

CURRICULUM VITAE

Jacob D. Meyer, PhD

Assistant Professor, Department of Kinesiology, University of Wisconsin-Madison
1300 University Avenue, Madison WI 53706Office Phone: (608) 890-3239, Email: jdmeyer3@wisc.edu

ORCID ID: 0000-0003-3180-5728, Publons ID: AAD-8057-2020

FORMAL EDUCATION

- 2017 Certificate in Fundamentals of Clinical Research, Institute for Clinical and Translational Research (NIH CTSA), University of Wisconsin-Madison
- 2015-2017 Postdoctoral Research Fellow, Department of Family Medicine and Community Health, University of Wisconsin-Madison
- 2015 Ph.D., Kinesiology, University of Wisconsin-Madison
Dissertation title: *Physical Activity, Exercise and BDNF in Depressed Patients – A Study of the Acute Effects of Exercise Intensity on Mood*
- 2011 M.S., Kinesiology, University of Wisconsin-Madison
- 2008 B.A., Exercise Science with Neuroscience Concentration, Magna Cum Laude, St Olaf College

POSITIONS HELD

- 2024-present **Assistant Professor**, Department of Kinesiology, University of Wisconsin-Madison
- 2021-present **Fellow of the American College of Sports Medicine (FACSM)**, American College of Sports Medicine
- 2023-2024 **Associate Professor**, Department of Kinesiology, Iowa State University
- 2019-2024 **U-TuRN Core Project Leader**, “Clinical Health Applications”, Iowa State University
- 2017-2023 **Assistant Professor**, Department of Kinesiology, Iowa State University
- 2015-2017 **Post-doctoral Research Fellow**, Department of Family Medicine and Community Health, University of Wisconsin-Madison
- 2015-2016 **Instructor**, Department of Kinesiology, University of Wisconsin-Madison

SPECIAL HONORS AND AWARDS

- 2023 Nominated for Mid-Career Achievement in Research Award, College of Human Sciences, *ISU*
- 2021 Nominated for Early Achievement in Research Award, *ISU*
- 2020 Nominated for Early Achievement in Research Award, *ISU*
- 2020 Research Impact Award, COVID-19 Exceptional Effort Awards Program, *ISU*
- 2020 Early Career Achievement in Research Award, College of Human Sciences, *ISU*
- 2019 Fellow, Institute on Behavioral Randomized Controlled Trials, *OBSSR/NHLBI/ODP*
- 2016 Nominated for Outstanding Undergraduate Mentor Award, *UW-Madison*
- 2013-2014 University Fellow, *UW-Madison*
- 2013, 2014 Susann G. Doody Graduate Award, *UW-Madison*
- 2012-2013 Virginia Horne Henry Distinguished Graduate Fellowship, *UW-Madison*
- 2012 Young Investigator Travel Award, *American Pain Society*
- 2009-2010 University Fellow, *UW-Madison*
- 2009 Vilas Welcome Award, *UW-Madison*
- 2008 BA – Magna cum laude, *St Olaf College*
- 2008 Distinction in Exercise Science, *St Olaf College*

RESEARCH AND PUBLICATIONS**Peer-reviewed Journal Papers – Published [APA style; 7th edition] (2023 impact factors reported)**

- Meyer, J., Kelly, S., Gidley, J., Lansing, J., Smith, S., Churchill, S., Thomas, E., Goldberg, S., Abercrombie, H. C., Murray, T. A., & Wade, N. G. (accepted). Protocol for a randomized controlled trial: exercise-priming of CBT for depression (The CBT+ Trial). *Trials*. <https://doi.org/10.1186/s13063-024-08495-x>. IF = 2.0
- Kelly, S., Meyer, J., Stielow, C., Heinzl, S., & Heissel, A. (2024). Effects of an acute maximal exercise bout on serum insulin-like growth factor-1 in adults with MDD. *Psychoneuroendocrinology*, 171, 107215. <https://doi.org/10.1016/j.psyneuen.2024.107215>. IF = 3.4

3. Phillips, L. A., More, K. R., Lamoureux, N. R., et al. (2024). A full-factorial test of motivational and volitional intervention strategies for promoting exercise habit formation and exercise maintenance among new users of an online exercise class platform. *Applied Psychology: Health and Well-Being*. <https://dx.doi.org/10.1111/aphw.12597>. IF = 3.8
4. Herring, M. P., & Meyer, J. D. (2024). Resistance exercise for anxiety and depression: efficacy and plausible mechanisms. *Trends in Molecular Medicine*, 30(3), 204-206. <https://dx.doi.org/10.1016/j.molmed.2023.11.016>. IF = 12.8
5. Kelly, S. J., Churchill, S. L., Brellenthin, A. G., Lansing, J. E., & Meyer, J. D. (2024). Associations of physical activity and sedentary time with craving and mental health in individuals with alcohol use disorder. *Mental Health and Physical Activity*, 26, 100589. <https://doi.org/10.1016/j.mhpa.2024.100589>. IF = 2.3
6. Churchill, S. L., Smith, S. L., & Meyer, J. D. (2024). Epidemiology of engagement in physical activity behaviors in people with epilepsy from National Health Interview Survey 2017. *Epilepsy & Behavior*, 150, 109590. <https://dx.doi.org/10.1016/j.yebeh.2023.109590>. IF = 2.3
7. Meyer, J. D., Perkins, S. L., Gidley, J. M., et al. (2024). Feasibility and preliminary efficacy of a theory-informed resistance exercise training single-arm intervention for major depression. *Psychology of Sport and Exercise*, 73, 102642. <https://doi.org/10.1016/j.psychsport.2024.102642>. IF = 3.1
8. Sirotiak, Z., Brellenthin, A. G., Hariharan, A., Welch, A. S., Meyer, J. D., & Franke, W. D. (2024). Psychological correlates of physical activity among adults living in rural and urban settings. *Frontiers in Psychology*, 15, 1389078. <https://doi.org/10.3389/fpsyg.2024.1389078>. IF = 2.6
9. Churchill, S. L., Lansing, J. E., Brellenthin, A. G., & Meyer, J. D. (2024). Epidemiology of physical activity and sedentary behavior levels among patients entering treatment for substance use disorder in the United States: a descriptive study. *Frontiers in Psychiatry*, 15, 1348047. <https://doi.org/10.3389/fpsy.2024.1348047>. IF = 3.2
10. Tavares, V. D. de O., de Sousa, G. M., Schuch, F. B., et al. (2024). Self-reported mood and lifestyle-related physical activity of young adults with major depressive disorder. *Perceptual and Motor Skills*, 131(2), 489-513. <https://doi.org/10.1177/00315125241226997>. IF = 1.4
11. O'Sullivan, D., Gordon, B. R., Lyons, M., Meyer, J. D., & Herring, M. P. (2023). Effects of resistance exercise training on depressive symptoms among young adults: a randomized controlled trial. *Psychiatry Research*, 326, 115322. <https://doi.org/10.1016/j.psychres.2023.115322>. IF = 4.2
12. Garland, N., Schmeider, J., Johnson, Z., Hjort, R., Chen, B., Andersen, C., Sanborn, D., Kjeldgaard, G., Pola, C., Li, J., Gomes, C., Smith, E., Angus, H., Meyer, J., & Claussen, J. (2023). Wearable flexible perspiration biosensors using laser-induced graphene and polymeric tape microfluidics. *ACS Applied Materials & Interfaces*, 15(32), 38201-38213. <https://doi.org/10.1021/acsami.3c04665>. IF = 8.3
13. Sadaranagi, K., Schuch, F. B., De-Roia, G., Martínez-Gómez, D., Chavez, R., Lobo, P., Cristi-Montero, C., Werneck, A., Alzahrani, H., Ferrari, G., Ibanez, A., Silva, D., Von Oetinger, A., Matias, T., Grabovac, I., & Meyer, J. (2023). Exchanging screens for non-screen sitting time or sporting shoes might decrease mental health problems: isotemporal analysis during early pandemics in South America. *Journal of Science and Medicine in Sport*, 26(6), 309-315. <https://doi.org/10.1016/j.jsams.2023.04.007>. IF = 3.0
14. Perkins, S. L., Cook, D. B., Herring, M. P., & Meyer, J. (2023). Dose-response effects of acute exercise intensity on state anxiety among women with depression. *Frontiers in Psychiatry*, 14, 1090077. <https://doi.org/10.3389/fpsy.2023.1090077>. IF = 3.2
15. Perez, M., Ellingson, L., & Meyer, J. (2022). Physical activity, sedentary behavior, and suicidal ideation in major depressive disorder. *Archives of Suicide Research*, 1-18. <https://doi.org/10.1080/13811118.2022.2144566>. IF = 2.5
16. Meyer, J., Perkins, S., Brower, C., Lansing, J., Slocum, J., Thomas, E., Lee, D., & Wade, N. (2022). Feasibility of an exercise and CBT intervention for treatment of depression: a pilot randomized controlled trial. *Frontiers in Psychiatry*, 13, 799600. <https://doi.org/10.3389/fpsy.2022.799600>. IF = 3.2
17. Meyer, J., Murray, T., Brower, C., Cruz-Maldonado, G., Perez, M., Ellingson, L., & Wade, N. (2022). Magnitude, timing and duration of mood state and cognitive effects of acute moderate exercise in major depressive disorder. *Psychology of Sport and Exercise*, 61, 102172. <https://doi.org/10.1016/j.psychsport.2022.102172>. IF = 3.1
18. Ellingson, L., Lansing, J., DeShaw, K., Perez, M., Meyer, J., & Welk, G. (2022). Facilitated health coaching improves activity level and chronic low back pain symptoms. *Translational Journal of the American College of Sports Medicine*, 7(2), e000192. <https://doi.org/10.1249/TJX.000000000000192>. IF = 1.1
19. Moura, H., von Diemen, L., Bulzing, R., Meyer, J., Grabovac, I., López-Sánchez, G., Sadarangani, K., Tully, M., Smith, L., & Schuch, F. (2022). Alcohol use in self-isolation during the COVID-19 pandemic: A cross-sectional survey in Brazil. *Trends in Psychiatry and Psychotherapy*. <https://doi.org/10.47626/2237-6089-2021-0337>. IF = 2.1

20. McDowell, C., **Meyer, J.**, Russell, D., Brower, C., Lansing, J., & Herring, M. (2021). Bidirectional associations between depressive and anxiety symptoms and loneliness during the COVID-19 pandemic: Dynamic panel models with fixed effects. *Frontiers in Psychiatry*, *12*, 738892. <https://doi.org/10.3389/fpsy.2021.738892>. IF = 3.2
21. **Meyer, J.**, O'Connor, J., McDowell, C., Lansing, J., Brower, C., & Herring, M. (2021). High sitting time is a behavioral risk factor for blunted improvement in depression across 8 weeks of the COVID-19 pandemic in April-May 2020. *Frontiers in Psychiatry*, *12*, 741433. <https://doi.org/10.3389/fpsy.2021.741433>. IF = 3.2
22. Flynn, M., Brellenthin, A., **Meyer, J.**, Cutrona, C., & Lee, D. (2021). The effect of physical activity on the association between perceived racial discrimination and depression in African Americans. *Journal of Affective Disorders*, *292*, 471-474. <https://doi.org/10.1016/j.jad.2021.05.070>. IF = 4.9
23. Schuch, F., Bulzing, R., **Meyer, J.**, López-Sánchez, G., Grabovac, I., Willeit, P., Vancampfort, D., Caperchione, C., Sadarangani, K., Ward, P., & Smith, L. (2021). Moderate to vigorous physical activity and sedentary behavior change in self-isolating adults during the COVID-19 pandemic in Brazil: a cross-sectional survey exploring correlates. *Sport Sciences for Health*. <https://doi.org/10.1007/s11332-021-00788-x>. IF = 1.2
24. Sadarangani, K., De Roia, G., Lobo, P., Chavez, R., **Meyer, J.**, Cristi-Montero, C., Martinez-Gomez, D., Ferrari, G., Schuch, F., Gil-Salmerón, A., Solmi, M., Veronese, N., Alzahrani, H., Grabovac, I., Caperchione, C., & Smith, L. (2021). Changes in sitting time, screen exposure and physical activity during covid-19 lockdown in South American adults: a cross-sectional study. *International Journal of Environmental Research and Public Health*, *18*(10), 5239. <https://doi.org/10.3390/ijerph18105239>. IF = 4.6
25. McDowell, C., Herring, M., Lansing, J., Brower, C., & **Meyer, J.** (2021). Associations between COVID-19-related employment changes and mental health: US data from during the COVID-19 pandemic. *Frontiers in Psychology*, *12*, 631510. <https://doi.org/10.3389/fpsyg.2021.631510>. IF = 2.6
26. Cindrich, S., Lansing, J., Brower, C., McDowell, C., Herring, M., & **Meyer, J.** (2021). Associations between change in outside time pre- and post-COVID-19 public health restrictions and mental health: Brief research report. *Frontiers in Public Health*, *9*, 619129. <https://doi.org/10.3389/fpubh.2021.619129>. IF = 3.0
27. Lansing, J., Ellingson, L., DeShaw, K., Cruz-Maldonado, G., Hurt, T., & **Meyer, J.** (2021). A qualitative analysis of barriers and facilitators to reducing sedentary time in adults with chronic low back pain. *BMC Public Health*, *21*, 215. <https://doi.org/10.1186/s12889-021-10238-5>. IF = 3.5
28. Jacob, L., Smith, L., Armstrong, N., Yakkundi, A., Barnett, Y. A., Butler, L., McDermott, D., Koyanagi, A., Shin, J., **Meyer, J.**, Firth, H., Remes, O., Lopez Sanchez, G., & Tully, M. (2021). Alcohol use and mental health during COVID-19 lockdown: a cross-sectional study in a sample of UK adults. *Drug and Alcohol Dependence*, *219*, 108488. <https://doi.org/10.1016/j.drugalcdep.2020.108488>. IF = 3.9
29. **Meyer, J.**, Herring, M., McDowell, C., Lansing, J., Brower, C., Schuch, F., Smith, L., Tully, M., Martin, J., Caswell, S., Cortes, N., & Boolani, A. (2020). Joint prevalence of physical activity and sitting time during COVID-19 among US adults in April 2020. *Preventive Medicine Reports*, *20*, 101256. <https://doi.org/10.1016/j.pmedr.2020.101256>. IF = 2.4
30. McDowell, C., Herring, M., Lansing, J., Brower, C., & **Meyer, J.** (2020). Working from home and job loss due to the COVID-19 pandemic are associated with greater time in sedentary behaviours. *Frontiers in Public Health*, *8*, 750. <https://doi.org/10.3389/fpubh.2020.597619>. IF = 3.0
31. **Meyer, J.**, McDowell, C., Lansing, J., Brower, C., Smith, L., Tully, M., & Herring, M. (2020). Changes in physical activity and sedentary behavior in response to COVID-19 and their associations with mental health in 3052 US adults. *International Journal of Environmental Research and Public Health*, *17*(18), 6469. <https://doi.org/10.3390/ijerph17186469>. IF = 4.6 Pre-print available at: <https://doi.org/10.33774/coe-2020-h0b8g>.
32. Smith, L., Jacob, L., Trott, M., Yakkundi, A., Butler, L., Barnett, Y., Armstrong, N., McDermott, D., Schuch, F., **Meyer, J.**, López-Bueno, R., Bradley, D., & Tully, M. (2020). The association between screen time and mental health during COVID-19: A cross sectional study. *Psychiatry Research*, *292*, 113333. <https://doi.org/10.1016/j.psychres.2020.113333>. IF = 4.2
33. Schuch, F., Bulzing, R., **Meyer, J.**, Vancampfort, D., Firth, J., Stubbs, B., Grabovac, I., Willeit, P., Tavares, V., Calegario, V., Deenik, J., López-Sánchez, G., Veronese, N., Caperchione, C., Sadarangani, K., Abufaraj, M., Tully, M., & Smith, L. (2020). Associations of moderate to vigorous physical activity and sedentary behavior with depressive and anxiety symptoms in self-isolating people during the COVID-19 pandemic: A cross-sectional survey in Brazil. *Psychiatry Research*, *292*, 113339. <https://doi.org/10.1016/j.psychres.2020.113339>. IF = 4.2
34. Albin, E., Brellenthin, A., Lang, J., **Meyer, J.**, & Lee, D. C. (2020). Cardiorespiratory fitness and muscular strength on arterial stiffness in older adults. *Medicine & Science in Sports & Exercise*, *52*(8), 1737-1744. <https://doi.org/10.1249/MSS.0000000000002319>. IF = 4.1

35. Smith, L., Jacob, L., Butler, L., Schuch, F., Barnett, Y., Grabovac, I., Veronese, N., Caperchione, C., Lopez-Sanchez, F., Meyer, J., Abugaraj, M., Yakkundi, A., Armstrong, N., & Tully, M. (2020). Prevalence and correlates of physical activity in a sample of UK adults observing social distancing during the COVID-19 pandemic. *BMJ Open Sport & Exercise Medicine*, 6(1), e000850. <https://doi.org/10.1136/bmjsem-2020-000850>. IF = 3.9
36. Meyer, J., Ellingson, L., Buman, M., Shook, R., Hand, G., & Blair, S. (2020). Current and 1-year psychological and physical effects of replacing sedentary time with time in other behaviors. *American Journal of Preventive Medicine*, 59(1), 12-20. <https://doi.org/10.1016/j.amepre.2020.02.018>. IF = 4.3
37. Perez, M., Raison, C., Coe, C., Cook, D., & Meyer, J. (2020). Cytokine responses across submaximal exercise intensities in women with major depressive disorder. *Brain, Behavior, and Immunity - Health*. <https://doi.org/10.1016/j.bbih.2020.100046>. No IF yet (new OA journal).
38. Schuch, F., Stubbs, B., Meyer, J., Heissel, A., Zech, P., Vancampfort, D., Rosenbaum, S., Deenick, J., Firth, J., Ward, P., & Carvalho, A. (2019). Physical activity protects from incident anxiety: a meta-analysis of prospective cohort studies. *Depression and Anxiety*, 36, 856-858. <https://doi.org/10.1002/da.22915>. IF = 4.7
39. Meyer, J., Hayney, M., Coe, C., Ninos, C., & Barrett, B. (2019). Differential reduction of IP-10 and C-reactive protein via aerobic exercise or mindfulness-based stress-reduction training in a large randomized controlled trial. *Journal of Sport and Exercise Psychology*, 41(2), 96-106. <https://doi.org/10.1123/jsep.2018-0214>. IF = 2.0
40. Meyer, J., Crombie, K., Cook, D., Hillard, C., & Koltyn, K. (2019). Serum endocannabinoid and mood changes after exercise in major depressive disorder. *Medicine & Science in Sports & Exercise*, 51(9), 1909-1917. <https://doi.org/10.1249/MSS.0000000000002006>. IF = 4.1
41. Barrett, B., Torres, E., Meyer, J., Barnett, J., & Brown, R. (2019). Predictors of Sustained Adherence to Exercise and Meditation Practice, from MEPARI-2, a randomized controlled trial. *Mindfulness*, 10, 1842-1854. <https://doi.org/10.1007/s12671-019-01137-3>. IF = 3.1
42. Ellingson, L., Meyer, J., Shook, R., Dixon, P., Hand, G., Wirth, M., Paluch, A., Burgess, S., Hebert, J., & Blair, S. (2018). Changes in sedentary time are associated with changes in mental wellbeing over 1 year in young adults. *Preventive Medicine Reports*, 11, 274-281. <https://doi.org/10.1016/j.pmedr.2018.07.013>. IF = 2.4
43. Meyer, J., Torres, E., Grabow, M., Zgierska, A., Teng, H., Coe, C., & Barrett, B. (2018). Benefits of 8-wk mindfulness-based stress reduction or aerobic training on seasonal declines in physical activity. *Medicine & Science in Sports & Exercise*, 50(9), 1850-1858. <https://doi.org/10.1249/MSS.0000000000001636>. IF = 4.1
44. Gordon, B., McDowell, C., Hallgren, M., Meyer, J., Lyons, M., & Herring, M. (2018). Association of efficacy of resistance exercise training with depressive symptoms: meta-analysis and meta-regression analysis of randomized clinical trials. *JAMA Psychiatry*, 75(6), 566-576. <https://doi.org/10.1001/jamapsychiatry.2018.0572>. IF = 22.5
45. Lindheimer, J., Meyer, J., Stegner, A., Rougherty, R., Van Riper, S., Shields, M., Reisner, A., Shukla, S., Light, A., & Cook, D. (2017). Symptom variability following acute exercise in ME/CFS: A perspective on measuring post-exertion malaise. *Fatigue: Biomedicine, Health & Behavior*, 5(2), 69-88. <https://doi.org/10.1080/21641846.2017.1321166>. IF = 2.6
46. Thraen-Borowski, K., Ellingson, L., Meyer, J., & Cadmus-Bertram, L. (2017). Non-worksites interventions to reduce sedentary behavior: A systematic review. *Translational Journal of the American College of Sports Medicine*, 2(12), 68-78. <https://doi.org/10.1249/TJX.000000000000036>. IF = 0.9
47. Cook, D., Light, A., Light, K., Broderick, G., Shields, M., Dougherty, R., Meyer, J., VanRiper, S., Stegner, A., Ellingson, L., & Vernon, S. (2017). Neural consequences of post-exertion malaise in Myalgic Encephalomyelitis/Chronic Fatigue Syndrome. *Brain, Behavior, and Immunity*, 62, 87-99. <https://doi.org/10.1016/j.bbi.2017.02.009>. IF = 8.8
48. Dougherty, R., Schultz, S., Boots, E., Ellingson, L., Meyer, J., Van Riper, S., Stegner, A., Edwards, D., Oh, J., Einerson, J., Korcarz, C., Kosciak, R., Dowling, M., Gallagher, C., Carlsson, C., Rowley, H., Bendlin, B., Asthana, S., Hermann, B., Sager, M., Stein, J., Johnson, S., Okonkwo, O., & Cook, D. (2017). Cardiorespiratory fitness is associated with hippocampal volume and episodic memory in a population at risk for Alzheimer's disease. *Brain and Behavior*, 7(3), e00625. <https://doi.org/10.1002/brb3.625>. IF = 2.6
49. Meyer, J., Koltyn, K., Stegner, A., Kim, J., & Cook, D. (2016). Brain derived neurotrophic factor is unrelated to the antidepressant response to acute exercise in depression. *Psychoneuroendocrinology*, 74, 286-294. <https://doi.org/10.1016/j.psyneuen.2016.09.022>. IF = 3.4
50. Meyer, J., Ellingson, L., Koltyn, K., Stegner, A., Kim, J., & Cook, D. (2016). Psychobiological responses to preferred and prescribed intensity exercise in MDD. *Medicine & Science in Sports & Exercise*, 48(11), 2207-2215. <https://doi.org/10.1249/MSS.0000000000001022>. IF = 4.1

51. Meyer, J., Koltyn, K., Stegner, A., Kim, J., & Cook, D. (2016). Influence of exercise intensity for improving depressed mood in depression: A dose-response study. *Behavior Therapy*, 47(4), 527-537. <https://doi.org/10.1016/j.beth.2016.04.003>. IF = 3.4
52. Ellingson, L., Meyer, J., & Cook, D. (2016). Wearable technology reduces prolonged bouts of sedentary behavior. *Translational Journal of the American College of Sports Medicine*, 1(2), 10-17. <https://doi.org/10.1249/TJX.0000000000000001>. IF = 0.9
53. Dougherty, R., Ellingson, L., Schultz, S., Boots, E., Meyer, J., Lindheimer, J., Van Riper, S., Stegner, A., Edwards, D., Oh, J., Kosciak, R., Dowling, M., Gallagher, C., Carlsson, C., Rowley, H., Bendlin, B., Asthana, S., Hermann, B., Sager, M., Johnson, S., Okonkwo, O., & Cook, D. (2016). Meeting physical activity recommendations may be protective against temporal lobe atrophy in older adults at risk for Alzheimer's disease. *Alzheimer's & Dementia: Diagnosis, Assessment & Disease Monitoring*, 4, 14-17. <https://doi.org/10.1016/j.dadm.2016.03.005>. IF = 4.0
54. Shukla, S., Cook, D., Meyer, J., Vernon, S., Le, T., Clevidence, D., Robertson, C., Schrodi, S., Yale, S., & Frank, D. (2015). Changes in gut and plasma microbiome following exercise challenge in Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS). *PLoS ONE*, 10(12), e0145453. <https://doi.org/10.1371/journal.pone.0145453>. IF = 2.9
55. Meyer, J., Light, A., Shukla, S., Clevidence, D., Yale, S., & Cook, D. (2013). Post-exertion malaise in chronic fatigue syndrome: symptoms and gene expression. *Fatigue: Biomedicine, Health & Behavior*, 1(4), 190-209. <https://doi.org/10.1080/21641846.2013.838444>. IF = 2.6
56. Cook, D., Stegner, A., Nagelkirk, P., Meyer, J., Togo, F., & Natelson, B. (2011). Responses to exercise differ for chronic fatigue syndrome patients with fibromyalgia. *Medicine & Science in Sports & Exercise*, 44(6), 1186-1193. <https://doi.org/10.1249/MSS.0b013e3182417b9a>. IF = 4.1

Invited Papers, Book Chapters, and Book Reviews

1. Jaisil P, Eid SA, Elzinga SE, Koubek EJ, Meyer JD, Feldman EL (2025). The ketogenic diet as a treatment paradigm for neurological disease. In: Grafman, J.H. (Ed.), *Encyclopedia of the Human Brain*, Second Edition, vol. 4, pp. 202–224. USA: Elsevier.
2. Scudder A, Welk G, Spoth R, Beecher C, Dorneich M, Meyer J, Phillips L & Weems C (2021). Transdisciplinary Translational Science for Youth Health and Wellness: Introduction to a Special Issue. *Child & Youth Care Forum*.
3. Meyer J & Schuch F (2018). Exercise for the Prevention and Treatment of Depression. In: B Stubbs & S Rosenbaum (Eds.), *Exercise-Based Interventions for People with Mental Illness*. The Netherlands, Elsevier. Invited chapter.
4. Stegner A, Shields M, Meyer J, Cook D (2013). Effects of acute and chronic physical activity on chronic pain conditions. In P. Ekkekakis (Ed.), *Routledge Handbook of Physical Activity and Mental Health*. London, Routledge.

RESEARCH AND PUBLICATIONS IN PROGRESS

Manuscripts Under Review:

1. Ellingson L, Lansing JE, Phillips LA & Meyer JD. Efficacy of a randomized controlled trial to reduce sedentary time on pain and mood in chronic low back pain. *Journal of Pain*. IF = 4.0.
2. O'Sullivan D, Gordon BR, Lyons M, Meyer JD, Herring MP. Effects of Resistance Exercise on Depressed Mood State: A Randomized Controlled Trial. *Journal of Affective Disorders*. IF=4.9.

RESEARCH SUPPORT

Extramural Research Support

Current Support

Meyer, J. Principal Investigator. National Institute of Mental Health (NIMH). R61/R33: ActiveCBT for depression: Transforming treatment through exercise priming. 06/2023-03/2025 (R61; Award total: \$1,467,545) & 04/2024-03/2027 (R33; Submitted total: \$2,229,315) [**Project total: \$3,696,860**].

Meyer, J. Principal Investigator. National Institute of Mental Health (NIMH). R01: Resistance exercise to treat major depression via cerebrovascular mechanisms: confirming efficacy and examining response heterogeneity. 06/2023-05/2028 (**Award total: \$3,581,914**).

Kohut M. Principal Investigator. **Meyer, J.** Co-Investigator. National Institute of Allergy and Infectious Diseases (NIAID). Adjuvant effect of physical exercise on immune response to COVID-19 vaccination and interactions with stress. 09/2023-08/2025 (**Award total: \$416,127**).

Completed Support

Meyer J. Principal Investigator. Kent Corporation. Determining the cognitive effects of beverage rehydration (Phases I and II). 01/2020-12/2021 (**Award total: \$142,966**).

Intramural Research Support

Completed Support

Clark, P. Principal Investigator. **Meyer, J.** Co-Investigator. Iowa State University Health Iowa Initiative. Restoring exercise engagement in sedentary populations through the discovery of the biological factors mediating physical inactivity. 2023-2024 (Award total: \$50,000).

Meyer J. Principal Investigator. College of Human Sciences Untenured Seed Grant. Determining the dimensions of the priming window of exercise in major depression. 2018-2020 (Award total: \$10,000).

Meyer J. Principal Investigator. College of Human Sciences Intramural Collaborative Seed Grant. Influence of reducing sedentary behavior on symptoms, inflammation and endocannabinoids in patients with chronic low back pain and elevated depressive symptoms. 2018-2020 (Award total: \$25,000).

Meyer J. Principal Investigator. HRSA T32 Pilot funds. Sedentary behavior measurement tools. 2016 (Award total: \$13,000).

LIST OF PRESENTATIONS

Invited Scholarly Presentations:

Regional, National, or International

1. **Meyer J** (2020). Changes of physical activity and sedentary behavior in response to the COVID-19 pandemic and mental health in US adults. Physical Activity for Health Webinar: COVID-19 and Physical Activity. University of Limerick, Ireland.
2. (Slide session chair) Approaches to Addressing Mental Health (2020). Society of Behavioral Medicine Annual Meeting.
3. (Slide session co-chair) Improving Understanding Of The Interplay Between Physical Activity, Sedentary Behavior, Sleep & Wellness (2019). Society of Behavioral Medicine Annual Meeting.

State and Local

1. **Meyer J** (2024). Taking an Idea from Concept to Funding: A Tale from the Trenches. Fellow Symposium, UW DFMCH.
2. **Meyer J** (2022). Resistance Exercise and Brain Health: Depression and Cerebrovascular Effects. Prime Time Alive Ames, Ames, IA
3. **Meyer J** (2022). Resistance Training: Psychological, Cardiovascular, Respiratory, and physical Effects. Grand Rounds at Mary Greeley Medical Center, Ames, IA.
4. **Meyer J** (2021). COVID and behavior in the US. Young Scholars Program, Clarkson University.
5. **Meyer J** (2021). Prime Time Alive Ames, Ames, IA.
6. **Meyer J** (2021). Rotary Club of Ames, Ames, IA.
7. **Meyer J** (2021). Pandemic behavior: how we've changed and what it means. Center for Industrial Research and Service Webinar.
8. **Meyer J** (2021). Ames Morning Rotary Club, Ames, IA.
9. **Meyer J** (2020). Using exercise in the treatment of depression: a biologically-informed novel approach. Carl Gisolfi Seminar Series, University of Iowa, Iowa City, IA.
10. **Meyer J** (2019). Psychobiological effects of activity: From population health to understanding how exercise might help treat depression. Friday Research Seminar, Des Moines University, Des Moines, IA

11. **Meyer J** (2018). Wellbeing and Exercise. Kinesiology research seminar, Iowa State University, Ames, IA.
12. **Meyer J** (2017). Mental wellbeing and movement. ExerCYse is Medicine, Iowa State University, Ames, IA.
13. **Meyer J** (2017). How do MBSR and Aerobic Exercise Training Affect Physical Activity Behaviors? Fellow Symposium, UW Department of Family Medicine and Community Health (DFMCH), Madison, WI.
14. **Meyer J** (2016). The Psychobiological Priming Window of Exercise: Determining the Dimensions in Depression. Fellow Symposium, UW DFMCH, Madison, WI.
15. **Meyer J** (2016). Sedentary Behavior, Physical Activity and Health: Insights from MEPARI2. Fellow Symposium, UW DFMCH, Madison, WI.
16. **Meyer J** (2015). Sedentary Behavior and Mental Health. Fellow Symposium, UW DFMCH, Madison, WI.
17. **Meyer J** (2014). Proposed dissertation study. Kinesiology Graduate Seminar, UW, Madison, WI.
18. **Meyer J** (2011). Acute exercise-induced gene expression in Chronic Fatigue Syndrome. Kinesiology Graduate Seminar, UW, Madison, WI.

Competitively Reviewed Research Presentations:

Regional, National or International

Talk/Symposium

1. **Meyer J.** Expanding the evidence for the use of exercise in the treatment of depression (2024). In D-21. Bench to bedside and beyond: moving for mental health. American College of Sports Medicine Annual Meeting. Symposium. Sponsored by Physical Activity (PA) SIG.
2. **Meyer J, Lansing J, Brower C, McDowell C, Herring M** (2021). The COVID-19 pandemic and Physical Activity, Sitting Time, Screen time and mental health in adults: initial impact and long-term consequences. *Annals of Behavioral Medicine*, 55, S608. Symposium. Sponsored by Physical Activity (PA) SIG.
3. Ward P, Firth J, Teasdale S, Schuch F, Rosenbaum S, **Meyer J** (submitter, discussant, sponsor recruiter, 2020 – accepted, conference canceled due to COVID-19 pandemic). The role for SBM in 'The Lancet Psychiatry Commission: a blueprint for protecting physical health in people with mental illness. Society of Behavioral Medicine. Symposium. Sponsored by PA, EBBM, IPC SIGs.
4. Barrett B, Torres E, **Meyer J**, Barnet J, Brown R (2018). Predictors of Mindfulness Meditation and Exercise Practice. Symposium. North American Primary Care Research Group Annual Meeting.
5. Ellingson L & **Meyer J** (2018). Harnessing Healthy Habits to Promote Sustained Behavior Change. American College of Sports Medicine Annual Meeting. Tutorial lecture.
6. Barrett B, **Meyer J**, Torres E, Barnet J, Hayer S (2017). Sustained Adherence to Exercise and Meditation Practice in the MEPARI-2 Randomized Controlled Trial. Symposium, American Public Health Association.
7. Ellingson L, **Meyer J**, Thraen-Borowski K (2017). Sedentary behavior: What it is, why it matters, and what we can do about it. Symposium, Midwest ACSM-AM.

Poster/Slide Presentations

8. Smith S, Gidley J, Fernando A, O'Sullivan D, **Meyer, J** (2024). The effects of acute resistance exercise on state anxiety in adults: A systematic review with meta-analysis. *Society of Behavioral Medicine 2025 Annual Meeting*. San Francisco, CA, March 26–29, 2025.
9. Churchill SL, Brellenthin AG, **Meyer J** (2024). Prevalence of psychosocial health outcomes in people with epilepsy and association with guideline adherence from NHIS 2022. *Society of Behavioral Medicine 2024 Annual Meeting*. Philadelphia, PA.
10. Gidley J, Churchill S, Reed K, Frescoln A, Lefferts W, **Meyer J** (2024). The Influence of Depression on Relationships Between Fitness (aerobic and muscular) and Cerebrovascular Hemodynamics. *American College of Sports Medicine 2024 Annual Meeting*. Boston, MA.
11. Smith S, Churchill S, **Meyer J** (2024). The relationship between resistance exercise participation and anxiety in a nationally representative sample. *American College of Sports Medicine 2024 Annual Meeting*. Boston, MA.
12. Fernando A., Lansing J., Ellingson L., **Meyer J** (2024). Associations Between Activity and Exercise-Induced Changes in Endocannabinoids in Adults with Chronic Low Back Pain. Submitted to the *American College of Sports Medicine Annual Conference*, Boston, MA.
13. Rosonke RE, Frescoln AM, Reed KS, Gidley J, Churchill S, **Meyer JD**, Lefferts WK (2024). Associations between grip strength and cerebral hemodynamics in young and middle-aged adults. *American Physiology Summit*, Long Beach, CA.

14. Frescoln AM, Reed KS, Gidley J, Churchill S, **Meyer JD**, Lefferts WK (2024). Effects of perceived social stress on cerebrovascular hemodynamics in young and middle-aged adults. *American Physiology Summit*, Long Beach, CA.
15. Scaliantine R, McDermott R, Stahly J, Schwarting CM, Wade N, **Meyer, J**. How Stigma and Telehealth Therapy Attitudes are Associated with Help Seeking Behavior. *Midwestern Psychological Association*, Chicago, IL. April 18-20, 2024.
16. Bittencourt de Almeida CCS, Holden KG, Jones T, Christ K, **Meyer J**, Morales F, Deatsch A, Stephens AI, Kohut ML (2023). Greater psychological stress at the time of COVID-19 booster immunization accelerates the decline of serum antibody over time. *Autumn Immunology Conference*, Chicago, IL.
17. Gidley JM, Perkins SL, Lansing JE, Lefferts WK, **Meyer JD** (2023). Effects Of Resistance Exercise Training On Cerebral Blood Flow In Individuals With Major Depressive Disorder. *Medicine and Science in Sports and Exercise*, 55(9S), 343.
18. Perkins SL, Lansing JE, **Meyer JD** (2023). Feasibility And Preliminary Efficacy Of A Theory-informed Resistance Exercise Training Single-arm Trial For Major Depression. *Medicine and Science in Sports and Exercise*, 55(9S), 101.
19. Churchill SL, Lansing JE, Brellenthin AG, **Meyer JD** (2023). Epidemiology Of Physical Activity And Sedentary Levels Among Patients Entering Treatment For Substance Use Disorders. *Medicine and Science in Sports and Exercise*, 55(9S), 900.
20. Ellingson L, Lansing J, Phillips LA, **Meyer J** (2023). Efficacy of breaking up sedentary time on pain and mood in chronic low back pain. *Medicine and Science in Sports and Exercise*, 55(9S), 899.
<https://doi.org/10.1249/01.mss.0000988204.49902.dc>
21. Kelly SJE, Churchill SL, Lansing JE, Brellenthin AG, **Meyer JD** (2023). Associations Of Physical Activity And Sedentary Time With Craving In Patients With Alcohol Use Disorder. *Medicine & Science in Sports & Exercise* 55(9S): 97-98. <https://doi.org/10.1249/01.mss.0000980608.04397.ba>
22. Perkins S, Lansing J, **Meyer J** (2022). Effects of an Exercise-Primed Cognitive Behavioral Therapy Pilot Trial on Anxiety in Adults With Depression. *Medicine and Science in Sports & Exercise*. 54(9S) 415.
<https://doi.org/10.1249/01.mss.0000880280.57344.c8>
23. **Meyer J**, Perkins S, Brower C, Lansing J, Wade N (2022). Feasibility of an exercise and CBT intervention for treatment of depression: a pilot randomized control trial. *Society of Behavioral Medicine Annual Meeting*, Baltimore, MD.
24. Cindrich S, Lansing J, **Meyer J** (2022). Epidemiology of engagement in PA behaviors in people with epilepsy and association with seizure parameters from NHIS 2017. *Society of Behavioral Medicine Annual Meeting*, Baltimore, MD.
25. Lansing J, Cindrich S, Brellenthin A, **Meyer J** (2022). Effects of physical activity and sedentary time on mental health in individuals with alcohol use disorder. *Society of Behavioral Medicine Annual Meeting*, Baltimore, MD.
26. Perkins S, Cook D, Herring M, **Meyer J** (2022). State Anxiety Response to Acute Exercise May Vary Based on Intensity Among Depressed Women. *Medicine and Science in Sports & Exercise*, 53(8S), 309-310.
27. Bennett S, Cindrich S, **Meyer J** (2022). Cytokine Levels Post Acute Exercise in Individuals with Major Depressive Disorder. *Medicine and Science in Sports & Exercise*, 53(8S), 304.
28. Cindrich S, Landing J, Brower C, McDowell C, Herring M, **Meyer J** (2022). The Impact of COVID-19 Public Health Restrictions on Time Spent Outside and its Association with Mental Health. *Annals of Behavioral Medicine*, 55, S461.
29. Lansing J, Ellingson L, Goode K, **Meyer J** (2021). Comparison of self-efficacy for reducing sedentary time to self-efficacy for increasing physical activity. *Annals of Behavioral Medicine*, 55, S113.
30. Bunda K, Phillips L, **Meyer J** (2021). Does physical activity moderate the effect of COVID-19 infection rates by geographical location on perceived stress and wellbeing? *Annals of Behavioral Medicine*, 55, S562.
31. More C, More K, **Meyer J**, Phillips L (2021). Cardio and COVID: The Impact of Exercise on Mental Health During a Pandemic. *Annals of Behavioral Medicine*, 55, S93.
32. Perez M, **Meyer J**, Cruz-Maldonado G, Ellingson L (2020). Associations between Daily Steps and Prolonged Sitting and Suicidal Ideation in Depressed Adults. *Medicine and Science in Sports & Exercise* 52(5), S366.
33. Ellingson L, Lansing J, Perez M, DeShaw K, **Meyer J**, Welk G (2020). Changes in sedentary behavior predict changes in symptoms in patients with chronic low back pain. Presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA.
34. Cruz-Maldonado G, Perez M, Lansing J, Ellingson L, Cook D, **Meyer J** (2019). Improving Acute Exercise Prescription in Depression: Predictors of optimal intensity for improving depressive mood. *Medicine and Science in Sports & Exercise*, 51(6), 112.

35. Lansing, J, **Meyer, J**, Perez M., Cruz-Maldonado G, Ellingson, L (2019). Self-Efficacy for Changing Sedentary Behavior or Physical Activity: Comparisons in Healthy and Chronic Pain Populations. *Medicine and Science in Sports & Exercise*, 51(6) 390.
36. Perez M, Lansing, J, **Meyer J**, Cruz-Maldonado G, Ellingson L (2019). Self-Efficacy to Reduce Sedentary Behavior: Differences between Depressed and Healthy Populations. *Medicine and Science in Sports & Exercise*, 51(6), 834.
37. **Meyer J**, Ellingson L, Buman M, Shook R, Hand G, Blair S (2018). Effects of Isotemporal Substitution of Sedentary Time (Total and Prolonged Bouts) on Mental Wellbeing. *Medicine and Science in Sports & Exercise*, 50(5S), 716.
38. Perez M, Ellingson L, Lansing J, Southard K, **Meyer J**, Welk G (2018). Effects of Physical Activity Trackers and Motivational Interviewing on Mood in Chronic Low Back Pain. *Medicine and Science in Sports & Exercise*, 50(5S), 757-758.
39. Gordon B, McDowell C, Lyons M, Hallgren M, **Meyer J**, Herring M (2018). The Effects of Resistance Exercise Training on Depressive Symptoms: A Meta-Analysis of Randomized Controlled Trials. *Medicine and Science in Sports & Exercise*, 50(5S), 5.
40. Thraen-Borowski K, Hofstetter A, Mills E, Anderson M, Valente R, Ellingson L, **Meyer J** (2018). Objectively-measured and Self-reported Sedentary Behavior and its Association with Mental Wellbeing in College Students. *Medicine and Science in Sports & Exercise*, 50(5S), 717.
41. **Meyer J**, Crombie K, Cook D, Hillard C, Koltyn K (2018). Endocannabinoid and mood responses to moderate and preferred intensity exercise sessions in major depressive disorder. *Annals of Behavioral Medicine*, 52, S69.
42. Perez M, **Meyer J**, Raison C, Coe C, Cook D (2018). Changes in acute inflammatory markers in response to exercise in major depressive disorder. *Annals of Behavioral Medicine*, 52, S67.
43. **Meyer J**, Torres E, Grabow M, Zgierska A, Coe C, Barrett B (2017). Both MBSR and Aerobic Exercise Training can Affect Physical Activity Behavior in Sedentary Individuals. *Medicine and Science in Sports & Exercise*, 49(5S), 861-862. <https://doi.org/10.1249/01.mss.0000519329.37055.8a>
44. Ellingson L, **Meyer J**, Shook R, Blair S (2017). Longitudinal Influence of Prolonged and Short Bouts of Sedentary Time on Mental Wellbeing. *Medicine and Science in Sports & Exercise*, 49(5S), 854.
45. **Meyer J**, Ellingson L, Cook D (2017). Affective improvements following acute exercise are not dependent on habitual physical activity levels in MDD. *Annals of Behavioral Medicine*, 51(S1), S2715-2716.
46. Lindheimer J, **Meyer J**, Dougherty R, Shields M, Ellingson L, Stegner A, Cook D (2016). Post-exertion malaise: Variability of symptoms within and across two studies of chronic fatigue syndrome patients. International IACFS/ME Research and Clinical Conference.
47. Lansing J., Ellingson L, **Meyer J**, Phillips L (2016). Developing habits with wearable fitness monitors promotes physical activity. Society of Behavioral Medicine. Rapid Communication Poster.
48. **Meyer J**, Ellingson L, Cook D (2015). Characterizing Sedentary and Physical Activity Behaviors and their Relationships to Symptoms in Depressed Females. Society of Behavioral Medicine. Rapid Communication Poster.
49. **Meyer J**, Koltyn K, Nitschke J, Cook D (2015). Preferred Intensity Exercise Does Not Improve Mood More than Prescribed Intensity in Major Depressive Disorder. *Medicine and Science in Sports and Exercise*, 47, 559-560.
50. Dougherty R, Shields M, **Meyer J**, Van Riper S, Stegner A, Schwabacher I, Cook D (2015). Post-exertion Malaise in ME/CFS: Brain and Behavioral Interactions. *Medicine and Science in Sports and Exercise*, 47(5S), 267.
51. **Meyer J**, Dougherty R, Shields M, Cook D (2013). Muscle pain and gene expression: acute exercise responses and adaptations to training. *Medicine and Science in Sports and Exercise*, 45(5), 280.
52. **Meyer J**, Light A, Stegner A, Shukla S, Cook D (2012). Gene expression and symptom changes following a maximal exercise test in chronic fatigue syndrome. *The Journal of Pain*, 13(4), S42.
53. **Meyer J**, Stegner A, Natelson B, Cook D (2011). Psychobiological response to exercise differs between chronic fatigue syndrome (CFS) and CFS with comorbid fibromyalgia. *Medicine and Science in Sports & Exercise*, 43(5), 325-326.

Submitted

1. Kelly, S., Stielow, C., Heinzl, S., Heissel, A., **Meyer, J**. Twelve-Week Intervention Comparing High- and Low-Intensity Exercise to Waitlist Control (n=113) on IGF-1 in MDD. Submitted to American College of Sports Medicine Annual Conference, Atlanta, GA. May 27-May 30, 2025
2. Gidley, J., Lansing, J., Kelly, S., Smith, S., Churchill, S., Jouzi, T., Molina, A., Wade, N., **Meyer, J**. The acute effects of moderate intensity exercise vs quiet rest on state anhedonia in MDD. Submitted to American College of Sports Medicine 2025 Annual Meeting. Atlanta, GA, May 27-30, 2025.

Juried National/Regional Undergraduate Mentee Presentations

1. Kuzniar, J., Kauth, M., Perkins, S., Lansing, J., & Meyer, J (2023). Satisfaction with a resistance exercise training pilot intervention among adults with depression. *Northland American College of Sports Medicine Annual Conference*, Sioux Falls, SD.
2. Owens S., McKenzie F., Kelly S., Churchill S., Meyer J (2023). Examining Alertness and Rehydration Levels After Exercise in Extreme Heat with Electrolyte Drinks. *Northland ACSM Annual Meeting*, Sioux Falls, SD.
3. Patel S., Kelly S., Lansing J., Meyer J (2023). Associations of Sedentary Time with IL-6 and Depression in those with Chronic Low Back Pain. *Northland ACSM Annual Meeting*, Sioux Falls, SD.
4. Fernando A., Lansing J., Ellingson L., Meyer J (2023). Associations Between Activity and Exercise-Induced Changes in Endocannabinoids in Adults with Chronic Low Back Pain. *Northland ACSM Annual Meeting*, Sioux Falls, SD.
5. Slocum J, Lansing J, Perkins S, Wade N, Meyer J (2022). A mixed methods analysis of the Working Alliance Inventory between conditions in a pilot feasibility randomized control trial of exercise priming for CBT augmentation in adults with depression. *Midwest Psychological Association Annual Conference*, Chicago, IL.
6. Gonzalez, M., Lansing J, Meyer J (2022). How does electrolyte loss influence mood state after acute exercise? *Northland 2022 Annual Meeting*. Minneapolis, MN.
7. Gidley J, Lansing J, Perkins S, Brower C, Meyer J (2022). Effects of resistance exercise training and complementary exercise on mental health during COVID-19. *Northland ACSM Annual Meeting*.
8. Schreck Z, Brower C, Meyer J (2022). Alcohol intake and physical activity as predictors of mental health during the COVID-19 pandemic. *Northland ACSM Annual Meeting*. Minneapolis, MN.
9. Kiehne E, Perkins S, Lansing J, Meyer J (2022). Effects of physiological and perceptual exercise intensity on sweat loss rate in a temperature-controlled environment. *Northland ACSM Annual Meeting*. Minneapolis, MN.
10. Brown J, Cindrich S, Meyer J (2022). Effects of meeting U.S. PA Guidelines on trait worry in substance use disorder treatment. *Northland ACSM Spring Meeting*. Minneapolis, MN.
11. Tisdell R, Perkins S, Lansing J, Meyer J (2021). Examining the effects of socioeconomic factors and activity-related behaviors on severity of depressive symptoms in young adults during implementation of COVID-19 restrictions. *2021 National Conference on Undergraduate Research*.
12. Cuvelier E, Cindrich S, Meyer J (2020). Mental health among college athletes. *ISU Honors Program Fall Symposium*. Ames, IA. * Also presented at *2021 National Conference on Undergraduate Research*.
13. Meza M, Lansing J, Perez M, Cruz-Maldonado G, Meyer J (2020). Changes in Cognitive Function after Exercise in Patients with MDD with Good vs Poor Sleep. *IINSPIRE LSAMP Annual Conference*. Cedar Rapids, IA.
14. Bennett S, Lansing J, Meyer J (2019). Education level influence cognitive function post exercise in depressed individuals. *Midwest ACSM Regional Meeting*. Chicago, IL.
15. Williams T, Perez M, Meyer J (2019). Stress and objectively measured sedentary time in major depressive disorder. *Midwest ACSM Regional Meeting*. Chicago, IL.
16. Meza M, Lansing J, Perez M, Cruz-Maldonado G, Meyer J (2019). Changes in Cognitive Function after Exercise in Patients with MDD with Good vs Poor Sleep. *Midwest ACSM Regional Meeting*. Chicago, IL.

Selected Media Coverage (Combined Reach Of >1 billion As Of 2024)

- 1/10/24 Iowa Public Radio. The Talk of Iowa. [Featured guest on Exercise for Mental Health](#).
- 4/18/22 *The Wall Street Journal*. [Yes, you can be more than your job title](#).
- 10/6/21 NPR. [Sitting too much drags down your mental health. Here's how to get moving](#).
- 12/29/20 The Conversation. [Group exercise may be even better for you than solo workouts – here's why](#). Written by L. Alison Phillips and Jacob Meyer.
- 5/27/20 *New York Times*. [A Possible Remedy for Pandemic Stress: Exercise](#).
- 5/19/20 ISU News Service. [Replacing time spent sitting with sleep or light activity may improve your mood](#)
- 5/12/20 *TIME*. [COVID-19 is making Americans even more sedentary. The effects could be long-lasting](#).
- 10/9/19 *The Globe and Mail*. [Exercise lowers the risk of depression—and may help treat it, too](#).
- 8/21/19 *New York Times*. [Exercise may boost mood for women with depression. Having a coach may help](#).
- 11/7/18 *New York Times*. [How meditation might help your winter workouts](#).
- 5/14/18 ISU News Service. [Motivation to move may start with being mindful](#)

Other Scholarly Activities

Research Development

2023 Research Collaboration Catalysts Participant, *Iowa State University OVPR*

2019 Grant Writers' Seminars & Workshops, *Grant Proposal Writing Workshop Participant***TEACHING****Undergraduate Courses Taught (*Bold denotes course taught at UW as faculty):**

Course Title	Catalog #	Credit Hours	Average Students per Class	# of Semesters Taught	Years Taught
*Exercise Psychology	KINES 350	3	48	1	2024 F
Exercise Psychology	KIN 366 (ISU)	3	100	3	2022-23 FS
Physical Activity Epidemiology	H S 464 (ISU)	3	30	7	2018-21 FS
Undergraduate research	BIOL 499 (ISU)	2 or 3	1	3	2020 F & 21 S
Undergraduate Honors Project	KIN 490H (ISU)	2	1	3	2020 F & 21 SF
Exercise for Mental Health	KIN 466 (ISU)	3	25	5	2020-23 S & F start 2021
Internship in Health Studies	H S 485 (ISU)	8	1	1	2019 SS
Internship in Exercise Science	KIN 485 (ISU)	10	1	1	2019 S
Health Behavior Change	KIN 467 (ISU)	3	30	1	2017 F
<i>Exercise, Nutrition and Health</i>	<i>PE 100 (UW; CO- INSTRUCTOR)</i>	<i>3</i>	<i>200</i>	<i>1</i>	<i>2011 F</i>

Graduate Courses Taught:

Course Title	Catalog#	Credit Hours	Average Students per Class	# of Semesters Taught	Years Taught
Physical Activity Epidemiology	H S 564 (ISU)	3	1-6	4	2018-21 S
Practicum in Teaching	KIN 592 (ISU)	3	1	1	2019 S
Research credits	KIN 699 (ISU)	1-5	1-3	10	2019-23 FS SS
<i>Psychological Effects of Exercise</i>	<i>KIN 700 (UW)</i>	<i>3</i>	<i>18</i>	<i>1</i>	<i>2016 S</i>
<i>Research in Physical Activity</i>	<i>KIN 991 (UW)</i>	<i>3</i>	<i>23</i>	<i>1</i>	<i>2015 F</i>

Scholarly Teaching Activities:**Funded projects**

2019-2021: Building Connections and Developing KIN 466X: Exercise for Mental Health Conditions, College of Human Sciences Innovative Teaching Initiative (**PI: Meyer**, \$20,000)

Teaching Mentor

2020 KIN 466X Spring: Practicum in teaching, Maria Perez (PhD candidate)

2019 KIN 592 Spring: Practicum in teaching, Jeni Lansing (PhD candidate)

Materials developed

KIN 466: Exercise for Mental Health: I developed all course materials (first offered Spring 2020, met enrollment cap every semester).

H S 464/564: Physical Activity Epidemiology: I re-organized content and developed new content to specifically address the 2nd edition of the US Physical Activity Guidelines (2018) to keep the course up to date.

Guest lecturer/speaker

2024 Guest lecturer on "Exercise Psychology" in KINES 119: Introduction to Kinesiology, UW

2024 Guest online module for "Exercise for Anxiety and Depression" in KINS 5595 Special Considerations in Exercise Prescription, UConn (Instructor: Pescatello)

- 2023 Guest lecturer on “Exercise Psychology in Aging” in KIN 573: PA and Healthy Aging, ISU
- 2023 Guest lecturer on “Exercise for Mental Health” for UNC-Greensboro Graduate Exercise Psychology (Instructor: Jackie Maher)
- 2019-2024 Expert outside faculty presenter on “Exercise and Depression” in KIN 252: Disciplines and Professions in Kinesiology and Health, ISU
- 2021 Expert panelist for Psychology Learning Community, ISU
- 2020-2021 Expert panelist for KIN 253: Orientation and Learning Community in Kinesiology and Health, ISU
- 2019 Guest expert for two capstone projects in AMD 496: Product Development and Prototyping, ISU
- 2018 Guest lecturer on “Physical activity epidemiology” in KIN 501: Graduate Research Methods, ISU
- 2012-2017 Guest lecturer on “Exercise, depression & anxiety” in KIN 350: Intro to Ex. Psychology, UW

Doctoral Students Supervised (**bold** indicates my role as major professor)

Year Completed	Name	Dissertation Title
2026 (exp)	Seana Perkins	TBD
2025 (exp)	Sydney Cindrich	The effect of exercise training in the treatment of epilepsy
2024	Joseph Saavedra	Physical activity, cardiorespiratory fitness, and respiratory impairment in adults
2023	Nick Lamoureux	Evaluation and Enhancement of the Walk with Ease Program to Support Older Adult Physical Activity
2020	Jeni Lansing	Understanding the importance of sedentary time in chronic pain
2020	Maria Perez	Physical activity and sedentary behavior in depression
2020	Mark Hartmann	The neural basis of the sense of fatigue
2019	Kathrynn DeShaw	Methods and evaluation of a health coach training practicum experience for healthy lifestyle behavior change

Masters Students Supervised (**bold** indicates my role as major professor)

Year Completed	Name	Thesis Title
2026 (exp)	John Gidley	TBD
2024	Shania Kelly	The influence of acute exercise on IGF-1 in Major Depressive Disorder
2023	Jackson Miller	A Program Evaluation of a Flexible Non-Linear Periodization Model in a Collegiate Basketball Setting
2022	Seana Perkins	The effect of exercise on anxiety in adults with depression: (1) acute exercise intensity influence and (2) exercise-augmented cognitive behavioral therapy treatment
<i>[2022 exit]</i>	<i>Cassandra Brower</i>	<i>[Exit program pre-degree]</i>
2021	Brandon Brokshus	Stage Combat and Health
2021	Alberto Palmero Canton	Effects of Cardiorespiratory Fitness and Muscular Strength on the Association between Arterial Stiffness and Depression in Older Adults
2021	Tanna Mafnas	Cognitive and affective correlates of current physical activity: Does the length of regular participation moderate the relationships?
2020	Gabrial Cruz-Maldonado	Influence of physical activity on the affective and mood state response to an exercise session in adults with major depressive disorder

2019	Emma Albin	Associations of cardiorespiratory fitness and muscular strength with arterial stiffness in older adults
2019	Markus Flynn	Effect of physical activity as a moderator on the association between perceived racial discrimination and depression in African Americans
2018	Heather Danzer	Randomized controlled trial to examine the effects of health-related quality of life in inactive adults with elevated blood pressure

SERVICE

University Service

2024-present	Marsh Committee, Member, <i>UW-Madison</i>
2023-2024	Institutional Review Board, <i>ISU</i>
2019-2021	Member, College of Human Sciences Research Visioning Committee, <i>ISU</i>
2023-2024	KIN Department Outcomes Assessment and CIP Committee (OUT), Assistant Chair, <i>ISU</i>
2022-2024	KIN Department Executive Committee, Member, <i>ISU</i> , (elected)
2021-2022	Pease Family Scholar Committee, Member, <i>ISU</i> ,
2020-2023	KIN Department Graduate Executive Committee, Member, <i>ISU</i> ,
2017-2023	KIN Department Undergraduate Student Scholarship Committee, Member, <i>ISU</i> ,
2017-2020	KIN Department Undergraduate Curriculum and Standards Committee, Member, <i>ISU</i> ,
2017-2019	KIN Department Social Committee, Member, <i>ISU</i> ,
2017	Kinesiology representative at College of Human Sciences graduation, <i>ISU</i>
2011-2015	Kinesiology Graduate Student Cohesion Committee, Co-Chair, <i>UW-Madison</i>
2012	Graduate Studies Committee, Student Representative, <i>UW-Madison</i>

Professional/Community Service

2022-present	Scientific Education Committee Member, Society of Behavioral Medicine
2022-present	Editorial Board Member, Mental Health and Physical Activity (IF: 2.3 in 2023; 4.7 in 2022)
2019-2024	Mental Health Area Topic Chair, Society of Behavioral Medicine
2019-present	ACSM Annual Meeting abstract reviewer
2017-present	SBM Annual Meeting abstract reviewer

Grant Reviewer

2024-present	Biobehavioral Medicine and Health Outcomes (BMHO) study section, <i>NIH</i> standing member
2024	Biobehavioral Medicine and Health Outcomes (BMHO) study section, <i>NIH</i> , ad hoc member
2023	Small Business: Biobehavioral Processes (BP-10) study section, <i>NIH</i> , ad hoc member
2023	Biobehavioral Medicine and Health Outcomes (BMHO) study section, <i>NIH</i> , ad hoc member
2021	Biobehavioral Medicine and Health Outcomes (BMHO) study section, <i>NIH</i> , ad hoc member
2021	Biobehavioral Medicine and Health Outcomes (BMHO) study section, <i>NIH</i> , Early Career Reviewer
2020	Innovative Teaching Initiative internal grant review panel, <i>ISU</i>
2012	Vilas Travel Grant Committee, Member, <i>UW-Madison</i>

Ad/Hoc Journal Reviewer

JAMA Psychiatry, American Journal of Psychiatry, Journal of Consulting and Clinical Psychology, International Journal of Clinical and Health Psychology, American Journal of Public Health, Journal of Sport and Exercise Psychology, Psychoneuroendocrinology, Medicine and Science in Sports and Exercise, Mindfulness, Psychology of Sport and Exercise, Journal of Sports Sciences, Substance Abuse, PLOS One, Psychiatry Research, European Journal of Sports Science, Journal of Physical Activity and Health, Mental Health and Physical Activity, Fatigue: Biomedicine, Health & Behavior, International Journal of Sport and Exercise Psychology and others.

Professional Affiliations

2021-present	<u>Elected Fellow</u> of the American College of Sports Medicine (FACSM)
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2015-present Society of Behavioral Medicine (Physical Activity special interest group)

2015-present Sedentary Behavior Research Network

2015-2016 Society of Health and Physical Educators (SHAPE)

2010-2013 American Pain Society

2010-2021 Member, American College of Sports Medicine (Psychobiology special interest group)