

Curriculum Vitae

A. PERSONAL

Tiffany Bullard
Department of Kinesiology and Community Health
University of Illinois at Urbana-Champaign
Freer Hall
906 S Goodwin
Urbana, IL 61801
Telephone: (708) 612-8003
Email: tiffanybullard88@gmail.com

B. EDUCATION

B1. Degrees

Graduate

Doctor of Philosophy in Kinesiology 2014 – Present
University of Illinois at Urbana-Champaign

Undergraduate

Bachelor of Science in Community Health 2010 – 2014
University of Illinois at Urbana-Champaign

C. SCHOLARLY ACTIVITY

C1.

Publications

Bullard, T., An, R., Trinh, L., Mackenzie, M., & Mullen, S. P. (in press). A systematic review and meta-analysis of adherence to physical activity interventions among three chronic conditions: cancer, cardiovascular disease, and diabetes. *Translational Behavioral Medicine*.

C2.

Accepted Abstract Submissions

Bullard, T., Cohen, J. D., Palac, D., Kramer, A. F., McAuley, E., & Mullen, S. P. (April, 2018). *Exercise self-efficacy growth trajectories after 20 hours of cognitive training*. A presentation to-be-presented at the Annual Meeting for the Society of Behavioral Medicine. New Orleans, LA.

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 to be presented at the Annual Meeting for the Society for Behavioral Medicine. San Diego, CA.

Bullard, T., Cohen, J., Palac, D., Hua, A., Kramer, A. F., McAuley, E., & Mullen, S.P. (March, 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 D.C.

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.

Mullen, S. P., Cohen, J., Palac, D., **Bullard, T.**, Phansikar, M., North, J., Wong, B., & Wilund, K. (April, 2018). *A pilot RCT testing effects of steam-room usage after exercise on cardiovascular functioning among pre-hypertensive adults*. A presentation to-be-presented at the annual meeting for the Society of Behavioral Medicine.

North, J., Cohen, J., Palac, D., **Bullard, T.**, Phansikar, M., Wong, B., Wilund, K., & Mullen, S. P. (April, 2018). *Increased sleep efficiency through heat therapy and exercise*. A presentation to-be-presented at the annual meeting for the Society of Behavioral Medicine.

Phansikar, M., Cohen, J., Palac, D., **Bullard, T.**, North, J., Wilund, K., & Wong, B. (April, 2018). *Complementary effects of exercise and heat therapy on mindfulness and cognition*. A presentation to-be-presented at the annual meeting for the Society of Behavioral Medicine.

Palac, D., Cohen, J. D., **Bullard, T.**, Kramer, A. F., McAuley, E., & Mullen, S. P. (April, 2018). *Personality profiles, exercise trial attrition and adherence: Do the Big Five matter?* A presentation to-be-presented at the Annual Meeting for the Society of Behavioral Medicine. New Orleans, LA.

Cohen, J. D., Palac, D., **Bullard, T.**, North, J. R., Phansikar, M., & Mullen, S. P. (April, 2018). *Relationships among affect, memory, perceptions, and physical function in older adults with cancer*. A presentation to-be-presented at the Annual Meeting for the Society of Behavioral Medicine. New Orleans, LA.

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 presented at the annual meeting for the International Society for Behavioral Nutrition and Physical Activity. Victoria, CAN.

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.

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 for Behavioral Medicine. San Diego, CA.

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.

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, 2016). *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.

Palac, D., Hua, A., Cohen, J., **Bullard, T.**, Kramer, A., 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 D.C.

Hua, A.K., **Bullard, T.**, Cohen, J.D., Palac, D., McAuley, E., Kramer, A.F., & Mullen, S.P. (March, 2016). *A novel cognitive training intervention reduces back pain in middle-aged adults*. Paper presented at the Annual Meeting for the Society for Behavioral Medicine. Washington, D.C.

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>

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-month 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>

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/wpcontent/uploads/2015/03/CNS2015Program.pdf>

D. PROFESSIONAL EXPERIENCE

Graduate Research Assistant

University of Illinois at Urbana-Champaign

2014 – Present

Exercise Technology and Cognition Laboratory, under the direction of Dr. Sean Mullen. Research focuses on the understanding of factors facilitating long-term physical activity behavior, maintenance, and self-regulation across the lifespan. Study responsibilities include administration of and training other assistants to administer cognitive, neuropsychological, and

functional fitness testing; supervision of aerobic exercise sessions; data analysis; abstract and manuscript-writing. Research projects include:

(Began 01/2017) *Cognitive Regulation Training and Exercise (CORTEX)-II Trial*: The CORTEX-II trial is a study designed to test the efficacy of a 4-week pre-exercise booster training (both in-lab and at-home) to enhance adherence and engagement to a 12-month exercise program, among middle-aged adults.

(Began 12/2017) *Activity Maintenance Profile Survey (AMPS)*: The AMPS study is a survey designed to predict both short- and long-term physical activity levels through established psychosocial, cognitive, and physical measures. The aim of the AMPS study is to determine profiles that are predictive of physical activity behavior.

(Began 09/2015) *Heat and Aerobic Training II (HEAT II)*: The design of HEAT II is to examine the effects of heat therapy combined with exercise for pre-hypertensive, middle-aged adults. The primary aim is to enhance physical activity and reduce blood pressure through a 14-week aerobic exercise program with steam room treatment. Secondary aims examine the effects of this combined therapy on psychosocial factors and cognition function.

(Began 10/2014) *Cognition, Agility & Fitness (CALF)*: CALF is a cross-sectional study examining the relationships among aerobic fitness, agility, and cognitive functioning. The CALF study uses a novel device with the aim of improving methods for measuring physical agility, spatial memory, and lower-body mobility, coordination, and speed.

(Began 10/2014) *Vocal iPad-Corrective Exercise (VOICE)*: In collaboration with the Speech and Hearing Science Department, VOICE is examining the effects of an 8-week i-Pad vocal training program on vocal functioning in older adults. Secondary aims examine how vocal training influences psychosocial stress.

(Began 09/2014) *Wayfinding, Exergaming, and Spatial-memory Training (WEST)*: The aim of this study is to examine the efficacy of an aerobic exercise-gaming intervention to enhance exercise adherence and cognitive functioning in middle-aged adults with mild cognitive impairments. The WEST study is randomized controlled pilot intervention comparing a 10-week exergaming intervention vs. an exercise-only control.

(03/2014-05/2015) *Heat and Aerobic Training (HEAT)*: The HEAT study tests the effectiveness of bi-weekly iPad-enhanced 50-minute aerobic exercise sessions followed by 10-15 minute sauna sessions relative to an exercise only control (followed by sitting) in college-aged young adults.

(07/2012-06/2015) *Cognitive Regulation Training and Exercise (CORTEX) Trial*: The CORTEX trial is a study designed to test the efficacy of a 4-week pre-exercise booster training to enhance adherence and engagement to a 4-month exercise program, among middle-aged adults.

Spring 2014 Academic Research Internship
University of Illinois at Urbana-Champaign

Completion of 150 scholarly hours for the Community Health Department as an intern in the Exercise Technology and Cognition Laboratory. Responsibilities include sustaining the organization of the laboratory, scheduling testing appointments within the laboratory, and administration of cognitive and neuropsychological testing.

2011-2014 Undergraduate Research Assistant

University of Illinois at Urbana-Champaign

Exercise Technology and Cognition Laboratory, under the direction of Dr. Sean Mullen. Responsibilities include administration of cognitive, neuropsychological, and functional fitness testing. Research project included the Cognitive Regulation Training and Exercise (CORTEX) trial.

2013-2014 Undergraduate Research Lab Coordinator

University of Illinois at Urbana-Champaign

Paid position as a research lab coordinator in the Exercise Technology and Cognition Laboratory, under the direction of Dr. Sean Mullen. Duties include scheduling both participants and research assistants for cognitive and exercise sessions and maintaining organization of the research laboratory.

E. TEACHING EXPERIENCE

Teaching Assistant

University of Illinois at Urbana-Champaign

Kinesiology 140: Social Science of Human Movement*

Fall 2016 – Spring 2017

Kinesiology 247: Introduction to Sports Psychology

Spring 2017

*Teacher Ranked as Excellent (Fall 2016, Spring 2017)

F. AWARDS

Meritorious Abstract Award

Exercise self-efficacy growth trajectories after 20 hours of cognitive training

SBM 2018

Aging SIG Student Award

Effects on cognitive functioning from 20 hours of training: Secondary outcomes from the CORTEX trial

SBM 2015

Student Travel Award

Graduate College at the University of Illinois at Urbana-Champaign

2018, 2017, 2015

Conference Travel Award

Department of Kinesiology and Community Health at the University of Illinois at Urbana-Champaign

2018, 2017, 2015

G. ASSOCIATION MEMBERSHIP

Society of Behavioral Medicine <i>Aging SIG Social Media Liaison</i> <i>Aging SIG Student Liaison</i>	2014-Present
American College of Sports Medicine	2017-Present
Association for Psychological Science	2016-2018
Cognitive Neuroscience Society	2014-2016

H. REFERENCES

Sean Mullen, PhD
Department of Kinesiology and Community Health
University of Illinois at Urbana-Champaign
332 Freer Hall
906 S. Goodwin Ave
Urbana, IL 61801
Telephone: (217) 244-4502
Email: spmullen@illinois.edu