

# Courtney M. Monroe, Ph.D., ACSM EP-C

CURRICULUM VITAE

Updated 10-14-2024

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University of South Carolina  
Arnold School of Public Health  
Department of Health Promotion, Education, and Behavior  
Technology Center to Promote Healthy Lifestyles  
Columbia, SC 29208  
cmmonroe@mailbox.sc.edu

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## EDUCATION

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- 2014-2016 **Postdoctoral Fellowship**  
*University of South Carolina, Columbia, SC*  
Technology Center to Promote Healthy Lifestyles  
Department of Exercise Science
- 2011-2014 **Doctor of Philosophy in Kinesiology and Sport Studies**  
*University of Tennessee, Knoxville, TN*  
Concentration: Kinesiology  
Specialization: Exercise Physiology  
Cognate: Nutrition
- 2007-2009 **Master of Science in Kinesiology and Recreation**  
*Illinois State University, Normal, IL*  
Sequence: Exercise Physiology
- 2004-2006 **Bachelor of Science in Education (Graduated Summa Cum Laude)**  
*Eastern Illinois University, Charleston, IL*  
Major: Physical Education with teacher certification  
Minor: Health Studies with secondary endorsement  
Certificate Type: Grades K-12
- 2002-2003 *Bradley University, Peoria, IL*
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## PROFESSIONAL EXPERIENCE

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- 2024-Present **Associate Professor with Tenure**, *University of South Carolina, Columbia, SC*, Department of Health Promotion, Education, and Behavior
- 2016-2024 **Assistant Professor**, *University of South Carolina, Columbia, SC*, Department of Health Promotion, Education, and Behavior
- 2022-2023 **Musculoskeletal Injury Research with Public Health Focus Faculty Fellow**, *United States Department of Defense, U.S. Army Research Institute of Environmental Medicine*
- Fall 2012-Spring 2014 **Graduate Teaching Associate**, *University of Tennessee, Knoxville, TN*, Department of Kinesiology, Recreation, and Sport Studies
- Summer 2012 and 2013 **Exercise Physiology Laboratory Instructor**, *University of Tennessee, Knoxville, TN*, Department of Kinesiology, Recreation, and Sport Studies
- Fall 2011-Spring 2012 **Graduate Associate**, *University of Tennessee, Knoxville, TN*, Department of Kinesiology, Recreation, and Sport Studies, Center for Physical Activity and Health

2010-2011	<b>Undergraduate Coordinator (Exercise Science Degree Program) and Graduate and Undergraduate Internship Coordinator (Exercise Science Degree Programs), Old Dominion University, Norfolk, VA, Department of Human Movement Sciences</b>
2009-2011	<b>Full-time Lecturer and Undergraduate Adviser (Exercise Science Degree Program), Old Dominion University, Norfolk, VA, Department of Human Movement Sciences</b>
2007-2009	<b>Graduate Assistant (Instructor), Illinois State University, Normal, IL, School of Kinesiology and Recreation</b>
Summer 2008	<b>Intern, Greenville Health System (formerly Greenville Hospital System): Life Center Health &amp; Conditioning Club, Greenville, SC</b>
Spring 2007	<b>Substitute Teacher (elementary and high school), Macon County Schools, Macon County, IL</b>
Fall 2006	<b>Student Teacher, Main Street Elementary School, Shelbyville, IL, and Central A&amp;M High School, Moweaqua, IL</b>
Fall 2006	<b>Assistant Basketball Coach (7<sup>th</sup> and 8<sup>th</sup> grade girls), Central A&amp;M Middle School, Assumption, IL</b>

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## TRAINING

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<b>June 2024</b>	<b>The University of Oklahoma Health Sciences Insight™ mHealth scholar, Oklahoma City, OK</b>
<b>May 2018</b>	<b>NIH Training on Optimization of Behavioral and Biobehavioral Interventions scholar, North Bethesda, MD</b>
<b>August 2017</b>	<b>NIH mHealth Summer Training Institute scholar, Los Angeles, CA</b>
<b>July 2017</b>	<b>NIH Summer Institute on Randomized Behavioral Clinical Trials scholar, Warrenton, VA</b>

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## PROFESSIONAL CERTIFICATIONS AND CREDENTIALS

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**Exercise is Medicine (EIM) Credential, American College of Sports Medicine, 2015-Present**

**Certified Exercise Physiologist (EP-C), American College of Sports Medicine, 2009-Present**

**Initial Special Teaching Certification (Physical Education grades K-12 and Health Education grades 9-12), Illinois State Board of Education, 2006-Present**

**Certified in Lay Responder CPR/AED/First Aid, American Red Cross, 2006-Present**

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## HONORS AND AWARDS

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- Career Influencer Award. Awarded to faculty and staff by the Career Center for being highlighted by an anonymous graduate as a key influence on their career journey (University of South Carolina), 2024
- Selected as an Outstanding Author by the editors of *mHealth* journal, 2024
- ASPH James A. Keith Excellence in Teaching Award (University of South Carolina), 2023
- Distinguished Undergraduate Research Mentor Award (University of South Carolina), 2021
- Ann Johnson Institute Faculty Fellow. Awarded to inspiring research mentors in science, technology, and society (University of South Carolina), 2020
- Southeastern Conference Faculty Travel Grant Program recipient (University of South Carolina), 2019-2020
- Chancellor's Honors: Extraordinary Professional Promise Award (University of Tennessee), 2014
- Edward K. Capen Award for research achievements (University of Tennessee), 2014
- Dean's Graduate Student Advisory Board member (University of Tennessee), 2013-2014
- Cifers Fellowship (University of Tennessee), Summer 2012 and Summer 2013

- Shining Star Award. Awarded to inspiring faculty by the Division of Student Affairs (Old Dominion University), 2011
- Outstanding Graduate Teaching Assistant Award (Illinois State University), 2009
- Dorothy M. Hart Memorial Scholarship (Eastern Illinois University), 2006
- Physical Education Honors Club member (Eastern Illinois University), 2006
- Dean's Scholarship (Bradley University), 2002-2003
- Athletic Scholarship, Softball (Bradley University), 2002-2003

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## RESEARCH SUPPORT

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### Current

R01DK138115-01 (PI: Monroe) 03/15/24-12/31/28

NIH-NIDDK

**Using Existing Social Ties to Promote Physical Activity: Effects of Digitally Delivered Team Social Support Training**

Total award amount: \$3,052,336

RFA-DP-24-004 (PI: Wilcox) 09/30/24-08/31/29

Centers for Disease Control and Prevention

**The USC PRC: Community-based Participatory Research to Study Church Implementation of an Evidence-based Social Support Intervention to Increase Physical Activity among Older African American Adults**

Total award amount: \$4,992,232

Role: Co-Investigator

R01DK129302-01 (PI: Turner-McGrievy) 07/16/21-06/30/25

NIH-NIDDK

**Targeting Important Behaviors for Weight Loss Through the Use of Social Gaming and Points: The Social Pounds Off Digitally (Social POD) Study**

Total award amount: \$2,367,084

Role: Co-Investigator

### In-Kind

R25AI172761-01 (MPI: Li and Zhang) 06/01/23-05/31/28

NIH-NIAID

**Big Data Health Science Emerging Scholar (e-Scholar) Program for Infectious Diseases**

Total award amount: \$1,565,000

Role: Research mentor

### Completed

ASPIRE-1, Track 1 (PI: Monroe) 07/01/20-06/30/23

Internal USC Grant

Total award amount: \$15,000

**Evaluating Columbia Moves 2.0: A Social Network Approach Using Team Autonomy Social Support Training and Technology to Increase Physical Activity**

DK020593 Southeastern Regional Pilot and Feasibility Program (PI: Monroe) 08/15/20-08/15/22

NIH-NIDDK/Vanderbilt University School of Medicine

Total award amount: \$150,000

**Gamifying Social Support to Promote Physical Activity Among Insufficiently Active African American Adults in the Southeast United States: A Mixed-Methods Approach**

R01DK056746 (PIs: West and Harvey) NIH-NIDDK Total award amount: \$1,592,766 <b>Internet Assisted Obesity Treatment Enhanced by Financial Incentives</b> Role: Interventionist	08/01/15-6/30/20
ASPIRE-II (PI: Frongillo) Internal USC Grant Total award amount: \$99,998 <b>Positioning UofSC for Global Prominence in Research on Prevention and Management of Chronic Disease</b> Role: Co-Investigator and Study Leader for one of six individual studies that were part of the overall grant (Study title: Mobile health for innovative strategies protecting adults from risk factors for chronic diseases)	07/01/17-12/31/19
ASPIRE-1, Track 1 (PI: Monroe) Internal USC Grant Total award amount: \$15,000 <b>Evaluating Columbia Moves: A Social Network Approach Using a Team Competition and Technology to Increase Physical Activity</b>	07/01/17-09/30/19
ASPIRE-1, Track 2-B (PI: Monroe) Internal USC Grant Total award amount: \$5,000 <b>Using Technology to Enhance Social Support for Weight Loss</b>	05/16/15-08/15/17
Technology Center to Promote Healthy Lifestyles-USC (PI: West) Funded by Technology Center to Promote Healthy Lifestyles <b>HealthE U: Technology-based Health Promotion on College Campus</b> Role: Co-Investigator	01/01/15-03/01/16
Technology Center to Promote Healthy Lifestyles-USC (PI: West) Funded by Technology Center to Promote Healthy Lifestyles <b>Weight Gain Prevention: Freshman College Students' eHealth Interests and Preferences</b> Role: Co-Investigator	08/01/15-12/31/15
<b><u>Student Research</u></b>	
<i>Completed</i>	
HT94022210012, Kristen Zosel (Doctoral Candidate, PI) Department of Defense-Defense Health Agency Military Health System Research Program Total award amount: \$1,100,000 <b>Examining the Role of Social Networks on Health-related Behaviors and Musculoskeletal-related Medical Discharges in the Army</b> Role: Primary Grant Mentor and Co-I	07/01/22-06/30/24
Ali Sherrill (Undergraduate Student, Co-PI) Magellan Mini-Grant Scholar and Magellan Apprentice Scholar recipient Internal USC Grants Total award amounts: \$1000/award (total: \$2000) <b>Instagram Influencers in Physical Activity, Diet, and Weight Control: Exploring Content Quality and Influence among College Students</b>	07/01/20-6/30/21

**(Extension of Ongoing Study)**

Role: Mentor and Co-PI

Reid Davis (Undergraduate Student, Co-PI)

12/17/19-6/30/21

Magellan Scholar Award recipient

Internal USC Grant

Total award amount: \$2,750

**Instagram Influencers in Physical Activity, Diet, and Weight Control:**

**Exploring Content Quality and Influence among College Students**

Role: Mentor and Co-PI

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**PUBLICATIONS**

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Underlined name denotes student/mentee or postdoctoral fellow under my direct guidance for the project.

**Articles in Refereed Journals**

1. Davis K, Abshire DA, **Monroe C**, Rudisill C, Kaczynski AT. Association between obesogenic environments and childhood overweight/obesity across the United States: Differences by rurality. *The Journal of Rural Health*. <https://doi.org/10.1111/jrh.12891>
2. Jake-Schoffman DE, Lavoie HA, White TI, **Monroe CM**, Christou DD. Cadence as a behavioral target in physical activity interventions: a narrative review. *American Journal of Lifestyle Medicine*. 2024;15598276241236417.
3. **Monroe CM**, Zosel K, Stansbury M, Younginer N, Davis RE, Dutton G, Newton RL Jr., Cai B, West DS. A focus group study among insufficiently active African American adults regarding team-based gamification for physical activity promotion. *mHealth*. 2024;10:3.
4. **Monroe CM**, Cai B, Edney S, Jake-Schoffman D, Brazendale K, Bucko A, Armstrong B, Yang C, Turner-McGrievy G. Harnessing technology and gamification to increase adult physical activity: A cluster randomized controlled trial of the Columbia Moves pilot. *International Journal of Behavioral Nutrition and Physical Activity*. 2023;20:129.
5. Wilburn K, **Monroe C**, Hunt E, Laflamme C, Brazendale K, Weaver G. Examining adolescents' obesogenic behaviors on structured days: A systematic review and meta-analysis. *International Journal of Obesity*. 2022;46(3):466-475.
6. West DS, Krukowski RA, **Monroe CM**, Stansbury ML, Carpenter CA, Finkelstein EA, Naud S, Ogden D, Harvey JR. Randomized controlled trial of financial incentives during weight loss induction and maintenance in online group weight control. *Obesity*. 2022;30:106-116.
7. Ingram LA, **Monroe C**, Wright H, Burrell A, Jenks R, Cheung S, Friedman D. Fostering distance education in health promotion: Lessons from a collaborative online international learning (COIL) approach. *Frontiers in Education*. 2021;6:782674.
8. Turner-McGrievy GM, Yang C-H, **Monroe C**, Pellegrini C, West DS. Is burden always bad? Emerging low-burden approaches to mobile dietary self-monitoring and the role burden plays with engagement. *Journal of Technology in Behavioral Science*. 2021;6:447-455.
9. Handlery R, Stewart JC, Pellegrini C, **Monroe C**, Hainline G, Flach A, Handlery K, Fritz S. Physical activity in de novo Parkinson disease: Daily step recommendation and effects of treadmill exercise on physical activity. *Physical Therapy*. 2021. <https://doi.org/10.1093/ptj/pzab174>.

10. Handlery R, Regan EW, Stewart JC, Pellgrini C, **Monroe C**, Hinline G, Handlery K, Fritz SL. Predictors of daily steps at 1-year poststroke. *Stroke*. 2021;52:1768-1777.
11. Brazendale K, Brazendale AB, Garcia J, **Monroe CM**, Weaver RG, Beets MW. Brief report: Obesogenic behaviors of children with developmental disabilities during summer. *Journal of Autism and Developmental Disorders*. 2021;51:734-740.
12. Brandt HM, Sundstrom B, **Monroe C**, Turner-McGrievy G, Larsen C, Stansbury M, Magradery K, Gibson A, West DS. Evaluating a technology-mediated HPV vaccination awareness intervention: A controlled, quasi-experimental, mixed methods study. *Vaccines*. 2020;8:749.
13. West DS, Krukowski RA, Finkelstein EA, Stansbury M, Ogden DE, **Monroe CM**, Carpenter CA, Naud S, Harvey J. Adding financial incentives to an online group-based behavioral weight control: an RCT. *American Journal of Preventive Medicine*. 2020;59(2):237-246.
14. Bujak BK, Blake C, Beattie P, Harrington S, **Monroe CM**, Wilkie D, Earwood M. An interdisciplinary intensive outpatient pain program is associated with improved patient activation and key outcomes. *Pain Management*. 2020;10(5):307-318.
15. Turner-McGrievy G, Karami A, **Monroe C**, Brandt HM. Dietary pattern recognition on Twitter: A case example of before, during, and after four natural disasters. *Natural Hazards*. 2020; <https://doi.org/10.1007/s11069-020-04024-6>.
16. Handlery R, Fulk G, Pellegrini C, Stewart JC, **Monroe C**, Fritz S. Stepping after stroke: Walking characteristics in people with chronic stroke differ based on walking speed, walking endurance, and daily steps. *Physical Therapy & Rehabilitation Journal*. 2020;100(5):807-817. doi: 10.1093/pti/pzaa020.
17. Edney S, Ryan JC, Olds T, **Monroe CM**, Fraysse F, Vandelanotte C, Plotnikoff R, Curtis R, Maher C. User engagement and attrition in an app-based physical activity intervention: Secondary analysis of a randomized controlled trial. *Journal of Medical Internet Research*. 2019;21(11):e14645.
18. **Monroe CM**, Geraci M, Larsen CA, West DS. Feasibility and efficacy of a novel technology-based approach to harness social networks for weight loss: NETWORKS pilot randomized controlled trial. *Obesity Science & Practice*. 2019;5(4):354-365.
19. Colby S, Sparks A, Thompson D, Overstreet B, **Monroe C**, Appelo S, Hansen-Petrik M, Kavanagh K. Low protein intake among college males is associated with increased BMI. *Topics in Clinical Nutrition*. 2018;33(3):219-226.
20. **Monroe CM**, Turner-McGrievy G, Larsen CA, Magradery K, Brandt HM, Wilcox S, Sundstrom B, West DS. College freshmen students' perspectives on weight gain prevention in the digital age: Web-based survey. *Journal of Medical Internet Research Public Health and Surveillance*. 2017;3(4):e71.
21. **Monroe CM**, Bassett DR Jr., Fitzhugh EC, Raynor HA, Thompson DL. Effect of adding online social support tools to an adult walking program: A pilot randomized controlled trial. *Health Promotion Practice*. 2017;18(1):84-92.
22. West DS, Coulon SM, **Monroe CM**, Wilson DK. Evidence-based lifestyle interventions for obesity and type 2 diabetes: The Look AHEAD intensive lifestyle intervention as exemplar. *American Psychologist*. 2016;71(7):614-627.
23. Coulon S, **Monroe CM**, West DS. A systematic, multi-domain review of mobile smartphone apps for evidence-

based stress management. *American Journal of Preventive Medicine*. 2016;51(1):95-105.

24. West DS, **Monroe CM**, Turner-McGrievy GM, Sundstrom B, Larsen CA, Magradey K, Wilcox S, Brandt HM. HealthE U: A technology-mediated behavioral weight gain prevention intervention for college students: Controlled, quasi-experimental study. *Journal of Medical Internet Research*. 2016;18(6):e133.
25. **Monroe CM**, Thompson DL, Bassett DR Jr., Fitzhugh EC, Raynor HA. Usability of mobile phones in physical activity-related research: A systematic review. *American Journal of Health Education*. 2015;46(4):196-206.
26. **Monroe CM**, Thomas DQ, Lagally K, Cox A. Relation of college students' self-perceived and measured health-related physical fitness. *Perceptual and Motor Skills*. 2010;111(1):229-239.

#### **Invited Commentaries in Refereed Journals**

1. **Monroe CM**. Valuable steps ahead: Promoting physical activity with wearables and incentives. *The Lancet Diabetes & Endocrinology*. 2016; doi: S2213-8587(16)30264-9.
2. **Monroe CM**, Turner-McGrievy G. Paving the way for SMART weight loss in college students. *The Lancet Diabetes & Endocrinology*. 2016;4(9):719-721.

#### **Commentaries/Position Papers in Refereed Journals**

1. Szeszulski J, Faro J, Joseph RP, Lanza K, Lévesque L, **Monroe CM**, Pérez-Paredes EA, Soltero EG, Lee RE. How societal forces of change are transforming youth physical activity promotion in North America. *Journal of Physical Activity and Health*. 2023;20(12):1069-1077.
2. Lee RE, Joseph RP, Blackman Carr LT, Strayhorn SM, Faro JM, Lane H, **Monroe C**, Pekmezi D, Szeszulski J. Still striding toward social justice? Redirecting physical activity research in a post-COVID-19 world. *Translational Behavioral Medicine*. 2021;11:1205-1215.

#### **Refereed Book Chapters**

1. **Monroe CM**. Chapter 5: Promoting Behavioral Weight Loss and Physical Activity: Design of Two Interventions. In: Tamim SR, ed. *Instructional Design Exemplars in eHealth and mHealth Education Interventions*. IGI Global; 2022:95-117.

#### **Articles in Lay Publications**

1. Brown D, Joseph R, **Monroe C**, Petrov ME, Salerno E, Szeszulski J, Lee RE. Matching behavior and biology: How chronotypes influence your physical activity and sleep. *Society of Behavioral Medicine's Healthy Living*. 2023.
2. **Monroe CM**. Making physical activity a part of daily life. *American College of Sports Medicine's Fit Society Page Newsletter*. 2013;15(3):1-7.

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#### **PRESENTATIONS**

Underlined name denotes student/mentee or postdoctoral fellow under my guidance for the project.

#### **Invited Presentations**

1. "What's Behind the Movement? Methodological Insights of Leveraging Fitbits for Physical Activity Promotion in Adults." Georgia Prevention Institute, Augusta University, Augusta, SC, February 2023 (oral presentation).
2. "Gamifying Social Support to Promote Physical Activity among Insufficiently Active African American Adults in the Southeast United States: A Mixed-Methods Approach." Southeast Regional Pilot and Feasibility Meeting, Vanderbilt University, Nashville, TN, August 2022 (oral presentation).

3. “Leveraging Social Networks and Gamification to Promote Physical Activity in Adults: Evolution of a Technology-based Research Line.” Tech Tuesday Talk Series, University of South Carolina, Columbia, SC, April 2022 (oral presentation).
4. “A Review of Behavior Change Techniques, Transparency, and Quality in Mexico’s Top-ranked Commercial Smartphone Apps for Weight Control, Physical Activity, and Healthy Diet.” University of South Carolina Nutrition Research Symposium: Share, Discover, Connect, Virtual, April 2021 (oral presentation).
5. “Social Media and Health: Challenges, Opportunities, and Future Directions.” National Big Data Health Science Conference, University of South Carolina, Columbia, SC, February 2020 (panel discussion).
6. “Lessons Learned from Technology-based Interventions in Physical Activity and Weight Loss.” University of Tennessee-Knoxville (Department of Kinesiology, Recreation, and Sports Studies-Research Seminar), Knoxville, TN, October 2019 (oral presentation).
7. “IRB, Grant Writing, and Manuscript Writing Tips.” University of South Carolina School of Medicine (Preventive Medicine Residency Didactic), Columbia, SC, October 2019 (informal oral presentation/discussion).
8. “Publishing your Tech-related Research.” Tech Tuesday Talk Series, University of South Carolina, Columbia, SC, March 2019 (panel discussion).
9. “Interventions for Behavioral Changes (Physical Activity-based Interventions).” Orebro University (Sport Physiology and Medicine Program), Orebro, Sweden, May 2018 (oral presentation).
10. “Your First Year as a Professor.” American College of Sports Medicine Annual Meeting (Graduate and Early Career Day Preconference and Lab Fair), Denver, CO, May 2017 (informal oral presentation/discussion).
11. “Wearables and Apps for Behavior Change and Weight Control in Adults: The What, Why, How and Way Forward.” Cancer Prevention & Control Program Colloquium Series, University of South Carolina, Columbia, SC, December 2016 (oral presentation).
12. “Challenges and Opportunities in Social Networking Research: Insights from the NETworks for Weight Loss Study.” Tech Tuesday Talk Series, University of South Carolina, Columbia, SC, October 2016 (oral presentation).

### **International Presentations**

1. Stowe EW, Kaczynski AT, Hughey M, **Monroe C**, Porter DE. Associations between diverse types of parks and physical activity, obesity, and health-related quality of life across the United States. Livable Cities Conference, London, England, June 2024 (poster presentation).
2. Stowe EW, Kaczynski AT, Hughey SM, **Monroe C**, Porter DE. Inequities in diverse greenspace types by race/ethnicity and income across the United States. International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Uppsala, Sweden, June 2023 (poster presentation).
3. Turner-McGrievy GM, **Monroe CM**, Delgado-Diaz DC, DuBois K, Aydin H, Wilcox S. Provision of social support is associated with 3-month weight loss in the mobile Lifestyle Intervention for Food and Exercise (mLIFE) study. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Uppsala, Sweden, June 2023 (oral presentation).
4. McGrievy M, Hester A, Turner-McGrievy GM, Whalen L, **Monroe CM**, Delgado-Diaz DC, DuBois K, Aydin H, Wilcox S. Design, technical challenges, solutions, and participant feedback of the mobile Lifestyle Intervention for Food and Exercise (mLIFE) app. International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Uppsala, Sweden, June 2023 (oral presentation).



5. **Monroe CM**, Geraci M, Turner-McGrievy G, Wallace K, Jake-Schoffman DE, Bucko A, Brazendale K. Leveraging a social network approach via gamification and mobile technology to increase physical activity among adults: A cluster randomized controlled trial. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Prague, Czech Republic, June 2019 (oral presentation).
6. **Monroe CM**, Edney S, Reyes LI, Cruz A, Turner-McGrievy G, Jang SM, Bonvecchio A, Leon Ortiz MC, Jauregui A, Thrasher JF. A review of behavior change techniques, transparency, and quality in Mexico's top-ranked commercial smartphone apps for weight control, physical activity, and healthy diet. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Prague, Czech Republic, June 2019 (poster presentation).
7. Edney S, Ryan JC, Olds T, **Monroe C**, Vandelanotte C, Plotnikoff RC, Curtis RC, Maher C. Engagement and churn within an app-based physical activity intervention. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Prague, Czech Republic, June 2019 (oral presentation).
8. West D, Krukowski RA, Ogden D, Stansbury M, Larsen CA, **Monroe C**, Magradey K, Finkelstein EA, Harvey J. Patterns of financial incentive payouts in the initial two months of an online behavioral weight control program. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Prague, Czech Republic, June 2019 (oral presentation).
9. Larsen CA, Turner-McGrievy G, **Monroe C**, Byun S. Sedentary behavior and complementary snacking among college students: Implications for intervention. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Prague, Czech Republic, June 2019 (poster presentation).
10. McGrievy M, Turner-McGrievy GM, West D, **Monroe C**, Weaver RG, Larsen C, Hester A. A year in the life of tech developers for behavioral nutrition and physical activity research: An assessment of requests made and future needs. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Prague, Czech Republic, June 2019 (poster presentation).

### **National Presentations**

1. Turner-McGrievy GM, Delgado-Diaz DC, DuBois K, **Monroe CM**, Wilcox S. The relationship of early intervention activities and 6-month weight loss: What predicts weight loss in a behavioral mHealth intervention? American Academy of Health Behavior Annual Meeting, Savannah, GA, [April 2024].
2. Fair M, Kaczynski AT, Powers AR, **Monroe C**, Rudisill C. Examining the associations between school and neighborhood residential segregation and youth obesity by race and ethnicity in a large southeastern county. American Public Health Association Annual meeting, Atlanta, GA, November 2023, (oral presentation).
3. **Monroe CM**, Moller A, Staiano A, Sousa C. Gamification for the win? The what, why, how, and future of gamifying physical activity promotion in the digital age. Society of Behavioral Medicine Annual Meeting, Phoenix, AZ, April 2023 (chair of panel discussion).
4. White IT, **Monroe CM**, Nieder L, Berry M, Christou D, Jake-Schoffman DE. Use of step cadence to target physical activity in behavioral interventions: A narrative review and case study. Society of Behavioral Medicine Annual Meeting, Phoenix, AZ, April 2023 (poster presentation).
5. Zosel KL, **Monroe CM**, Leal DF, Yang CH, Turner-McGrievy B, Adams B, Westrick RB. Social networks as predictors of musculoskeletal injury among tactical athletes: Protocol for a novel approach. American Academy of Sports Physical Therapy Annual Meeting, Indianapolis, IN, September 2022 (poster presentation).
6. Szeszulski J, Faro J, Joseph R, Lanza K, Lévesque L, **Monroe C**, Pérez-Paredes E, Soltero E, Lee R.E. The

impact of forces of change on physical activity research, policy, and practice: Exploring emerging approaches and their consequences. International Society of Behavioral Nutrition and physical activity research, Phoenix, AZ, May 2022 (symposium).

7. Weaver RG, Zosel K, **Monroe C**, Hunt E, Laflamme C, Brazendale K. Examining adolescents' obeseogenic behaviors on more or less structured days: A systematic review and meta-analysis. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Phoenix, AZ, May 2022 (oral presentation).
8. Zosel K, Younginer N, West D, Dutton G, Davis R, Cai B, Newton R Jr., **Monroe C**. Leveraging social networks via gamification and mobile technology to promote physical activity: Perspectives among African American adults. Society of Behavioral Medicine Annual Meeting, Baltimore, MD, April 2022 (poster presentation).
9. Lee RE, Joseph R, Blackman Carr LT, Strayhorn S, Faro JM, Lane H, **Monroe C**, Pekmezi D, Szeszulski J. Still striding toward social justice? Redirecting physical activity research in a post-COVID-19 world. Society of Behavioral Medicine Annual Meeting, Virtual, April 2021 (panel discussion).
10. Turner-McGrievy GM, Yang C, **Monroe C**, Pellegrini C, West DS. Is burden always bad? The role that burden plays in engagement and use of mobile dietary self-monitoring. Society of Behavioral Medicine Annual Meeting, Virtual, April 2021 (research spotlight).
11. Fowler FA, Mateo K, Jake-Schoffman D, **Monroe C**, Shen MJ, Bauermeister JA, El-Toukhy S, Newton R Jr., St. George SM. Perspectives on building racial, gender, & health equity and social justice in digital health research. Society of Behavioral Medicine Annual Meeting, Virtual, April 2021 (selected for a presidential panel discussion).
12. Pritschmann R, Jake-Schoffman D, **Monroe C**. Moderators of physical activity and sedentary behavior changes in an e/mHealth intervention. The Obesity Society Annual Meeting, Virtual, November 2020 (poster presentation).
13. **Monroe CM**, Yang C-H, Turner-McGrievy G. Types of social support and change in daily steps among adults. American College of Sports Medicine Annual Meeting, Virtual, June 2020 (poster presentation).
14. Handlery R, Fulk G, Pellegrini C, Stewart JC, **Monroe C**, Fritz SL. Walking characteristics in individuals with stroke differ based on walking speed, endurance, and daily steps. American College of Sports Medicine Annual Meeting, Virtual, June 2020 (poster presentation).
15. Larsen C, Harvey J, Krukowski R, **Monroe C**, Naud S, West D. Anything you can do I can do better: Social comparison and weight loss in a lifestyle intervention program. Society of Behavioral Medicine Annual Meeting, Virtual, April 2020 (poster presentation).
16. West D, Krukowski R, Finkelstein E, Stansbury M, Ogden D, **Monroe C**, Carpenter CA, Naud S, Harvey J. The addition of financial incentives to an online group-based behavioral weight control program: A randomized controlled trial. Society of Behavioral Medicine Annual Meeting, Virtual, April 2020 (poster presentation).
17. Wilburn K, Yang C-H, Turner-McGrievy G, Pritschmann R, Jake-Schoffman DE, **Monroe CM**. Effects of gamifying physical activity on motivations to be physically active: A cluster randomized controlled trial. Society of Behavioral Medicine Annual Meeting, Virtual, April 2020 (poster presentation).
18. Bujak BK, Blake CE, Beattie P, Harrington S, **Monroe CM**, Wilkie D, Earwood M. "It's opening my eyes at literally everything that I do:" Integrating the biopsychosocial model in an intensive outpatient program for U.S. military service members with persistent pain. American Academy of Pain Medicine Meeting, National Harbor, MD, February/March 2020 (poster presentation).

19. Bujak BK, Blake CE, Beattie P, Harrington S, **Monroe CM**, Wilkie D, Earwood M. Interdisciplinary treatment for persistent pain is associated with improved patient activation and key outcome measures. American Physical Therapy Association Combined Sections Meeting, Denver, CO, February 2020 (poster presentation).
20. Bujak BK, **Monroe CM**, Blake CE, Beattie PB, Harrington S. Feasibility and acceptability of ecological momentary assessment of U.S. military service members' persistent pain and psychosocial well-being during an intensive outpatient program. Association of Military Surgeons of the United States Annual Meeting, National Harbor, MD, December 2019 (poster presentation).
21. **Monroe CM**, Geraci M, Turner-McGrievy G, Edney S. Feasibility of a social network approach using gamification and mobile technology to increase physical activity among adults. Society of Behavioral Medicine Annual Meeting, Washington, D.C., March 2019 (poster presentation).
22. Brazendale K, Brazendale AB, **Monroe C**, Weaver RG, Beets MW. Children with developmental disabilities' obesogenic behaviors during summer. Active Living Research Conference, Charleston, SC, February 2019 (poster presentation).
23. **Monroe CM**, Brazendale A, Brazendale K, Knoll M, Ivey C, Beets MW. A survey of parents of children with mild developmental disabilities: Perspectives on digital health. American College of Sports Medicine Annual Meeting, Minneapolis, MN, May 2018 (poster presentation).
24. Rothberger SM, **Monroe CM**, Pellegrini CA. Influence of pain and mood on physical activity after knee replacement. American College of Sports Medicine Annual Meeting, Minneapolis, MN, May 2018 (poster presentation).
25. **Monroe CM**, Larsen CA, West DS. Types of social support and weight change among overweight adults. American College of Sports Medicine Annual Meeting, Denver, CO, May 2017 (poster presentation).
26. Larsen CA, **Monroe CM**, West DS. Use it and lose it: Fitbit use, daily steps, and weight change among overweight adults. American College of Sports Medicine Annual Meeting, Denver, CO, May 2017 (poster presentation).
27. **Monroe CM**, Larsen CA, West DS. Use of a novel technology-based approach to harness social networks for weight loss in adults: Pilot randomized controlled trial. Society of Behavioral Medicine Annual Meeting, San Diego, CA, April 2017 (poster presentation).
28. **Monroe CM**, Larsen CA, West DS. Who makes the best support partner for an adult entering a weight loss program? ObesityWeek Annual Meeting, New Orleans, LA, November 2016 (poster presentation).
29. **Monroe CM**, Turner-McGrievy GM, Sundstrom B, Larsen C, Magrady K, Wilcox S, Brandt H, West DS. A formative evaluation of freshman college students' preferences and practices regarding technology-based weight control. American College of Sports Medicine Annual Meeting, Boston, MA, June 2016 (poster presentation).
30. Gibson A, Sundstrom B, Brandt HM, Larsen C, **Monroe C**, Turner-McGrievy G, West D. HealthE U: The process of implementing a technology-based HPV vaccination intervention for college students. Society for Public Health Education Annual Meeting, Charlotte, NC, April 2016 (oral presentation).
31. Gibson A, Brandt HM, Sundstrom B, Larsen C, **Monroe C**, Turner-McGrievy G, West D. #MyTime: A technology-mediated HPV vaccination intervention for college students as part of HealthE U. Cervical Cancer-Free South Carolina meeting, Greenville, SC, January 2016 (poster presentation).
32. **Monroe CM**, Turner-McGrievy GM, Sundstrom B, Magrady K, Larsen CA, Wilcox S, Brandt HM, West DS.

HealthE U: A pilot study of the effect of a technology-mediated behavioral weight gain prevention program on weight control practices of college students. ObesityWeek Annual Meeting, Los Angeles, CA, November 2015 (poster presentation).

33. Larsen CA, Sundstrom B, Turner-McGrievy GM, **Monroe CM**, Magradey K, Brandt HM, Wilcox S, West DS. HealthE U: A pilot study of a technology-based behavioral weight gain prevention program. ObesityWeek Annual Meeting, Los Angeles, CA, November 2015 (poster presentation).
34. **Monroe CM**, Thompson DL, Bassett DR Jr, Fitzhugh EC, Raynor HA. Effect of adding online social support tools to an adult walking program: Randomized controlled trial. American College of Sports Medicine Annual Meeting, San Diego, CA, May 2015 (poster presentation).
35. **Monroe CM**, Thompson DL, Bassett DR Jr, Fitzhugh EC, Raynor HA. Usability of mobile phones in physical activity-related research: A systematic review. American College of Sports Medicine Annual Meeting, Orlando, FL, May 2014 (thematic poster presentation).
36. Sparks A, Colby S, Kavanagh K, Hansen-Petrik M, Appelo S, Wilkerson B, **Monroe C**, Thompson D. Protein and college males: Knowledge, behaviors, and recommendations. Experimental Biology Annual Meeting, San Diego, CA, April 2014 (poster presentation).
37. **Monroe CM**, Thomas DQ, Lagally K, Cox A. Relationship between self-perceived and measured health-related physical fitness among college students. American College of Sports Medicine Annual Meeting, Seattle, WA, May 2009 (poster presentation).

#### **Regional Presentations**

1. Brazendale K, Brazendale A, **Monroe CM**, Weaver RG, Beets MW. Heart rate coverage of wearable activity monitors in youth with developmental disabilities. Southeast American College of Sports Medicine Annual Meeting, Greenville, SC, February 2018 (poster presentation).
2. **Monroe CM**, Thompson DL. UT Moves: An Internet walking program. Southeast American College of Sports Medicine Annual Meeting, Jacksonville, FL, February 2015 (oral presentation).
3. **Monroe CM**, Thompson DL. Use of Blackboard Internet technology to promote walking among university faculty and staff. Southeast American College of Sports Medicine Annual Meeting, Greenville, SC, February 2014 (poster presentation).

**Doctoral Student Research Award, 3<sup>rd</sup> place**

#### **State Presentations**

1. **Monroe CM**, Thomas DQ, Lagally K, Cox A. Relationship between self-perceived and measured health-related physical fitness among college students. Illinois Association for Health, Physical Education, Recreation, and Dance Annual Convention, St. Charles, IL, November 2008 (oral presentation).

**Student Mentor Research Award**

#### **Local Presentations**

1. **Monroe CM**, Larsen CA, West DS. Use of a novel technology-based approach to harness social networks for weight loss: Pilot randomized controlled trial. University of South Carolina Discover USC Day, Columbia, SC, April 2017 (poster presentation).  
**Postdoctoral Presentation Award, 2<sup>nd</sup> place, awarded by the Office of the Vice President for Research**
2. **Monroe CM**, Thompson DL, Bassett DR Jr, Fitzhugh EC, Raynor HA. Usability of mobile phones in physical activity-related research: A systematic review. University of Tennessee Graduate Student Research Colloquium, Knoxville, TN, March 2014 (poster presentation).

3. **Monroe CM**, Thompson DL. UT Moves: Use of Blackboard Internet technology to promote walking among university faculty and staff. University of Tennessee Comparative and Experimental Medicine and Public Health Research Symposium, Knoxville, TN, May 2013 (oral presentation).  
**Research Travel Award, 2nd place, awarded by the directors of the symposium**
4. **Monroe CM**, Thompson DL. UT Moves: Use of Blackboard Internet technology to promote walking among university faculty and staff. University of Tennessee Graduate Student Research Colloquium, Knoxville, TN, March 2013 (oral presentation).  
**Professional Development Award, awarded by the Dean of the College of Education, Health, and Human Sciences**
5. **Monroe CM**, Thomas DQ, Lagally K, Cox A. Relationship between self-perceived and measured health-related physical fitness among college students. Illinois State University Graduate Research Symposium, Normal, IL, March 2009 (poster presentation).

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## **COURSES TAUGHT AND GUEST LECTURES**

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### **Undergraduate**

#### *Illinois State University*

Nautilus Conditioning, KNR 114  
Fitness Walking and Jogging, KNR 116  
Aerobics, KNR 126  
Weight Training, KNR 147  
First Aid and CPR, KNR 180

#### *Old Dominion University*

Introduction to Exercise Science, EXSC 225  
Strength and Conditioning Leadership laboratory, EXSC 250  
Lifetime Fitness and Wellness, EXSC 403  
Exercise Testing for Normal and Special Populations lecture and laboratory, EXSC 415

#### *University of Tennessee*

Exercise Physiology laboratory, KNS 480  
Jogging, PYED 229  
Walking, PYED 231  
Racquetball, PYED 232  
Softball, PYED 236  
Volleyball, PYED 251

### **Graduate**

#### *University of South Carolina*

Theoretical Foundations of Health Promotion, HPEB 701  
Implementing and Monitoring Health Promotion Interventions, HPEB 802  
Social and Physical Environment Interventions in Health Promotion, HPEB 824

### **Undergraduate/Graduate**

#### *University of South Carolina*

Consumer Health in Contemporary Society, HPEB 547 (online course collaboration with Coventry University)

### **Guest Lectures**

#### *Old Dominion University*

- Physiology of Exercise, EXSC 409

Topics: The Neuromuscular System and Exercise; Training the Anaerobic and Aerobic Energy Systems;  
Clinical Aspects of Exercise Physiology

- Exercise Physiology II, EXSC 427  
Topics: Exercise at Medium and High Altitude; Physique, Performance, and Physical Activity
- Wellness Programming/Administration, EXSC 431  
Topic: Implementation, Program Evaluation, and Legal Issues

University of Tennessee

- Exercise Physiology, KNS 480  
Topic: Skeletal Muscle Function

University of South Carolina

- Psychology of Physical Activity, EXSC 410  
Topic: Social Networks and Social Support for Health Behavior Change in the Digital Age
- Advanced Public Health Communication: Theory and Methods, HPEB 811  
Topic: Behavior Change Theories in the Digital Age
- Behavioral Aspects of Physical Activity, EXSC 710  
Topic: Technology-based Interventions
- Social Networks and Health, HPEB 674  
Topic: Social Networks and Social Support for Health Behavior Change in the Digital Age
- Advanced Evaluation of Health Promotion Programs, HPEB 818  
Topic: Process Evaluation in Two Health Promotion Programs: Knoxville Moves and NETworks for Weight Loss
- Physical Activity and Health: Epidemiology, Research, and Practice, EXSC 700  
Topic: Technology for Physical Activity Promotion and Behavioral Weight Control in Adults
- Health Education Research Seminar, HPEB 704C  
Topic: Post-graduation Considerations and Opportunities; Formulating Research Ideas
- There's an App for That: Science and Practice Behind Technology-based Lifestyle Interventions, EXSC 555  
Topic: Promoting Physical Activity with Technology
- Principles of Epidemiology, EPID 410  
Topic: Technology-based Interventions for Physical Activity Promotion
- Social Work and Scientific Inquiry, SOWK 352  
Topic: Building Scientific Lines of Inquiry in Technology-based Health Promotion
- Skills for Community-Engaged Science, ENHS 793  
Topic: Health Behavior Change Theories

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**SERVICE-PROFESSIONAL**

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**Committees**

- Invited Member, Trial Steering Committee for overseeing mobile health aspects of a USAID-funded RCT in Nepal, 2018-Present
- Society of Behavioral Medicine Behavioral Informatics & Technology SIG Social Media Subcommittee member, 2019-2023
- Elected to serve as Society of Behavioral Medicine Physical Activity SIG Advisory Board member, 2019-2023
- Society of Behavioral Medicine Behavioral Informatics & Technology SIG Awards Subcommittee member, 2020-2022
- Elected to serve as Co-chair, Society of Behavioral Medicine Behavioral Informatics & Technology SIG, 2020-2021
- Elected to serve as Chair for The Obesity Society's eHealth/mHealth Section, 2020
- Elected to serve as Chair-Elect for The Obesity Society's eHealth/mHealth Section, 2019
- Elected to serve as Secretary/Treasurer for The Obesity Society's eHealth/mHealth Section, 2018
- Elected to serve as Councilor for The Obesity Society's eHealth/mHealth Section, 2015-2017

### **Ad-hoc Journal Reviewer**

- American Journal of Health Behavior
- American Journal of Preventive Medicine
- BMC Public Health
- Frontiers in Public Health
- Health Promotion International
- Health Psychology and Behavioral Medicine
- International Journal of Behavioral Nutrition and Physical Activity
- Journal of Behavioral Medicine
- Journal of Child Health Care
- Journal of Health Communication
- Journal of Measurement of Physical Behaviour
- Journal of Medical Internet Research
- Journal of Physical Activity and Health
- Journal of Racial and Ethnic Health Disparities
- JMIR Mhealth Uhealth
- Maternal & Child Nutrition
- Medicine & Science in Sports & Exercise
- Nutrition & Metabolism
- Obesity Reviews
- Perceptual and Motor Skills
- Physiology & Behavior
- Preventing Chronic Disease
- Psychology and Health
- PLOS ONE
- Sports Medicine
- The Lancet Diabetes & Endocrinology
- Translational Behavioral Medicine

### **Ad-hoc Book Chapter Reviewer**

- The Interplay Between Health Promotion, Health Education, and Instructional Design. *Instructional Design Exemplars in eHealth and mHealth Education Interventions*. IGI Global.

### **Abstract Reviewer**

- Society of Behavioral Medicine, Annual Meeting 2017, 2018, 2019, 2022
- Society for Public Health Education, Annual Meeting, 2017
- The Obesity Society, ObesityWeek Annual Meeting, 2016, 2017, 2018, 2019

### **Volunteer Activities**

- International Conference on Ambulatory Monitoring of Physical Activity and Movement volunteer, Amherst, MA, 2013

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## **SERVICE-ACADEMIC**

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### **University**

- Invited Member, Healthy Carolina Steering Committee (University of South Carolina), 2018-Present
- Undergraduate Research Mentor Award Selection Committee (University of South Carolina), 2022, 2023
- ASPIRE internal grant proposals reviewer (University of South Carolina), 2018, 2022, 2024
- Faculty Senate (University of South Carolina), 2016-2019; Fall 2021

### **College**

- Arnold School of Public Health Teaching Committee (University of South Carolina), 2024
- Reviewer of MPH-PAPH program (University of South Carolina), 2019
- Invited Panelist, Curriculum Vitae Panel Discussion (University of South Carolina), 2017
- SEC Faculty Travel Program (arranged visiting scholar/collaborator visit, Dr. Kelley Strohacker, University of Tennessee), 2017
- Evaluation Committee member (Old Dominion University), 2009-2011

### **Department**

- Doctoral Committee member (University of South Carolina), 2017-Present
- Faculty Search Committee Member (University of South Carolina), 2023
- Invited Panelist, Writing Workshop: Let's Write a Manuscript (University of South Carolina), 2023
- Co-faculty Adviser for the Exercise Science Club (Old Dominion University), 2009-2011

### **Technology Center to Promote Healthy Lifestyles**

- Co-leader, Social Media/Networks Affinity Group, 2019-2020

### **Volunteer Activities**

- Poster judge for Discover Day and Graduate Student Day (University of South Carolina), 2015-2017

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## **SERVICE-COMMUNITY**

### **Volunteer Activities**

- FriendSHIP network volunteer (Columbia, SC), 2024
- Prisma Health Patient Touch volunteer (Columbia, SC), 2023
- Bike and Pedestrian Counter, National Bicycle and Pedestrian Documentation Project (City of Columbia), 2017, 2018
- Autism Academy of South Carolina Camp M.A.T.E.S. physical activity co-leader, Columbia, SC, 2017
- Covenant Kids Run volunteer, Knoxville, TN, 2013, 2014
- Inskip Elementary Bike Rodeo volunteer, Knoxville, TN, 2013
- Let's Move event volunteer, Knoxville, TN, 2012, 2013
- Women's Today Expo volunteer, Knoxville, TN, 2012
- Food City Golf School for Kids volunteer, Knoxville, TN, 2011
- American Heart Association National Start Walking Day event volunteer, Norfolk, VA, 2010
- Special Olympics volunteer, Norfolk, VA, 2010
- Invited lecturer, Greenville Health System Every Woman Program, Greenville, SC. "Economic Stress Reduction," 2008
- Girls on the Run Summer Camp volunteer coach, Greenville, SC, 2008

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## **MEDIA INTERVIEWS**

1. Rachel Rabkin Peachman (October 2017), *Family Circle* Writer. Tech support. *Family Circle* magazine, February 2017 issue, pp. 67-71.
2. Karen Pallarito (October 2016), Freelance Writer. Do activity trackers like Fitbit boost health? *HealthDay*. October 4, 2016.

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## **PROFESSIONAL, ACADEMIC, AND ATHLETIC AFFILIATIONS**

### **Professional**

- Member, Society of Behavioral Medicine, 2017-Present
- Member, American College of Sports Medicine, 2009-Present
- Member, The Obesity Society, 2015-2020
- Member, Southeast American College of Sports Medicine, 2011-2016



- Member, Society of Health and Physical Educators, 2008-2014

**Academic**

- Faculty Co-Investigator, Prevention Research Center, 2024-Present
- Affiliated Scholar, USC Big Data Health Science Center, 2020-Present
- Faculty member, USC Technology Center to Promote Healthy Lifestyles, 2016-Present

**Athletic**

- Intercollegiate Softball Team member (Bradley University), 2002-2003