of Education, Department of Exercise Science
May 2002, **Clinical Exercise Physiology**
Advisor: Professor Harry P. DuVal

Pennsylvania State University, University Park, PA
Bachelor of Science, Eberly College of Science
May 1999, **Biology** (Vertebrate Physiology Option), **Minor in Nutrition Science**

American College of Sports Medicine Certified Clinical Exercise Physiologist®, 2002-Present

American Heart Association ACLS Provider, 2002
American Red Cross Workplace FA & Safety Adult CPR/AED for Professional Rescuers, 2022
University of Pittsburgh Education and Certification Program in Research Practice Fundamentals: Human Subjects Research Module and Research Integrity; CITI Program Training Modules, 2019
University of Pittsburgh Faculty Training for Online Education, Summer 2012
University of Pittsburgh Preventing Discrimination and Sexual Violence Module, 2015
University of Pittsburgh Title IX Training, April 2016-Present
University of Pittsburgh, FERPA (Education) Certificate, 2023
University of Pittsburgh, Health Privacy Issues for Researchers, 2023
University of Pittsburgh, Basics of Information Security, Parts 1 & 2, 2023
University of Pittsburgh, Good Clinical Practice, 2023
University of Pittsburgh, Conflicts of Interest and COI PHS Regulated Course, 2023

Academic Teaching Experience

University of Pittsburgh, Pittsburgh, PA

Professor for ***Clinical Exercise Physiology 1***, Fall, 2019- Fall 2022

- Developer and Instructor for graduate course for the Clinical Exercise Physiology Master's Program

Professor for ***Clinical Exercise Physiology 2***, Spring, 2020- 2023

- Developer and Instructor for second level graduate course for the Clinical Exercise Physiology Master's Program

Professor for ***Health Coaching & Behavior Change***, Summer, 2020, 2021, 2022 - Present

- Developer and Instructor for hybrid (online and in-person) graduate course for Master's Programs in Clinical Exercise Physiology and Health and Physical Activity Programming & Promotion.

Professor for ***Introduction to Exercise Science***, Fall, 2018, Spring, 2020-2022

- Developer and Instructor for undergraduate introductory course to Exercise Science and professions

Professor for ***Nutrition and Health***, Fall, 2017

- Developer and Instructor for undergraduate course focused on nutrition for health and activity.

Professor for *Physical Activity and Health*, Summer and Fall, 2011-2016(Online)

- Developer and Instructor for online graduate course focused on physical activity epidemiology.

Professor for *Obesity Prevention and Treatment*, Spring 2011, Spring 2013(Online)- Summer 2019

- Instructor for graduate course focused on obesity causes, consequences, treatment, and prevention.
- Converted course to online format including online lecture, exams, discussions, and use of technology

Professor and Course Instructor for *Obesity & Chronic Disease*, Fall 2007 -Present

- Developed course materials, structured, and taught undergraduate course focused on the pathophysiology, prevention, and treatment of overweight/obesity and related chronic diseases

Professor and Teacher Assistant, *Behavioral Change Strategies*, Spring 2007-2018, Present

- Current instructor and previously co-taught undergraduate course focused on several behavioral change theories, and specific behavioral change strategies and interventions specific to physical activity and weight control

Professor for *Psychosocial Aspects of Health*, Spring, 2012, Spring 2015

- Developer and Co-Instructor for graduate course focused on psychosocial and behavioral aspects of health and intervention development.

Professor for *Directed Research Practicum*, Fall, 2014, Spring 2017

- Co-Instructor for undergraduate course focused on providing students the opportunity to experience steps of the scientific method through their role as a “student researcher”.

Professor for *Directed Study*, Fall 2024, Spring 2025

- Instructor for graduate course focused on providing students the opportunity to experience research and or clinical practicums as a student relevant to career trajectories.

Professor for *College Teaching Practicum*, Fall, 2014 - Present

- Co-Instructor for graduate course focused on providing students the opportunity to learn how to teach at a collegiate level from course design, to lecture design, and lecture presentation.

Professor for *Fitness Assessment & Exercise Prescription*, Spring 2009

- Developed new course materials, and taught undergraduate course and laboratory focused on the evaluation, screening, and assessment skills required for exercise prescription and programming.

Professor for *Exercise Testing, Prescription, and Supervision*, Spring 2009

- Substituted for graduate course focused on clinical exercise physiology, clinical exercise testing, metabolic calculations, and EKG interpretation.

Teacher Assistant for Dr. John Jakicic, *Obesity Interventions*, Fall 2006

- Taught 30% of undergraduate course focused on overweight/obesity and related chronic diseases
- Responsible for preparing powerpoint presentations, lecturing, grading, and exam development

University of Georgia, Athens, GA

Teacher Assistant for Dr. Harry DuVal, *Scientific Principles of Fitness & Conditioning and Fitness Programming*, Fall 2001 & Spring 2002

- Taught the clinical/laboratory portion of course, which included clinical exercise testing, proper EKG prep and interpretation, blood pressure monitoring, flexibility, muscular strength, and endurance testing, body composition, and use of ACSM metabolic calculations and guidelines

Pennsylvania State University, University Park, PA

Teacher Assistant for Dr. Claudia Probart, *Introduction to Nutrition*, Spring 1999

- Assisted in preparing lecture content, creating presentations, and conducting review sessions

Professional & Research Experience

Associate Professor of Practice and Associate Co-Chair, *University of Pittsburgh, Department of Health & Human Development, The Physical Activity and Weight Management Research Center*, University of Pittsburgh, Pittsburgh, PA August 2008-Present

- Lead HHD as the Interim Co-Chair- enhancing and supporting the department (faculty, staff, students) through regular meetings, social events, educational offerings. Provides career and work support, faculty promotion, faculty reviews, course scheduling, teaching assignments, and

student support. Engages in Executive Committee to bring department in line with SOE goals and values and bring HHD voice to decision-making.

- Master's Program Coordinator, Clinical Exercise Physiology, Health and Wellness Management
- Instructor and advisor for undergraduate/graduate courses in the Department (UG, MS, PhD, EdD)
- Initiated and co-led CAAHEP Accreditation application for our UG and MS Programs and received accreditation in March 2023.
- Co-investigator and Interventionist REFRESH STUDY - a 6 month yoga/weight loss intervention
- Primary investigator for the REACH BEYOND Study - RCT examining the role of mindfulness vs. standard care in long-term weight loss maintenance
- Interventionist, supervisor, and Committee member for the IDEA study, a 24-month RCT examining the use of technology to assist weight loss in young adults
- Project coordinator and lead behavioral interventionist for "Step Up" Weight Loss study, a two-site 18-month randomized behavioral weight loss intervention trial
- Primary investigator for IMPACT breast cancer physical activity and weight loss study
- Undergraduate and graduate student advisor for 42 students and directed study supervisor 25 students/semester
- Dissertation and theses supervisor and committee member for graduate students (PhD, EdD, MS)

Graduate Student Researcher, *University of Pittsburgh Physical Activity and Weight Management Research Center*, University of Pittsburgh, Pittsburgh, PA
August 2005-August 2008

- Project coordinator and lead behavioral interventionist for "Get FIRM" Weight Loss study
- Behavioral interventionist for the "RENEW" and "Stepped Care" studies
- Recruited subjects, coordinated research, and conducted exercise testing and data collection for two grants under Dr. John Jakicic, "Methods of Assessing Energy Expenditure" and "New Portable Technology to Improve the Assessment of Physical Activity"

Exercise Physiologist, *Structure House Inc.*, Durham, NC
February 2003-August 2005

- Developed and taught weekly lectures related to exercise, weight loss, and chronic disease prevention to participants of a residential weight loss and lifestyle change treatment center
- Highly productive manager of Personal Training Program, knowledgeable personal trainer and group exercise instructor, and director of monthly wellness events
- Conducted exercise testing and provided follow-up counseling for obese participants

Graduate Assistant, *University of Georgia Fitness Center*, University of Georgia, Athens, GA
July 2000-August 2002

- Supervised and instructed in an adult fitness/cardiopulmonary rehabilitation center, conducted all clinical exercise and pulmonary function testing (GXT), organized health fairs, offered health screenings, and delivered talks about fitness, health, and weight control
- Editor of the "Fitness Pulse," a quarterly newsletter on health and fitness for participants and faculty

Diabetes Education Exercise Physiology Intern, *Athens Regional Medical Center*, Athens, GA
August 2001-May 2002

- Taught diabetes education classes, exercise classes, and prepared exercise prescriptions for newly diagnosed diabetic patients and for "My Choice," an education program for overweight adolescents

Nutritionist and Sales Representative, *Westmoreland Athletic Club*, Greensburg, PA
November 1999-May 2000

- Developed, implemented, directed, and managed entire weight management program for the club, providing members with individual nutrition and exercise programs

Howard Hughes Undergraduate Research Assistant, *Infant Temperament Lab*, Pennsylvania State University, University Park, PA March 1997-May 1999

- Administered experimental protocol to parents and infants, carried out behavior coding techniques, obtained and analyzed EKG recording from infants, and trained new assistants in lab procedures all while coordinating project and maintaining lab files, documents, and data using Access database

Honors & Awards

1995 Howard Hughes Undergraduate Scholar, Pennsylvania State University
1997 and 1998 Howard Hughes Undergraduate Research Fellowship, Pennsylvania State University
2000-2002 Graduate Assistantship and Full Tuition Scholarship, University of Georgia
2005-2008 Graduate Assistantship and Full Tuition Scholarship, University of Pittsburgh

2006 Outstanding Student Award, Department of Health and Physical Activity, University of Pittsburgh
2007 Outstanding Student Award, Department of Health and Physical Activity, University of Pittsburgh
2008 Outstanding PhD Student Award, Department of Health and Physical Activity, University of Pittsburgh
2008 Outstanding PhD Student Scholarship Award, Department of Health and Physical Activity, University of Pittsburgh
2012 Diversity Section of the Obesity Society for Outstanding work in the Area of Diversity, The Obesity Society
2013 Faculty Honoree at the University of Pittsburgh Honors Convocation
2013 School of Education Salary Award for Teaching Excellence
2014 American College of Sports Medicine Fellow
2015 Graduate Faculty Appointment
2016 Instructional Technologist of the Month, University of Pittsburgh, School of Education
2017 Promotion to Associate Professor of Practice and Associate Chair of the Department of Health & Physical Activity

Professional & Community Affiliations & Committees

Professional Affiliations:

American College of Sports Medicine Professional Member and Fellow
The Obesity Society Professional Member
The Society of Behavioral Medicine Professional Member
University of Pittsburgh Center for Mindfulness and Consciousness Studies Member, Research Core
UPMC Obesity Medicine Fellow

Professional Service and Activities:

- PARC Faculty Committee, 2024-Present
- Consultant, Ohio Department of Higher Education, 2021-2022
- Obesity Science & Practice Reviewer, 2021. "Associations of physical activity and sedentary behavior with appetite sensations and eating regulation behaviors before and during the initial year following bariatric surgery"
- Obesity Medicine Fellowship Committee, UPMC Obesity Medicine Physicians/Faculty, 2021
- Obesity Science & Practice Reviewer, June 2019
- PLOS ONE Reviewer, November 2018. "Self-Reported Free-Living Physical Activity and Executive Control in Young Adults."
- Peer Review, Kariuki Diversity Supplement (PI: LE Burke) Research Plan Promoting Lifestyle Change Via Tailored mHealth To Improve Health, HL131583, August 2018
- Annals of Behavioral Medicine Reviewer, February 2018. "The Relationship Between Barrier Self-Efficacy and Physical Activity in Children and Adolescents: A Meta-Analysis."
- British Medical Journal Obesity Reviewer, February 2018. "A randomized Controlled Trial to Evaluate the Effect of Total Calorie Intake Along with Intensive Yoga Practice on Weight Loss Outcomes in Overweight and Obese Persons."
- Obesity Manuscript Reviewer, November 2017. "The Effects of if-then plans on weight loss: 3 and 12 month results of the McGill CHIP Healthy Weight Program RCT".
- PLOS One Manuscript Reviewer, June 2017, "Association of Physical Difficulty with Heart Rate Variability in Older Adults with Obesity."
- Early Trials, Cross Study Writing Group, 2016-2018
- Early Trials, Phenotypes and Latent Class Analysis Writing Group, 2016-2018
- Consultant, UPMC Heart and Vascular Institute, Lifestyle Medicine Program, 2016
- PLOS One Manuscript Reviewer, June 2016, "Predictors of diet-induced weight loss in overweight adults with type 2 diabetes".
- Symposium Moderator, Mindfulness in Education, University of Pittsburgh, 2016
- Mid-Atlantic Regional American College of Sports Medicine Research Committee (Abstract Reviews), 2014-Present
- Cross-site (Early Studies) Intensity Workgroup AHP Training, December 2015
- British Journal of Nutrition Manuscript Reviewer, June 2015
- Eating and Weight Disorders Manuscript Reviewer, June 2015
- Obesity Journal Reviewer, 2015
- Northern Illinois Research and Artistry Awards Program intramural grant reviewer, 2015
- Pitt Innovation Challenge Faculty Sponsor, 2013-14
- Obesity Manuscript Review, May 2012
- The Obesity Society 2011 Annual Meeting Abstract Reviewer, 2011
- Book Chapter Review, 2011, Behavioral Aspects of Exercise, Population Considerations for Promoting Physical Activity Change
- Book Chapter Review, 2011, ACSM Resources for the Personal Trainer, Enhancing Adherence
- ACSM Behavioral Strategies Committee, 2009-2015
- ACSM Health and Behavior Specialty Certification Development Committee, 2009-2011
- Steering Committee meeting and Early Grant Survey Working Group, 2009-2010

University of Pittsburgh Service:

The University of Pittsburgh, School of Education, Department of Health & Human Development, **Search Committee**, 2024
The University of Pittsburgh, School of Education, Department of Health & Human Development, **Research Committee**, 2023
The University of Pittsburgh, School of Education, Department of Health & Human Development, **Search Committee**, 2023
The University of Pittsburgh, School of Education, Department of Health & Human Development, **Search Committee Chair**, 2022
The University of Pittsburgh, School of Education, **Healthy Lifestyle Institute Taskforce**, 2021-Present
The University of Pittsburgh, Department of Health and Human Development Mental Health Committee, 2022
The University of Pittsburgh, Department of Health and Human Development Executive Committee, 2019-Present
The University of Pittsburgh, School of Education, **Search Committee Co-Chair**, 2021-2022
The University of Pittsburgh, School of Education, **Teacher Evaluation Guidelines Working Group**, Spring 2021
The University of Pittsburgh, School of Education, **UG/Grad Professional Training Division Member**, 2020, 2021, 2022
The University of Pittsburgh, School of Education, Department of Health & Physical Activity **Search Committee**, 2020
The University of Pittsburgh, Healthy Lifestyle Institute, Weight Management Programming for faculty/staff, 2020
The University of Pittsburgh, School of Education, **Academic Affairs Committee**, 2018-2020
The University of Pittsburgh, Department of Health and Physical Activity, **Associate Chair**, September 2017-Present
The University of Pittsburgh, Department of Health and Physical Activity, **Coordinator, Exercise Science and Applied Fitness Minor Programs**, July 2017 -Present
The University of Pittsburgh, School of Education, **Focus Group Member for Educational Excellence Subcommittee**, 2018
The University of Pittsburgh, School of Education, **Focus Group Member for Recruiting and Retaining Highly Engaged Faculty**, 2018
The University of Pittsburgh, Office of the Provost, **Personalized Education Champion Committee**, 2017-2018
The University of Pittsburgh, Department of Health and Physical Activity, **EdD Curriculum Development Committee**, 2015-Present
The University of Pittsburgh, School of Education, **Curriculum Committee**, 2016- Present
The University of Pittsburgh, School of Education **Grievance Committee**, Summer 2015
The University of Pittsburgh, School of Education **Diversity Scholars Review Committee**, 2013, 2015
The University of Pittsburgh, School of Education, School Council **Fall Assembly Presenter**, 2014
The University of Pittsburgh, Department of Health and Physical Activity **Search Committee**, 2013-14
The University of Pittsburgh School of Education, **Undergraduate Programming Committee Chair**, 2013- 2015
The University of Pittsburgh School of Education, **Diversity Committee**, 2012- 2016
The University of Pittsburgh, Department of Health and Physical Activity, **International/Diversity Committee Chair**, 2012
The University of Pittsburgh School of Education Council, **Technology Committee**, 2012, **Chair**, 2013 -Present, **Chair**
The University of Pittsburgh, Department of Health and Physical Activity **Search Committee Chair**, 2012
University of Pittsburgh **Academic Integrity Board**, 2011-Present
University of Pittsburgh, **Graduation Volunteer, Marshall**, 2011, 2012, 2013, 2014, 2016
The Healthy U Task Force, University of Pittsburgh, 2011
University of Pittsburgh Department of Health and Physical Activity **Awards Committee**, 2011
Grant Reviewer, "Pittsburgh on the Move" Schools on the Move Grant Opportunities, 2011
University of Pittsburgh Department of Health and Physical Activity **Awards Committee**, 2009
Grant Reviewer, "Pittsburgh on the Move" High School Grant Opportunities, 2008
University of Pittsburgh Department of Health and Physical Activity **Search Committee**, student member, 2008

Student Mentorship:

Doctoral Defense, Cody Wolff. University of Pittsburgh, 2022-2025.

Title: Evaluation of VO₂ml/kg/min during Preferred and Steady State Walking as a Predictor of Peak VO₂ and Ventilatory Threshold in Older Adults.

Role: Chair

EdD Dissertation of Practice Defense. Rudy Pineau. University of Pittsburgh, 2022-2025.

Title: Improving Patient-Centered Outcomes in Phase II Cardiac Rehabilitation through Structured Education

Role: Chair

Doctoral Defense, Rachel Sanders. University of Pittsburgh, 2025.

Title: Exploring the Link Between Adherence to 24-hour Movement Behavior Guidelines and Metabolic Syndrome in a Diverse Sample of Postmenopausal Women

Role: Committee Member

Doctoral Defense, Anthony Holmes. University of Pittsburgh, 2024.

Title: Determinants and Associations of 24-hour Movement Behaviors in Desk Workers who Work from Home

Role: Committee Member

PhD Advisor, Britney Beatrice

Completion of Milestone 1 and 2

EdD Dissertation of Practice Defense. Caroline Passerello. University of Pittsburgh, 2000-2023.

Title: Development and Assessment of Cultural Competemility Among Supervised Experiential Learning Preceptors in Nutrition and Dietetics Education

Role: Chair

MS Theses Defense. Lexi Thrower. University of Pittsburgh, 2021-2022.

Title: Autonomic Nervous System Responses to an Acute Bout of Yoga

Role: Chair

MS Theses Defense. Meghan Bastyr. University of Pittsburgh, 2021-2022.

Title: Low-Touch Physical Activity Intervention using Facebook in Pregnant Women

Role: Committee Member

MS Theses Defense. John Tyler Butler. University of Pittsburgh, 2021-2022.

Title: The Therapeutic Effect of Bhramari Pranayama on Stress

Role: Committee Member

Doctoral Defense, Marilyn Robison, Antioch University, Santa Barbara, 2021-2022

Title: *RESILIENCE: A PSYCHOLOGICAL PERSPECTIVE ON RUNNERS*

Role: Outside Expert Committee Member

Doctoral Defense, Russell French, Antioch University, Santa Barbara, 2020-2021

Title: *The Mental Health Benefits of a Whole Foods Diet: A Review of Literature*

Role: Outside Expert Committee Member

EdD Defense, Annessa Bontrager, Department of Health and Physical Activity, 2019-2020

Title: *Taxation as a Public Health Intervention: Support for a Sugar-Sweetened Beverage Tax Among Washington D.C. Residents*

Role: Committee Member

Doctoral Defense, Melissa Jones, Department of Health and Physical Activity, 2019-2020

Title: *The Effects of Sedentary Behavior and Physical Activity across Pregnancy on Early Childhood Growth and Development*

Role: Committee Member

Doctoral Defense, Reed A. Vierra, Antioch University, Santa Barbara, 2018-2020

Title: *Motivating Clients to Exercise: Improving Adherence to Exercise-Based Treatment Through Psychoeducation*

Role: Outside Expert Committee Member

Doctoral Defense, Tom Byard, Department of Health and Physical Activity, 2019

Title: Psychosocial Predictors of Weight Loss Outcomes During a Standard Behavioral Weight Loss Intervention

Role: Committee Member

Doctoral Defense, Baeksan Yu, Department of Administrative and Policy Studies, 2019-2020

Title: Family Background, Cultural Capital, Obesity, and Academic Achievement in Childhood

Role: Committee Member

Doctoral Defense, Katie Collins, Department of Health and Physical Activity, 2019

Title: *Change in Circulating Klotho in Response to Weight Loss, with And Without Exercise, in Adults with Overweight or Obesity*

Role: Committee Member

EdD Defense, Meiyi Song, Department of Psychology in Education, 2019

Title: *Learning Online for Teaching Online: A Formative Program Evaluation of An Online Teacher Training Program*

Role: Committee Member

EdD Defense, Tameika Banks, MS, RDN, LDN, Department of Health and Physical Activity, 2018-2019

Title: *I already exist, I'm here to "live": A study of the Attitudes and Beliefs of Self-Determination of Nursing Home Residents Following A Diabetic Meal Plan*

Role: Committee Member

Doctoral Defense, Sara Kovacs, Department of Health and Physical Activity, 2017

Title: *Factors Associated with Physical Activity in Patients Undergoing Bariatric Surgery*

Role: Committee Member

Doctoral Defense, Anna Peluso, Department of Health and Physical Activity, 2016

Title: *Comparison of Mindful and Slow Eating Strategies on Acute Energy Intake*

Role: Co-Chair

Doctoral Defense, Seth Creasy, Department of Health and Physical Activity, 2016

Title: *Comparison of Supervised and Unsupervised Physical Activity Programs During a Standard Behavioral Weight Loss Intervention for Adults who are Overweight or Obese.*

Role: Committee Member

Doctoral Defense, Sally Sherman, Department of Health and Physical Activity, 2016

Title: *Acute Energy Expenditure of Vinyasa Yoga versus Walking*

Role: Committee Member

Doctoral Defense, Lisa Wisniewski, Department of Health and Physical Activity, 2016

Title: *Examination of the Association Between Personal Values, Lifestyle Factors, and Weight Loss in a Behavioral Program*

Role: Co-Chair

Doctoral Defense, Jackson Coppock, Department of Health and Physical Activity, 2013

Title: *The Role of Social Support in Weight Changes During Freshman Year in College*

Role: Committee Member

Doctoral Defense Committee for Renee Ingel, Department of Nursing, 2013

Title: *Examination of Non-Inpatient Nurses Ability to Engage in Patient Counseling Related to Physical Activity as a Health Behavior*

Role: Committee Member

Doctoral Defense Committee for David Garcia, Department of Health and Physical Activity, 2013

Title: *Feasibility of a Campaign Intervention Compared to a Standard Behavioral Weight Loss Intervention in Overweight and Obese Adults*

Role: Committee Member

Doctoral Defense Committee for Anthony Deldin, Department of Health and Physical Activity, 2013

Title: *Effects of Sex and Race on the Changes in Intrahepatic Lipid, Total and Visceral Adipose Tissue in Response to Exercise*

Role: Committee Member

Doctoral Defense Committee for Kris Wisniewski, Department of Health and Physical Activity, 2012

Title: *Validation of OMNI RPE and preferred method of regulating exercise intensity in obese adults*

Role: Committee Member

Doctoral Defense Committee for Renee Rogers, Department of Health and Physical Activity, 2012

Title: *Comparison of a technology-based system and an in-person behavioral weight loss intervention in the severely obese*

Role: Committee Member

Doctoral Defense Committee for Julie Michael, Department of Psychology, 2011

Title: *Acute Affective Responses to Varying Durations of Physical Activity for Overweight and Obese Adults*

Role: Committee Member

Doctoral Defense Committee for Christine Pellegrini (Dutton), Department of Health and Physical Activity, April, 2010

Title: *The Comparison of a Technology-Based System and an In-Person Behavioral Weight Loss Intervention in Overweight and Obese Adults*

Role: Committee Member

HPA 3404, College Teaching Practicum Supervisor for David Garcia (2012), Annie Mishler (2011), Jess Unick (2009), Anthony Deldin (2012), Jackie Nagle (2013), Lori Portzer (2013), Anne Moody (2013), Sally Sherman (2014), Sophy Podermo (2017), Katie Collins (2018), Melissa Jones (2018), Cody Wolf (2022), Anthony Holmes (2023), Rachel Sanders (2023)

HPA Undergraduate Internship/Directed Research Supervisor, Eli Maxwell (2014), Jordan Fannin (2015), Holly Garretty (2015), Alex Covelli (2019), Megan Duddy (2019)

Community Service:

America on the Move in Pittsburgh, materials development and events staff, Pittsburgh, PA 2006 & 2007

American Diabetes Association Diabetes Expo, Exhibitor, Pittsburgh, PA, 2006 & 2007

University of Pittsburgh Weight Race Challenge, Pittsburgh, PA 2007

Consultant, Galileo Health Partners, L.L.C., May 2007

Habitat for Humanity, Winston-Salem, NC, 1999

Publications

Articles:

Published:

Holmes, A., Kline, C., **Davis, K.**, Gordon, B., Stoner, L., Quinn, T., Paley, J., Gibbs, B. Comparison of 24-hour Movement Behaviors in Desk Workers Across Office and Work from Home Locations. *Journal of Occupational and Environmental Medicine*, March 4, 2025. DOI: 10.1097/JOM.0000000000003380.

Rachel M. Sanders¹, Stephen F. Smagula², Bethany Barone Gibbs³, Subashan Perera^{4,5}, Sanjay R. Patel⁴, Caitlin A. Cheruka⁶, **Kelliann K. Davis¹**, Benjamin D.H. Gordon¹, Daniel C. Neofes¹, Christopher E. Kline¹. Associations of Sleep, Physical Activity, and Rest-Activity Rhythms with Cardiovascular Disease Risk Factors in Adult Desk Workers. *Chronobiology International*, in press.

Kozai AC, Wilhite KL, Kline CE, **Davis KK**, Hauspurg A, Catov JM, Barone Gibbs B (2025) Influence of a sedentary behavior intervention on mood, sleep, and quality of life outcomes during pregnancy: The SPRING study, *Women's Health Reports* 6:1, 305-314, DOI: 10.1089/whr.2024.0176.

Barone Gibbs B, Kozai AC, Mcadoo SN, **Davis KD**, Savidge M, Paley JL, Hauspurg A, Catov JM. The Sedentary Behavior Reduction in Pregnancy Intervention (SPRING) Pilot and Feasibility Randomized Trial. (2024) *BMC Pregnancy and Childbirth*, 24(261).

Thrower, A., Barone Gibbs, B., Alansare, A., Sherman, S., **Davis, K.** Blood pressure and heart Rate variability responses following an acute bout of vinyasa yoga and a prolonged seated control: a randomized crossover trial. *PLOS One*. Accepted for publication November 2023.

Collins KA, Ambrosio F, Rogers RJ, Lang W, Schelbert EB, **Davis KK** and Jakicic JM (2023), Change in circulating klotho in response to weight loss, with and without exercise, in adults with overweight or obesity. *Front. Aging* 4:1213228. doi: 10.3389/fragi.2023.1213228.

Barone Gibbs B, Kozai AC, McAdoo SN, Bastyr MC, **Davis KK**, Hauspurg A, Catov JM. Rationale, Design, and Methods for the Sedentary Behavior Reduction in Pregnancy Intervention (SPRING): Protocol for a Pilot and Feasibility Randomized Controlled Trial. *Journal of Medical Internet Research Protocols*. 2023;12:e48228. doi: [10.2196/48228](https://doi.org/10.2196/48228)

Caitlin Cheruka, Sally Sherman, Kelliann K. Davis, Christopher Kline.(2023). Oxygen Consumption and Heart Rate Responses in Different Vinyasa Yoga Sequences. *Int J Yoga Therapy* (33).doi: 10.17761/2023-D-22-00058.

Jones MA, Whitaker KM, Taverno Ross SE, **Davis K**, Libertus K, Barone Gibbs B. Maternal Sedentary Behavior and Physical Activity across Pregnancy and Early Childhood Motor Development. *Children* (Basel). 2021 Jun 25;8(7):549. doi: 10.3390/children8070549. PMID: 34201936; PMCID: PMC8304240.

Gibbs BB, Jones MA, Whitaker KM, Ross ST, **Davis KK**. Measurement of Barriers, Attitudes, and Expectations for Sitting Less in Pregnancy. *Am J Health Behav*. 2021 Nov 15;45(6):956-970. doi: 10.5993/AJHB.45.6.1. PMID: 34969408.

Jones MA, Whitaker KM, Taverno Ross SE, **Davis K**, Libertus K, Barone Gibbs B. Maternal Sedentary Behavior and Physical Activity across Pregnancy and Early Childhood Motor Development. *Children*. 2021; 8(7):549. <https://doi.org/10.3390/children8070549>

Jakicic JM, **Davis KK**, Rogers RJ, Sherman SA, Barr S, Marcin ML, Collins KA, Collins AM, Yuan N, Lang W. Feasibility of integration of yoga in a behavioral weight loss intervention. *Obesity*. 2021, 29: 512-520. (Published online February 2, 2021) doi:10.1002/oby.23089. NIHMSID: NIHMS1649766

Wang LF, Eaglehouse YL, Poppenberg JT, Brufsky JW, Geramita EM, Zhai S, **Davis KK**, Gibbs BB, Metz J, van Londen GJ. Effects of a personal trainer-led exercise intervention on physical activity, physical function, and quality of life of breast cancer survivors. *Breast Cancer*. 2021 May;28(3):737-745. doi: 10.1007/s12282-020-01211-y.

Kovacs, S. J., Courcoulas, A. P., Rogers, R. J., **Davis, K. K.**, & Jakicic, J. M. (2020). Psychosocial factors associated with physical activity in patients who have undergone bariatric surgery. *Surgery for Obesity and Related Diseases*, 16(12), 1994-2005.

Nezami BT, Jakicic JM, Lang W, **Davis K**, Tate DF. Examining barriers, physical activity, and weight change among parents and nonparents in a weight loss intervention. *Obes Sci Pract*. 2020 Jan 30;6(3):264-271. doi: 10.1002/osp4.401. PMID: 32523715; PMCID: PMC7278899.

Anna Peluso Simonson PhD, **Kelliann Kathleen Davis PhD**, Bethany Barone Gibbs PhD, Elizabeth Mary Venditti, PhD John Michael Jakicic, PhD. Comparison of mindful and slow eating strategies on acute energy intake. First published: 16 July 2020 <https://doi.org/10.1002/osp4.441>.

- Kariuki, Jacob, Gibbs, Bethany, **Davis, Kelliann K.**, Mecca, Laurel, Hayman, Laura, Burke, L. Recommendations for a Culturally Salient Physical Activity Program for African Americans. *Translational Journal of the ACSM*. (2019); 4 (2): 8-15.
- Creasy, S., Lang, W., Tate, D., **Davis, K.**, and Jakicic, J. Pattern of Daily Steps is Associated with Weight Loss: Secondary Analysis from the Step-Up Randomized Trial. *Obesity*, (2018); doi:10.1002/oby.22171.
- Barone Gibbs, B. and **Davis, Kelliann K.** In Pursuit of the “Something” that is Better than Nothing for Measuring Energy Intake (Commentary). *The Journal of Nutrition*, 2018; doi: <https://doi.org/10.1093/jn/nxy006>.
- Creasy SA, Rogers RJ, **Davis KK**, Gibbs BB, Kershaw EE, Jakicic JM. Effects of supervised and unsupervised physical activity programmes for weight loss. *Obes Sci Pract*. 2017 May 5;3(2):143-152. doi: 10.1002/osp4.107. PMID: 28713583; PMCID: PMC5478811.
- Spadaro, K., **Davis, Kelliann K.**, Sereika, SM., Gibbs, Bethany B., Jakicic, JM, Cohen, SM. The Impact of Mindfulness Meditation on Eating Behaviors in Overweight and Obese Adults. *Journal of Complementary and Integrative Medicine*. (2017); PMID: 29211681.
- Jakicic, JM., Rogers, RJ., **Davis, KK.**, and Collins, K. Role of Physical Activity and Exercise in Treating Patients with Overweight and Obesity. *Clinical Chemistry*, 2018; 64 (1): 99-107. PMID: 29158251.
- Davis, K.** Using Mindfulness to Enhance Physical Activity, Change Eating Behaviors, and Reduce Stress. University of Pittsburgh, School of Education Magazine, March 2017. Mindfulness and Health Issue.
- Sherman SA, Rogers, RJ, **Davis KK**, Minster RL, Creasy SA, Mullarkey NC, O'Dell M, Donahue P, Jakicic JM. Energy expenditure in Vinyasa yoga versus walking. *J Phys Act Health*. 2017; 14 (8): 597-605. PMID: 28422589.
- Jakicic JM, **Davis KK**, Rogers RJ, King WC, Marcus MD, Helsel D, Rickman AD, Wahed A, Belle SH. Effect of Wearable Technology Combined with a Lifestyle Intervention on Long-Term Weight Loss in the IDEA Study: A Randomized Clinical Trial. *JAMA*, 2016; 316 (11): 1161-1171. Doi: 10.1001/jama.2016.12858. PMID: 27654602.
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Book Chapters:

Bethany Barone Gibbs, PhD, Andrea C. Kozai, PhD, **Kelliann K. Davis, PhD**. Sex and Gender Considerations for Physical Activity, Diet, and Smoking. In: Sex and Gender Aspects of the Cardiovascular System in Health and Disease: A Life Course Approach. Eds. 2025.

Davis, Kelliann K. and Forman, D. E. Measurement of Exercise Specific to Older Adults. In: Exercise and Physical Activity for Older Adults. Ed: Danielle Bouchard. Human Kinetics: Champaign, IL. 2019.

Davis, Kelliann K. and Jakicic, J.M. Obesity Treatment: The use of exercise and behavioral strategies. In: Obesity. Eds: Manuel Serrano Rios, Jose M. Ordovas, Jose A. Gutierrez Fuentes. Elsevier: Barcelona, Spain. 2011, 297-310.

Jakicic JM, **Davis KK**. Obesity and physical activity. In: *Obesity and Associated Eating Disorders: A Guide for Mental Health Professionals*. Saunders Press: Philadelphia, 2011.

Davis, Kelliann K. and Jakicic, J.M. The Role of Surgical, Pharmacological, and Other Treatment Options. In: *Obesity Epidemiology: from aetiology to public health*. Eds: David Crawford, Robert W. Jeffery, Kylie Ball, Johnnes Brug. Oxford University Press: New York. 2010, 222-236.

Jakicic, John M., FACSM, Otto, Amy D., Polzien, Kristen M., **Davis, Kelliann**. Physical Activity and Weight Control. In: *Epidemiologic Methods in Physical Activity Studies*. Ed: I-Minn Lee. Oxford University Press: New York. 2009; 225-245.

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In preparation or review:

Yvonne L. Eaglehouse, Janette T. Poppenberg, Jill A. Brufsky, **Kelliann K. Davis**, Jason Metz, G. van Londen. Exercise Support for Breast Cancer Survivors: A Model for Referral from Oncology Practice to Community-based Exercise Professional. In Preparation. (2017)

Abstracts:

Anthony J. Holmes¹, Lee Stoner³, **Kelliann Davis¹, FACSM**, Joshua L. Paley¹, Bethany Barone Gibbs² Christopher E. Kline¹, FACSM. Comparison of device-measured sleep behaviors in home vs. office work locations. ACSM Annual Meeting, 2024. (Session Title: Mental Health).

Katrina Wilhite², Andrea Corrie Kozai¹, Joshua L. Paley¹, Alisse Hauspurg¹, **Kelliann Davis, FACSM¹**, Janet M. Catov¹, Bethany Barone Gibbs². Effects Of The Sedentary Behavior Reduction In Pregnancy Intervention (SPRING) On Sleep Outcomes In Pregnant Individuals. ACSM Annual Meeting, 2024. (Session Title: Physical Activity and Health in Pregnancy and Postpartum)

Caitlin A. Cheruka¹, Sally A. Sherman², Tyler D. Quinn³, Elizabeth G. Giordano², Sophie M. Lebegern², H. Matthew Lehrer², Daniel J. Buysse², **Kelliann K. Davis, FACSM²**, Christopher E. Kline, FACSM². Effects of a Single Evening Vinyasa Yoga Session on Sleep in Adults with Insomnia Symptom. ACSM Annual Meeting, 2024. (Session Title: Mental Health and Quality of Life)

Andrea Corrie Kozai¹, Katrina Wilhite², Joshua L. Paley¹, Alisse Hauspurg¹, **Kelliann Davis, FACSM¹**, Janet M. Catov¹, Bethany Barone Gibbs². Sedentary Behavior Intervention During Pregnancy Does Not Impact Measures Of Psychological Wellbeing. ACSM Annual Meeting, 2014. (Session Title: Physical Activity and Health in Pregnancy and Postpartum)

Rachel M. Sanders¹, Stephen F. Smagula¹, Bethany Barone Gibbs², Subashan Perera¹, Sanjay R. Patel¹, Caitlin A. Cheruka³, **Kelliann K. Davis¹, FACSM** Christopher E. Kline¹, FACSM. Associations Between Sleep, Physical Activity, and Rest-Activity Rhythms with CVD Risk Factors in Adult Desk Workers. ACSM Annual Meeting, 2024.

Sally A. Sherman¹, Caitlin A. Cheruka¹, Tyler Quinn², **Kelliann K. Davis, FACSM¹**. (Sponsor: Kelliann K. Davis, Ph.D., FACSM). Energy Expenditure and Heart Rate in Modified vs. Unmodified Vinyasa Yoga. ACSM Annual Meeting, 2023. (Session title: Studies of Mind-Body Exercise: Tai Chi, Yoga, Qigong)

Bethany Barone Gibbs¹, Andrea Kozai², Shannon McAdoo², Joshua Paley², Alisse Hauspurg², **Kelliann Davis, FACSM²**, Janet Catov². (Sponsor: Kelliann Davis, FACSM). Presented at ACSM Annual Meeting, 2023 (Session Title: Exercise in Pregnancy: Impact on Maternal and Infant Health)

Anthony John Holmes¹, Christopher E. Kline, FACSM¹, Lee Stoner², **Kelliann Davis, FACSM¹**, Joshua L. Paley¹, Bethany Gibbs³. (Sponsor: Dr. Christopher Kline, FACSM). Examination of 24-Hour Movement Behaviors In Home vs. Office Work Locations. ACSM Annual Meeting, 2023. (Session title: Health Interventions: Behavioral Outcomes)

Alexis Thrower¹, Abdullah Alansare², Bethany Barone Gibbs¹, Sally Sherman³, **Kelliann Davis, FACSM³**. (Sponsor: Kellian Davis, FACSM). Autonomic Nervous System Responses To A Bout Of Vinyasa Yoga And Prolonged Seated Control, ACSM Annual Meeting, 2023.

Rachel M. Sanders¹, Stephen F. Smagula¹, Bethany Barone Gibbs², Subashan Perera¹, Martica H. Hall¹, Sanjay R. Patel¹, Caitlin A. Cheruka¹, Olivia M. Vogan¹, **Kelliann K. Davis¹**, Christopher E. Kline FACSM¹. Examining the Associations Between Rest-Activity Rhythms and Cardiovascular Disease Risk Factors in Sedentary Adult Desk Workers. ACSM Annual Meeting, 2023.

Caroline West Passerello, Kelliann Davis, Sharon Ross, Lindsay Onufer. Development and Assessment of Cultural Competemility Among Supervised Experiential learning Preceptors in Nutrition and Dietetics Education. FNCE, 2023.

Linda F. Wang, BA¹, Yvonne L. Eaglehouse, PhD, MPH^{2,3}, Janette T. Poppenberg, BS⁴, Jill W. Brufsky, PharmD⁵, Emily M. Geramita, MD, PhD⁶, Shuyan Zhai, PhD⁷, **Kelliann K. Davis, PhD, Med⁸**, Bethany Barone Gibbs, PhD⁸, Jason Metz, PhD⁹, G.J. van Londen, MD, MS. Effects of a Personal Trainer Led Exercise Intervention on Physical Activity and Physical Function of Breast Cancer Survivors. American Society of Clinical Oncology Annual Meeting, 2019.

Wisniewski, L., **Davis, K.**, Jakicic, J. Examination of the Association Between Values and Physical Activity in a Behavioral Program. American College of Sports Medicine Annual Meeting, 2018.

Davis, K., Tate, D., Lang, W., Jakicic, J.M. Association Between Physical Activity and Weight Loss: Mediation Effects of Dietary Restraint and Disinhibition. American College of Sports Medicine Annual Meeting, 2017.

Davis, K., Jakicic, J.M. Relationship Between Eating and Physical Activity Behaviors in Young Adults Enrolled in a Behavioral Intervention, American College of Sports Medicine Annual Meeting, 2016.

Kowalsky RJ, Barone Gibbs B, **Davis KK**, Rogers RJ, Wisniewski L, Jakicic JM. Association of Resting Blood Pressure with Adiposity and Physical Activity in Young Adults. American College of Sports Medicine Annual Meeting, 2016.

Perdomo SJ, Barone Gibbs B, **Davis KK**, Rogers RJ, Wisniewski L, Jakicic JM. Associations of Fitness, Physical Activity, and Obesity with Heart Rate Recovery in Young Adults with Overweight and Obesity. American College of Sports Medicine Annual Meeting, 2016.

Jakicic, J.M., Belle, S., Wahed, A. King, W., **Davis, K.**, Rickman, A., Marcus, M., Helsel, D. Rogers, R. Weight Loss, Body Mass Index (BMI), and Body Composition 24 Months after a Behavioral Intervention including Wearable Technology in Young Adults: The IDEA Study. The Obesity Society Annual Meeting, 2015.

Creasy, S., **Davis, K., FACSM**, Jakicic, JM, FACSM. Moderate to Vigorous Daily Steps are Associated with Weight Loss in Overweight and Obese Adults. American College of Sports Medicine Annual Meeting, 2015.

John M. Jakicic, **Kelliann K. Davis**, Bethany Barone Gibbs, Diane Helsel, Wendy C. King, Amy D. Rickman, Renee J. Rogers, Abdus Wahed, Steven H. Belle. A Behavioral Weight Loss Intervention is Effective for Change in CVD Risk Factors in Young Adults: The IDEA Study. AHA/EPI Meeting, 2015.

Bethany Barone Gibbs, Jennifer S. Brach, Tom Byard, Seth Creasy, **Kelliann K. Davis**, Stephanie McCoy, Anna Peluso, Kristie Rupp, Renee J. Rogers, John Jakicic. Reducing Sedentary Behavior vs. Increasing Moderate-to-Vigorous Intensity Physical Activity in Older Adults: a 12-Week Randomized, Clinical Trial. Pitt Aging Institute Research Day.

Davis, Kelli K., Tate, Deborah F., Barone Gibbs, Bethany, Lang, W., Polzien, Kristen, Erickson, Karen, Rickman, AD, Jakicic, John M. The Influence of Dietary Restraint, Disinhibition, and Physical Activity on 18 Month Weight Loss. The Obesity Society Annual Meeting, 2014.

Jakicic JM, **Davis KK**, King WC, Rickman AD, Rogers RJ. Effect of a Behavioral Intervention on Weight Loss, Body Composition, Fitness, and Physical Activity in Young Adults. The Obesity Society, 2014.

Barone Gibbs, B., King, W.C., **Davis, K.K.**, Rickman, A.D., Rogers, R.J., Belle, S.H., Jakicic, J.M. Self-reported Sedentary Behavior and Cardiovascular Risk Factors in Overweight and Obese Adults. American College of Sports Medicine Annual Meeting, 2014.

Jakicic, J.M., Tate, D.F., **Davis, K.K.**, Polzien, K., Erickson, K., Rickman, A., Neiberg, R., Lang, W. Dose and Pattern of Objectively Measured Physical Activity: Association with Long-Term Weight Loss. American College of Sports Medicine Annual Meeting, 2014.

A.D. Rickman, FACSM, **K.K. Davis**, J.M. Jakicic, FACSM. Effects of the Addition of Yoga to a Standard Behavioral Weight Loss Treatment Program. American College of Sports Medicine Annual Meeting, 2014.

Rogers, R.J., Gibbs, B.B., Davis, K.K., Jakicic, J.M., FACSM. Association of Technology Intervention Components with Weight Loss in Severely Obese Adults. American College of Sports Medicine Annual Meeting, 2014.

Barone Gibbs, B., King, W.C., **Davis, K.K.**, Rickman, A.D., Rogers, R.J., Belle, S.H., Jakicic, J.M. Self-reported vs. Objective Sedentary Behavior Assessment in Young Adults. American Heart Association- EPI-NP Annual Meeting, 2014.

Davis, Kelli K., Tate, Deborah F., Barone Gibbs, Bethany, Lang, W., Polzien, Kristen, Erickson, Karen, Rickman, AD, Jakicic, John M. The Impact of Mindful Eating Behaviors on Weight Loss in Overweight and Obese Adults. Society of Behavioral Medicine, 2014.

Brooke T. Nezami, **Kelli Davis**, Kristen Polzien, Karen E. Erickson, Amy D. Rickman, Wei Lang, John M. Jakicic, Deborah F. Tate. Weight Loss and Maintenance in Participants With and Without Children in a Behavioral Weight Loss Intervention, Society of Behavioral Medicine, 2014.

Coppock, J.H., **Davis, K.**, Barone Gibbs, B., Levine, M., Rickman, AD., Wilfley, D., Jakicic, J.M. Social Support and Weight Change in College Freshmen. Society of Behavioral Medicine, 2014.

Garcia, DO, Jakicic, J.M., **Davis, K.**, Barone Gibbs, B., Burke, L., Rickman, AD. A Pilot Feasibility Study of a Campaign Intervention for Weight Loss in Overweight and Obese Adults. American College of Sports Medicine, Southwest Chapter, 2014.

Garcia, D.; **Davis, K.**; Tate, D.; Polzien, K.; and Jakicic, J. (2013) "Association Between Weight Loss and Physical Activity On Change In Blood Pressure In Overweight Adults," *International Journal of Exercise Science: Conference Proceedings*. Vol. 9: Iss. 1, Article 25. Available at: <http://digitalcommons.wku.edu/ijesab/vol9/iss1/25>

Renee J. Rogers, **Kelliann K. Davis**, Bethany Barone Gibbs, John M. Jakicic. The Comparison of Technology-Based System and in-person Behavioral Weight Loss Intervention in the Severely Obese, The Obesity Society Annual Meeting, 2013.

Davis, K., Barone Gibbs, B., Rogers, R., Moody, A., Nagle, J., McGuire, M., Jakicic, J.M. Racial Differences in Sedentary Behavior in Overweight and Obese Adults. Abstract, American College of Sports Medicine, 2013.

Wisniewski, K., Goss, F., Rubinstein, E., **Davis, K.**, Nagle, E., Storti, K., Jakicic, J.M. Preferred Method of Self-Regulating Exercise Intensity in Overweight and Obese Adults. Abstract, American College of Sports Medicine, 2013.

Renee J. Rogers, **Kelliann K. Davis**, Bethany Barone Gibbs, Lora A. Burke, John M. Jakicic. The comparison of a technology-based system and in-person Behavioral Weight Loss Intervention in the Severely Obese. Abstract, American College of Sports Medicine, 2013.

Tompkins KB, Tate DF, Polzien K, Erickson KE, **Davis K**, Rickman AD, et al. Exploring the relationship between behavior-specific self-efficacy, weight control behaviors, and weight loss. [Abstract]. Oral presentation at the 33rd annual meeting of The Society of Behavioral Medicine, New Orleans, LA, April 2012.

Rogers RJ, **Davis KK**, Tate DF, Polzien K, Jakicic JM. Influence of objectively measured physical activity on change in fitness in a weight loss intervention. *American College of Sports Medicine*, 2012.

Kelliann Davis, Deborah Tate, Kristen Polzien, Karen Erickson, Wei Lang, Amy Rickman, John Jakicic, Racial Variation in Weight Loss and Physical Activity Among Women in a Behavioral Weight Loss Intervention. Abstract, American College of Sports Medicine, *MSSE*, 2012; 44 (5) Supplement.

Kelliann Davis, Deborah Tate, Kristen Polzien, Karen Erickson, Wei Lang, Amy Rickman, John Jakicic, Racial Variation in Weight Loss: Do Physical Activity and Other Weight Loss Behaviors Differ Among Women in a Behavioral Weight Loss Intervention? Abstract, The Obesity Society, November 2011. *Obesity*, 19 (1) Supplement.

John M. Jakicic, **Kelliann Davis**, Karen Erickson, Eric Finkelstein, Wei Lang, Kristen Polzien, Amy Rickman, Deborah Tate, 2011. Effect of a Stepped-Care Approach to 12-Month Weight Loss in Overweight and Obese Adults. Abstract, The Obesity Society, November 2011. *Obesity*, 19 (1) Supplement.

Kimberly B. Tompkins, Deborah Tate, Kristen Polzien, Karen Erickson, Wei Lang, **Kelliann Davis**, Amy Rickman, John Jakicic, 2011. Effect of Children in the Home Environment on Weight Loss and Adherence in a Behavioral Weight Loss Intervention, 2011. Abstract, The Obesity Society, November 2011. *Obesity*, 19 (1) Supplement.

Julie C. Michael, Marsha D. Marcus, **Kelliann K. Davis**, Renee J. Rogers, Monica Taylor, Jackson Coppock, Meghan McGuire, Jessica L. Unick, John M. Jakicic. Acute Affective Responses to Varying Durations of Physical Activity among Overweight and Obese Women. Abstract. The Society of Behavioral Medicine, 2011.

Kelliann K. Davis, Julie C Michael, Dana H Bovbjerg, Gijsberta Van Londen, Lisa Ireland, Shawna Woodward, Meghan McGuire, John M. Jakicic. Utility of a Behavioral Weight Loss Intervention for Breast Cancer Survivors: A Case Report. Abstract, University of Pittsburgh Cancer Institute Scientific Retreat, June 2011.

Julie C. Michael, **Kelli Davis**, Dana Bovbjerg, Gijsberta Van Londen, Lisa Ireland, Shawna Woodward, Meghan McGuire, John M. Jakicic. Challenges of recruiting overweight and obese breast cancer survivors for a weight loss and physical activity intervention: A feasibility study. Abstract, University of Pittsburgh Cancer Institute Scientific Retreat, June 2011.

Davis, K. Deborah Tate, Amy D. Otto, Kristen Polzien, Karen Erickson, Wei Lang, John M. Jakicic, 2011. Evaluation of a Stepped-Care Approach to Delivery of a Behavioral Weight Loss Intervention: Is Less More? Abstract, American College of Sports Medicine, May 2011. *Medicine and Science in Sports and Exercise*, 43 (5) Supplement.

Davis, K., Deborah Tate, Amy D. Otto, Kristen Polzien, Karen Erickson, Wei Lang, John M. Jakicic (2010). Test-Retest Reliability of the Paffenbarger Physical Activity Questionnaire in Overweight and Obese Adults. Abstract, NAASO, October, 2010.

Otto AD, Jakicic JM, **Davis K**, Unick JL, Dutton CA. Promotion of Physical Activity Using a Computer Software Program on BMI and Fitness in Children. *American College of Sports Medicine*, 2009.

Rompolski KL, Jakicic JM, Otto AD, **Davis K**, Unick JL, Dutton CA, Garcia DO. The effect of weight loss and physical activity on bone mineral density in overweight women. *American College of Sports Medicine*, 2009.

Davis, K., Jakicic, J.M., Otto, A. D. (2009). The Impact of Physical Activity and Eating Self-efficacy on Weight Loss Behaviors in overweight adults. Abstract, NAASO, October, 2009. *Obesity Research*, 17(2): Supplement.

Unick, Jessica, Jakicic, John M., Otto, Amy D., Dutton, Christine, Unick, Jessica, **Davis, Kelli**. The Influence of Social Support on Weight Change During an 18-Month Behavioral Weight Loss Intervention. Abstract, NAASO, October 2009. *Obesity Research*, 17 (2): Supplement.

Davis, K., Jakicic, J.M. FACSM, Otto, A.D (2009). Caloric Beverage Consumption and Associated Changes in Body Weight Across an 18-month Weight Loss Intervention. Abstract, American College of Sports Medicine, May 2009.

Davis, K., Jakicic, J.M., Otto, A.D., Fonzi, L., Spadaro, K. (2008). The Impact of Mindfulness Meditation on Eating Behaviors and Weight Loss. Abstract, NAASO, October, 2008. *Obesity Research*, 16 (1): Supplement.

Jakicic, John M., Otto, Amy D., **Davis, Kelli**, Dutton, Christine, Unick, Jessica, Garcia, David. 24-Month Success in a Behavioral Program for Weight Loss: Influence of Physical Activity and Eating Behaviors. Abstract, NAASO, October 2008. *Obesity Research*, 16 (1): Supplement.

Davis, K., Jakicic, J.M. FACSM, Otto, A.D., Fonzi, L., Spadaro, K. (2008). The Effect of Alternative Behavioral Approaches on Weight Loss and Physical Activity. Abstract, American College of Sports Medicine, May 2008. *Medicine & Science in Sports and Exercise*, 40(5): Supplement.

Davis, K., Jakicic, J.M., Otto, A. D. (2007). Influence of self-efficacy, outcome expectations, and perceived barriers to exercise on physical activity participation in overweight adults. Abstract, NAASO, October, 2007. *Obesity Research*, 15(9): Supplement.

Davis, K., Jakicic, J.M. FACSM, Mealey, A., Mealey, L., McDermott, M.D. (2007). Does Clothing Affect the Accuracy of the SenseWear Pro Armband™ to Estimate Energy Expenditure During Walking? Abstract, American College of Sports Medicine, May 2007. *Medicine & Science in Sports and Exercise*, 39(5): Supplement.

Mealey, L.M., Jakicic, J.M. FACSM, Mealey, A.D., **Davis, K.**, McDermott, M.D. (2007). Validation of the SenseWear Pro Armband™ to Estimate Energy Expenditure during Resistance Training. [Abstract]. *Medicine & Science in Sports and Exercise*, 39(5): Supplement.

Mealey, A.D., Jakicic, J.M. FACSM, Mealey, L.M., **Davis, K.**, McDermott, M.D. (2007). Validation of the SenseWear Pro Armband™ to Estimate Energy Expenditure during a Simulation of Daily Activity. [Abstract]. *Medicine & Science in Sports and Exercise*, 39(5): Supplement.

Davis, Kelli K., Jakicic, J. M., Otto, A.D., Janney, C. (2006). Relationship between Weight Loss, Cardiorespiratory Fitness and Perception of Physical Fitness in Obese Women. Abstract, NAASO, October, 2006. *Obesity Research*, 14(9): Supplement.

Davis, Kelli K., Jakicic, John M, FACSM, Otto, Amy D., Polzien, Kristen M. (2006). Prior Weight Loss Attempts as Predictors of Weight Loss Success and Fitness in Overweight Adults. Abstract, American College of Sports Medicine, May, 2006. *Medicine & Science in Sports and Exercise*, 38(5): Supplement.

Presentations

Davis, K. and Gibbs, B.B. "Earning a 'A' for Your Workday: Awareness & Activity for a Healthy Life" Invited Speakers, The University of Pittsburgh Women in Medicine & Science Forum, November 2018.

Davis, K. "Mindfulness in Eating and Exercise- Managing Your Body Weight in Stressful Times," Invited Speaker, The Jewish Community Center of Greater Pittsburgh, Forum on Maintaining Wellness in Politically Stressful Times, June 2018.

Davis, K. "Weighing on Your Mind? The Potential Impact of Mindfulness on Weight Management," Invited Speaker, The University of Pittsburgh's Center for Mindfulness and Consciousness Studies, Mindfulness Fair, April 2018.

Davis, K., Tate, D., Lang, W., Jakicic, J.M. "Association Between Physical Activity and Weight Loss: Mediation Effects of Dietary Restraint and Disinhibition". Poster Presentation, American College of Sports Medicine Annual Meeting, 2017.

Davis, K. "Relationship Between Eating and Physical Activity Behaviors in Young Adults Enrolled in a Behavioral Intervention," Thematic Poster, American College of Sports Medicine Annual Meeting, 2016.

Davis, K., Invited Presentation, "The Art of Exercise Prescription for Type 2 Diabetes". The American Diabetes Association Clinical Conference on Diabetes, May, 2016.

Davis, K., Invited Presentation, "Putting it Into Practice: Exercise Prescription for Type 2 Diabetes". The American Diabetes Association Clinical Conference on Diabetes, May, 2016

Davis, K., "Flexible Approaches to Lifestyle Change for Obesity: Application of a New Paradigm", Exercise is Medicine-Highlighted Symposium Presenter : "Implementing Lifestyle Interventions for Obesity: Moving from Science to Practice", American College of Sports Medicine, May 2015 Annual Meeting.

Davis, K., Is Exercise the Key to Weight Loss? Examination of Lifestyle Treatment for Obesity. Symposium "The Role of Exercise in Obesity: An Ounce of Prevention is Worth a Pound of Cure". Invited Speaker Presentation, Mid-Atlantic American College of Sports Medicine Annual Meeting, November 2014.

Davis, K., Rickman, A.R. "Evidence Based Behavior Change Strategies for Exercise Specialists Working in Healthcare Settings (Workshop Format)", Symposium Co-presenter/Breakout Session Leader, American College of Sports Medicine, May 2014 Annual Meeting.

Davis, K., "The Impact of Mindful Eating Behaviors on Weight Loss in Overweight and Obese Adults." Society of Behavioral Medicine Annual Meeting, April, 2014.

Davis, K., "Racial Variation in Weight Loss and Physical Activity Among Women in a Behavioral Weight Loss Intervention." Oral Abstract Presentation, American College of Sports Medicine, May 2012 Annual Meeting.

Davis, K. "A Mindful Approach to Weight Management". Presentation, American College of Sports Medicine Health & Fitness Summit, March, 2012.

Davis, K. "Too Much Sitting: A Behavioral Perspective". Presentation, American College of Sports Medicine Health & Fitness Summit, March, 2012.

Davis, K., Alternative Behavior Intervention Approaches for the Treatment of Obesity. Symposium "Obesity and Physical Activity: Looking Beyond Traditional Health Risks and Intervention Approaches". Presentation, Mid-Atlantic American College of Sports Medicine Annual Meeting, November 2011.

Davis, K., Racial Variation in Weight Loss: Do Physical Activity and Other Weight Loss Behaviors Differ Among Women in a Behavioral Weight Loss Intervention? Oral Abstract Presentation, The Obesity Society, October 2011 Annual Meeting.

Davis, K., Evaluation of a Stepped-Care Approach to Delivery of Behavioral Weight Loss Intervention: Is Less More? Oral Abstract Presentation, American College of Sports Medicine, May 2011 Annual Meeting.

Davis, Kelliann. Invited Presenter, "Weight Loss, Diet, and Physical Activity Intervention for Women Treated for Breast Cancer", Breast Cancer Breast Care Consultation Conference, November, 2010.

Invited Speaker, **Distinguished Professionals Free Communications Session** . **Davis, K.**, Tate, D., Otto, A.D., Polzien, K., Erickson, K., Lang, W., Jakicic, J.M. FACSM. Evaluation of a Stepped-Care Approach to Delivery of a Behavioral Weight

Loss Intervention: Is Less More? Presented at Mid-Atlantic American College of Sports Medicine Annual Meeting, November 2010.

Davis, K., Caloric Beverage Consumption and Associated Changes in Body Weight Across an 18-month Weight Loss Intervention. Oral Abstract Presentation, American College of Sports Medicine, May 2009 Annual Meeting.

Davis, K. The Effect of Alternative Behavioral Approaches on Weight Loss and Physical Activity. Oral Abstract Presentation, American College of Sports Medicine 55th Annual Meeting, May 2008.

Invited Presenter, "Exercise Prescription for the Obese", **Davis, K.** University of Pittsburgh, School of Health and Rehabilitation Sciences, April, 2012, 2013, 2014, 2015

Invited Presenter, "Motivational Interviewing", **Davis, K.** University of Pittsburgh Department of Physical Therapy, October 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018

Invited Presenter, Research Talk, **Davis, K.** University of Pittsburgh Department of Health and Physical Activity EdD Program, April 2018.

Invited Presenter, "Mindful Eating: What is it all about?", **Davis, K.** Carnegie Mellon Pathways to Health Lecture Series, June 2010.

Invited Presenter, Slippery Rock University Graduate Panel Presentation, September 2010.

Invited Chair, The Effects of Physical Activity on Obesity," The Obesity Society National Meeting, 2008.

Invited Presenter, "Behavior Change Strategies", ACSM Health Fitness Instructor Certification Workshop, June, 2008.

Poster Presentations at the Howard Hughes Undergraduate Research Poster Fair:

Davis, K., Stifter, C. "Early Infant Regulation: The Role of Cardiac Vagal Tone and Parental Intervention" August 1997.

Davis, K. Stifter, C. "The Effects of Maternal Sensitivity on Infant Emotional Regulation." August 1998.

Presentations given at Structure House Inc; February 2003 - August 2005

"Weight Loss Goals", "Exercise Planning for Home", "Exercise and the Metabolic Syndrome", "Exercise Motivation - Finding the Joy in Exercise", "Exercise Myths and Misconceptions", "Exercise and Aging", "Exercise Prescription for Weight Loss", "Health Benefits of Exercise", "The Importance of Exercise in Diabetes", "Special Topics: Knees, Lower Back & Abdominals, and Shoulders."

Research Grant Participation

January 2021 - December 2023	Role: Co-Investigator. Title: Reducing sedentary behavior in pregnancy: a randomized pilot and feasibility trial. The overall goal was to examine if a behavioral intervention targeting sedentary behavior and physical activity was feasible and acceptable in this population. Source: American Heart Association (PI: Gibbs); 20TPA3549099
Requested May 2022	Role: Co-Investigator. Title: Randomized Trial of Exercise and Weight Loss in Obstructive Sleep Apnea The overall aim is to identify the optimal lifestyle intervention to prescribe patients with OSA comparing exercise alone versus a comprehensive weight loss intervention. R61 Source: NIH, NHLBI (PI: Sanjay Patel, MD, MS)
Requested November 2021	Role: Co-Investigator. Title: SCI-HIIT - A Social Technology Supported Handcycling Exercise Program for People with Spinal Cord Injury. The proposed study addresses the limited options and barriers for the spinal cord injury population by employing a novel home-based physical activity intervention involving virtual peer led HIIT exercise. R21 Source: NIH (PI: Alicia Koontz, PhD)
Requested July 2021	Role: Co-Investigator. Title: Examining the Effectiveness of the Addition of Yoga to a Behavioral Weight Loss Intervention. The overall goals are to examine the effectiveness of adding yoga to a standard behavioral weight loss intervention on weight loss and other outcomes. R01 DK129819 Source: NIH-NIDDK (PI: John M. Jakicic, PhD) 1 st Year Direct Costs: \$589,324
Requested February 2020	Role: Co-Investigator. Integration of Yoga for the Treatment of Obesity in Adults To examine the feasibility of implementing this yoga+aerobic exercise intervention across multiple clinical centers into a behavioral weight loss intervention for adults with overweight/obesity. UO1 (PI: John Jakicic) NIH-NICHD.

Requested February 2018	Role: Co-Investigator. Feasibility and Acceptability of a Web-based Physical Activity for the Heart (PATH) Intervention Designed for Inactive African Americans. This study will examine if a web-based physical activity and mindfulness platform using open-source videos is feasible and effective for improving physical activity levels among African Americans. R34 #12569875 (PI: Jacob Kariuki) NIH-NICIH.
September 2017-August 2020	Role: Co-Investigator. Integration of Yoga for the Treatment of Obesity in Adults To examine the feasibility of adding a restorative style of Hatha yoga and Vinyasa yoga within the context of a behavioral weight loss intervention for adults with overweight/obesity. R34 AT009361 (PI: John Jakicic) NIH-NICIH.
December 2014 - October 2019	Role: Co-Investigator. Cross-Study Analysis of Coordinated Randomized Clinical Trials for Weight Management Among Young Adults. To conduct analyses of data combined from randomized clinical trials to examine behavioral domains that may be associated with successful weight control. R01 HL122144 (PI: Steve Belle) NIH-NHLBI
September 2009 - November 2016	Role: Interventionist. Enhanced Behavioral Intervention to Improve Long-Term Weight Loss in Young Adults. This study will examine whether the added use of technology (text messaging and wearable technology to estimate energy expenditure) enhances 24 month weight loss in young adults (18-35 years of age) compared to a standard behavioral weight loss program. U01 HL096770 (PI: John Jakicic) NIH-NHLBI
September 2007- June 2013	Role: Co-Investigator. The Effect of a Stepped Care Approach to Long-Term Weight Loss .This study is examining the effect of a progressive, criterion-based stepped-care approach to modifying weight loss behaviors on long-term weight loss compared to a standard behavioral weight loss intervention. 1 R01 HL084400-01A2 NIH-NHLBI (PI: John Jakicic)
February 2012	Role: Co-Investigator: The Comparison of a Technology-based System and an In-person Behavioral Weight Loss Intervention in the Severely Obese. (PI: Renee Rogers)
September 2011- 2015	Role: Co-Investigator: Feasibility study of a home based educational approach to exercise for breast cancer survivors using the program entitled 'Strength & Courage: Exercises for Breast Cancer Survivors'. (PI: Atilla Soran, MD, MSc/Medicine)
May 2010 - December 2011	Role: Primary Investigator: Weight Loss,Diet, and Physical Activity Intervention for Women Treated with Breast Cancer (IMPACT STUDY).
December 2010 - April 2011	Role: Co-Investigator: Acute Affective Responses to Varying Durations of Physical Activity for Overweight and Obese Adults. (PI: Julie Michael)
April 2010 - October 2011	Role: Co-Investigator. Wearable Technology to Assess Energy Expenditure. (PI: John Jakicic)
June 2009-August 2011	Role: Co-Investigator. The Comparison of a Technology-Based System and an In-Person Behavioral Weight Loss Intervention. (PI: John Jakicic).