

## Curriculum Vitae

### A. PERSONAL

Jason Daniel Cohen  
Department of Kinesiology and Community Health  
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### B. EDUCATION

#### B1. Degrees

##### Graduate

Doctor of Philosophy Candidate in Bio-Behavioral Kinesiology 2013 – Present  
University of Illinois at Urbana-Champaign

*Dissertation: A Pilot Study Exploring the Acute Effects of Aerobic Exercise and Relaxation on Fatigue and Executive Function in Breast Cancer Survivors* Expected Graduation May 2019

##### Undergraduate

Bachelor of Science in Psychology 2009 – 2013  
Union College

### C. PROFESSIONAL EXPERIENCE

#### C1. Teaching

##### *University of Illinois at Urbana-Champaign*

**Kin 247-Online:** Introduction to Sports Psychology 2016 – Present

##### Graduate Teaching Assistant

##### *University of Illinois at Urbana-Champaign*

**Kin 122:** Physical Activity and Health Behavior 2013 - 2014

**Kin 247:** Intro to Sports Psychology 2013 - 2016

#### C2. Research

##### Undergraduate Research Assistant

**Union College**

2012 – 2013

**Healthy Aging Lab**, under the direction of Dr. Cay Anderson-Hanley. Research focuses on proximal and distal temporal changes in memory capabilities in older adults after short-term or sustained bouts of aerobic exercise:

**Graduate Research Assistant****University of Illinois at Urbana-Champaign**

2013 – Present

Exercise Technology and Cognition Laboratory, under the direction of Dr. Sean Mullen. This lab has three aims: understanding of factors facilitating long-term physical activity behavior, maintenance of behaviors, and self-regulation capabilities across the lifespan.

**Funded Trials Include:**

*Cognitive Regulation Training and Exercise (CORTEX) Trial:* This study was funded by the *National Heart, Lung and Blood Institute* (07/2012-06/2015) CORTEX was 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 (45-64).

*Heat & Aerobic Training (HEAT) With Young Adults:* HEAT was conducted at a recreation center at the University of Illinois with 18-25 year olds. The HEAT was designed as an 8-week randomized controlled trial testing 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).

*Wayfinding, Exergaming, and Spatial-memory Training (WEST):* This study was funded by the *Center for Health, Aging, & Disability* (08/2013-12/2015). The WEST study was randomized controlled pilot intervention comparing a 10-week exergaming intervention vs. an exercise-only control.

*Heat & Aerobic Training (HEAT-II/STEAM):* STEAM was internally funded by UIUC's Campus Research Board (RB15229); it was a randomized controlled trial involving a parallel study design comparing a 14-week aerobic training program followed by sitting vs. aerobic training followed by sitting in a steam-room (moderate heat stress). The primary aims were: to reduce blood pressure, inflammation, and psychosocial stress. The Secondary aims were: to improve cognitive functioning and mindfulness.

**Ongoing studies include:**

*Cognition, Agility & Fitness (CALF):* This cross-sectional study is designed to explore relationships among aerobic fitness, agility, and cognitive functioning.

*Cognitive Regulation Training and Exercise (CORTEX)-II Trial for Middle-aged Adults:* The primary aim of CORTEX-II is to test the effectiveness of a multimodal cognitive training intervention on yearlong exercise adherence and engagement.

### C3. Additional Professional Training

Participant. “Writing Effective Fellowship Proposals in STEM.”  
1/22/2016

Participant. “Translational Research to Improve Physical Activity Outcomes in the Real-World” SBM Behavior Change Grand Rounds Webinar  
3/08/2018

### C4. Invited Presentations

**Cohen, J.D.** (March, 2018). “An introduction to the field of sport psychology: A discussion of research and current trends.” Invited classroom presentation at the University of Illinois at Urbana-Champaign. Urbana, IL.

## D. SCHOLARLY ACTIVITY

### D1. Peer-Reviewed Publications

Buckley, J., **Cohen, J.D.**, Kramer, A.F., McAuley, E., & Mullen, S.P. (2014). Cognitive control in the self-regulation of physical activity and sedentary behavior. *Frontiers in human neuroscience*, 8, 747. doi: 10.3389/fnhum.2014.00747

### D2. Chapters in Books

Mullen, S. P., **Cohen, J.D.**, & Palac, D. (in press). 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.

### D3. Peer-Reviewed Scientific Presentations

1. **Cohen, J.D.**, Rudolph, E., Anderson-Hanley, C., (April, 2014). *Aerobic and cognitive exercise over time: virtual versus outdoor cycling*. Poster presented at the annual meeting for the Society for Behavioral Medicine. Philadelphia, PA. Abstract retrieved from [http://www.sbm.org/UserFiles/file/AM14\\_Final\\_Program\\_web\\_ready.pdf](http://www.sbm.org/UserFiles/file/AM14_Final_Program_web_ready.pdf)
2. Mullen, S., Bullard, T., **Cohen, J.D.**, 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.
3. **Cohen, J.D.**, 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 A105e.
4. Bullard, T., Banducci, S., **Cohen, J.D.**, 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. *Annals of Behavioral Medicine*, 49 (Suppl 1), S170. + This paper received a Meritorious Student Abstract award
5. Mullen, S. P., **Cohen, J.D.**, 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. *Annals of Behavioral Medicine*, 49(Suppl 1), S68.
  6. 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. *Annals of Behavioral Medicine*, 50(Suppl 1), S27. Abstract A0853.
  7. +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 reduced back pain in middle-aged adults. Paper presented at the Annual Meeting for the Society for Behavioral Medicine. Washington, DC. *Annals of Behavioral Medicine*, 50(Suppl 1), S103. +*This paper received a Meritorious Student Abstract award.*
  8. Bullard, T., **Cohen, J.D.**, 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. *Annals of Behavioral Medicine*, 50(Suppl 1), S145. Abstract B118.
  9. **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-April, 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. *Annals of Behavioral Medicine*, 50(Suppl 1), S238. Abstract C038.
  10. Mullen, S. P., **Cohen, J.D.**, Bullard, T., Woods, J., Wilund, K., Schroyer, R., Angadi, S. S., Buman, M., & Wong, B. (March-April, 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. *Annals of Behavioral Medicine*, 50(Suppl 1), S239. Abstract C040.
  11. Bullard, T., Rebar, A., **Cohen, J.D.**, 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. *Annals of Behavioral Medicine*, 51(Suppl 1), S1280. Abstract# B218.
  12. **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. *Annals of Behavioral Medicine*, 51(Suppl 1), S1313. Abstract #B239.
  13. **Cohen, J.D.**, 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. Abstract #30.
  14. Mullen, S. P., **Cohen, J.D.**, 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 poster presented at the annual meeting for the Society of Behavioral Medicine. New Orleans, LA.

15. North, J., **Cohen, J.D.**, Palac, D., Bullard, T., Phansikar, M., Wong, B., & Mullen, S. P. (April, 2018). Increased sleep efficiency through heat therapy and exercise. A poster presented at the annual meeting for the Society of Behavioral Medicine. New Orleans, LA.
16. Phansikar, M., Palac, D., **Cohen, J.D.**, Bullard, T., North, J. R., Wilund, K., Wong, B., & Mullen, S. P. (April, 2018). Complementary effects of exercise and heat therapy on mindfulness and cognition. A poster presented at the annual meeting for the Society of Behavioral Medicine. New Orleans, LA.
17. **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 poster presented at the Annual Meeting for the Society of Behavioral Medicine. New Orleans, LA.
18. 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 poster presented at the Annual Meeting for the Society of Behavioral Medicine. New Orleans, LA.
19. +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. +*This paper received a Meritorious Student Abstract award.*
20. **Cohen, J.D.**, Palac, D., North, J., Shen, S., Mullen S.P., (March 2019). *Effects of Tech-Supported Exercise on Fatigue & Study Completion in Breast Cancer Survivors: Systematic Review & Meta-Analysis.* Poster to be presented at the Annual Meeting for the Society of Behavioral Medicine. Washington D.C.

## E. AWARDS

### E1. Meritorious Student Abstract Award Winner

2014

**Cohen, J.D.**, Rudolph, E., Anderson-Hanley, C., (April, 2014). *Aerobic and cognitive exercise over time: virtual versus outdoor cycling.* Poster presented at the annual meeting for the Society for Behavioral Medicine. Philadelphia, PA.

### E2. Teachers Ranked as Excellent

KIN 247 (lecturer, TA), University of Illinois at Urbana-Champaign

2015-  
2016

## F. SERVICE

### F1. Professional

#### Awards Action Team Ad-hoc Reviewer

Society of Behavioral Medicine – *Physical Activity Special Interest Group*

2017

#### Abstract Award Reviewer

Present Society of Behavioral Medicine – <i>Student Special Interest Group</i>	2017- Present
Society of Behavioral Medicine – <i>Physical Activity Special Interest Group</i>	2017

### **Student Representative/Liaison**

Society of Behavioral Medicine – <i>Physical Activity Special Interest Group</i>	2016- 2018
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Primary responsibilities included dissemination of information about the on-goings of the special interest group to students and faculty across the country, publishing articles in the Society of Behavioral Medicine’s Journal, planning symposia, special topics and other relevant events.

### **Elected Executive Board Member – Student SIG - Annual Meeting Coordinator**

Society of Behavioral Medicine	2017- Present
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Primary responsibilities include creating annual meeting events, submitting session proposals for annual meeting, coordinating speakers for annual meeting sessions, ensuring student programming at annual meeting is relevant to student interests, soliciting feedback about student events at annual meetings, reviewing surveys completed at each annual meeting to determine what type of events students would like to have at subsequent meetings. This position also coordinates Student SIG awards while soliciting award applications from Student SIG list-serv, coordinating review of awards by Student SIG Board, planning social events and coordinating publicity/outreach for annual meeting events.

## **G. PROFESSIONAL ASSOCIATION MEMBERSHIP**

<i>Psi Chi Honor Society</i>	2012-Present
<i>Phi Kappa Phi Honor Society</i>	2013-Present
<i>Society of Behavioral Medicine</i>	2013-Present
<i>Human Factors and Ergonomics Society</i>	2013-2014
<i>APA Division 47</i>	2015-2017
<i>Cognitive Neuroscience Society</i>	2015-2016
<i>American Society for Preventive Oncology</i>	2016-2017
<i>Association for Psychological Science</i>	2016-2018

## **H. REFERENCES**

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