

CURRICULUM VITAE

David M. Williams, Ph.D.
Professor, Behavioral and Social Sciences
Associate Dean for Faculty Affairs
Brown University School of Public Health

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EDUCATION:

1994-1998 Stockton University, Galloway, NJ
B.S. in Psychology, Minor in Political Science, May 1998
Graduated magna cum laude, with Program Distinction in Psychology

1998-2004 Virginia Tech
M.S. in Clinical Psychology, December 2000
Ph.D. in Clinical Psychology (APA-Accredited), May 2004

2003-2004 Brown University Clinical Psychology Internship Training Consortium
Clinical Psychology Intern, Behavioral Medicine Track (APA-Accredited)

2016 Brown University, M.A. (ad eudem)

POSTGRADUATE TRAINING:

2004-2006 Alpert Medical School of Brown University
Postdoctoral Fellow (NIH F32)

2006-2008 Alpert Medical School of Brown University
Faculty Scholar (NIH K12 BIRCWH Career Development Program)

ACADEMIC APPOINTMENTS:

2006-2009 Assistant Professor (Research)
Department of Psychiatry and Human Behavior
Warren Alpert Medical School of Brown University

2009-2015 Assistant Professor (Tenure Track)
Department of Behavioral and Social Sciences
Brown University School of Public Health

2015-2021 Associate Professor (Tenured)
Department of Behavioral and Social Sciences
Brown University School of Public Health

2017-2024 Director, Center for Health Promotion and Health Equity
Brown University School of Public Health

2021-present Professor (Tenured)
Department of Behavioral and Social Sciences
Brown University School of Public Health

Secondary appointment: Department of Psychiatry and Human Behavior
Warren Alpert Medical School of Brown University

2023-present Associate Dean for Faculty Affairs
Brown University School of Public Health

HONORS AND AWARDS:

1994-1998	Scholar Athlete Award: NCAA Soccer (4 years)
2004	Ruth L. Kirschstein National Research Service Award, NIH
2007	Citation Award, Society of Behavioral Medicine
2007	Loan Repayment Award for Clinical Research, NIH
2009	Outstanding Recent Alumnus Award, Virginia Tech, College of Science
2012	Early Career Investigator Award, Society of Behavioral Medicine
2017	Dean's Award for Excellence in Teaching, Brown University SPH
2018	Fellow of the Society of Behavioral Medicine
2019	Dean's Award for Excellence in Mentoring, Brown University SPH
2023	Provost Faculty Teaching Fellow
2024	Distinguished Alumni Award in Psychology, Stockton University

PUBLICATIONS:

*Indicates a student or trainee for whom I was the primary advisor at the time the paper was written

†Indicates senior authorship

Original Publications in Peer-Reviewed Journals

2000-2005

1. **Williams, D.M.**, Frank, M.L., & Lester, D. (2000). Predicting anxiety in competitive sports. *Perceptual and Motor Skills, 90*, 847-850.
2. **Williams, D.M.**, Anderson, E.S., & Winett, R.A. (2004). Social cognitive predictors of creatine use versus non-use among male, undergraduate, recreational resistance trainers. *Journal of Sport Behavior, 27*, 170-183.
3. **Williams, D.M.**, Anderson, E.S., & Winett, R.A. (2005). A review of the outcome expectancy construct in physical activity research. *Annals of Behavioral Medicine, 29*, 70-79.

2006

4. Anderson, E.S., Wojcik, J.R., Winett, R.A., & **Williams, D.M.** (2006). Social-cognitive determinants of physical activity: the influence of social support, self-efficacy, outcome expectations, and self-regulation among participants in a church-based health promotion study. *Health Psychology, 25*, 510-520.
5. Nash, J.M., **Williams, D.M.**, Nicholson, R., & Trask, P.C. (2006). The contribution of pain-related anxiety to disability from headache. *Journal of Behavioral Medicine, 29*, 61-67.

6. Marcus, B.H., **Williams, D.M.**, Dubbert, P.M., Sallis, J.F., King, A.C., Yancey, A.K., Franklin, B.A., Buchner, D.M., Daniels, S.R., & Claytor, R.P. (2006). Physical activity intervention studies: what we know and what we need to know. *Circulation*, *114*, 2739-2752.
7. **Williams, D.M.**, Papandonatos, G.D., Napolitano, M.A., Lewis, B.A., Whiteley, J.A., & Marcus, B.H. (2006). Perceived enjoyment moderates the efficacy of an individually tailored physical activity intervention. *Journal of Sport and Exercise Psychology*, *28*, 300-309.

2007

8. Marcus, B.H., Lewis, B.A., **Williams, D.M.**, Whiteley, J.A., Albrecht, A.E., Jakicic, J.M., Parisi, A.F., Hogan, J.W., Napolitano, M.A., & Bock, B.C. (2007). Step into Motion: A randomized trial examining the relative efficacy of Internet vs. print-based physical activity interventions. *Contemporary Clinical Trials*, *28*, 737-747.
9. Marcus, B.H., Lewis, B.A., **Williams, D.M.**, Dunsiger, S., Jakicic, J.M., Whiteley, J.A., Albrecht, A.E., Napolitano, M.A., Bock, B.C., Tate, D.F., Sciamanna, C.N., & Parisi, A.F. (2007). A comparison of Internet and print-based physical activity interventions. *Archives of Internal Medicine*, *167*, 944-949.
10. Whiteley, J.A., Napolitano, M.A., Lewis, B.A., **Williams, D.M.**, Albrecht, A.E., Neighbors, C.J., Sciamanna, C.N., & Marcus, B.H. (2007). Commit to Quit in the YMCAs: Translating an evidence-based quit smoking program for women into a community setting. *Nicotine and Tobacco Research*, *9*, 1227-1235.

2008

11. **Williams, D.M.**, Dunsiger S., Ciccolo, J.T., Lewis, B.A., Albrecht, A.E., & Marcus, B.H. (2008). Acute affective response to a moderate-intensity exercise stimulus predicts physical activity participation 6 and 12 months later. *Psychology of Sport and Exercise*, *9*, 231-245.
12. **Williams, D.M.**, Lewis, B.A., Dunsiger, S., King, T.K., Jennings, E., & Marcus, B.H. (2008). Increasing fitness is associated with fewer depressive symptoms during successful smoking abstinence among women. *International Journal of Fitness*, *4*, 39-44.
13. **Williams, D.M.**, Raynor, H.A., Ciccolo, J.T. (2008). A review of TV viewing and its association with health outcomes in adults. *American Journal of Lifestyle Medicine*, *2*, 250-259.
14. **Williams, D.M.**, Matthews C., Rutt, C., Napolitano, M.A., & Marcus, B.H. (2008). Interventions to increase walking behavior. *Medicine and Science in Sports and Exercise*, *40*, S567-S573.
15. Napolitano, M.A., Papandonatos, G.D., Lewis, B.A., Whiteley, J.A., **Williams, D.M.**, King, A.C., Bock B.C., Pinto, B.M., & Marcus, B.H. (2008). Mediators of physical activity behavior change: a multivariate approach. *Health Psychology*, *27*, 409-418.
16. **Williams, D.M.** (2008). Exercise, affect, and adherence: An integrated model and a case for self-paced exercise. *Journal of Sport and Exercise Psychology*, *30*, 471-496.
17. **Williams, D.M.**, Lewis, B.A., Dunsiger, S., Whiteley, J.A., Papandonatos, G.D., Napolitano, M.A., Bock, B.C., Ciccolo, J.T., & Marcus, B.H. (2008). Comparing psychosocial predictors of physical activity adoption and maintenance. *Annals of Behavioral Medicine*, *36*, 186-194.

18. Frierson, G.M., **Williams, D.M.**, Dunsiger S., Lewis, B.A., Whiteley, J.A., Albrecht, A.E., Jakicic, J.M., Ficara, S.M. & Marcus, B.H. (2008). Recruitment of a racially and ethnically diverse sample into a physical activity efficacy trial. *Clinical Trials*, 5, 517-522.
19. Lewis, B.A., **Williams, D.M.**, Dunsiger, S., Sciamanna, C.N., Whiteley, J.A., Napolitano, M.A., Bock, B.C., Jakicic, J.M., Getz, M., & Marcus, B.H. (2008). User attitudes towards physical activity websites in a randomized controlled trial. *Preventive Medicine*, 47, 508-513.

2009

20. Winett, R.A., **Williams, D.M.**, & Davy, B.M. (2009). Initiating and maintaining resistance training in older adults: a social cognitive theory-based approach. *British Journal of Sports Medicine*, 43, 114-119.

2010

21. Anderson, E.S., Wojcik, J.R., Winett, R.A., & **Williams, D.M.** (2010). Social cognitive mediators of change in a group randomized nutrition and physical activity intervention: Social support, self-efficacy, outcome expectations and self-regulation in the Guide to Health trial. *Journal of Health Psychology*, 15, 21-32.
22. Lewis, B.A., **Williams, D.M.**, Neighbors, C.J., Jakicic, J.M., & Marcus, B.H. (2010). Cost analysis of an Internet and print intervention for physical activity promotion. *Psychology of Sport & Exercise*, 11, 246-249.
23. Bock, B.C., Morrow, K.M., Becker, B.M., **Williams, D.M.**, Tremont, G., Gaskins, R., Jennings, E., Fava, J. & Marcus, B.H. (2010). Yoga as a complementary treatment for smoking cessation: Rationale, study design and participant characteristics of the Quitting-in-Balance study. *BMC Complementary and Alternative Medicine*, 10, 14.
24. Pekmezi, D.W., **Williams, D.M.**, Dunsiger, S., Jennings, E.G., Lewis, B.A., Jakicic, J.M., & Marcus, B.H. (2010). Feasibility of using computer-tailored and Internet-based interventions to promote physical activity in underserved populations. *Telemedicine and e-Health*, 16, 498-503.
25. **Williams, D.M.**, Whiteley, J.A., Dunsiger, S., Jennings, E.G., Albrecht, A.E., Ussher, M.H., Ciccolo, J.T., Parisi, A.F., & Marcus, B.H. (2010). Moderate intensity exercise as an adjunct to standard smoking cessation treatment for women: A pilot study. *Psychology of Addictive Behaviors*, 24, 349-354.
26. **Williams, D.M.** (2010). Outcome expectancy and self-efficacy: Theoretical implications of an unresolved contradiction. *Personality and Social Psychology Review*, 14, 417-425.

2011

27. **Williams, D.M.**, Dunsiger, S., Whiteley, J.A., Ussher, M.H., Ciccolo, J.T., & Jennings, E.G., (2011). Acute effects of moderate intensity aerobic exercise on affective withdrawal symptoms and cravings among women smokers. *Addictive Behaviors*, 36, 894-897.
28. Anderson-Bill, E.S., Winett, R.A., Wojcik, J.R., & **Williams, D.M.** (2011). Aging and the social cognitive determinants of physical activity behavior and behavior change: Evidence from the guide to health trial. *Journal of Aging Research*, ID 505928, 1-12.
29. **Williams, D.M.**, Papandonatos, G.D., Jennings, E.G., Napolitano, M.A., Lewis, B.A.,

Whiteley, J.A., Bock, B.C., Albrecht, A.E., Dunsiger, S., Parisi, A.F., King, A.C., & Marcus, B.H. (2011). Does tailoring on additional theoretical constructs enhance the efficacy of a print-based physical activity promotion intervention? *Health Psychology, 30*, 432-441.

30. Ciccolo, J.T., Dunsiger, S.I., **Williams, D.M.**, Bartholomew, J.B., Jennings, E.G., Ussher, M., Kraemer, W.J., & Marcus, B.H. (2011). Resistance training as an aid to standard smoking cessation treatment: A pilot study. *Nicotine & Tobacco Research, 13*, 756-760.

2012

31. Bock, B.C., Fava, J.L., Gaskins, R., Morrow, K.M., **Williams, D.M.**, Jennings, E., Becker, D.M., Tremont, G., & Marcus, B.H. (2012). Yoga as a complementary treatment for smoking cessation among women. *Journal of Women's Health, 21*, 240-148.
32. **Williams, D.M.**, Dunsiger, S., Jennings, E.G., & Marcus, B.H. (2012). Does affective valence during and immediately following a ten-minute walk predict concurrent and future physical activity? *Annals of Behavioral Medicine, 44*, 43-51.
33. Papandonatos, G.D., **Williams, D.M.**, Jennings, E.G., Napolitano, M.A., Bock B.C., Dunsiger, S., & Marcus, B.H. (2012). Mediators of physical activity behavior change: Findings from a 12-month randomized controlled trial. *Health Psychology, 31*, 512-520.
34. Whiteley, J.A., **Williams, D.M.**, Dunsiger, S., Jennings, E.G., Ciccolo, J.T., Bock, B.C., Albrecht, A., Parisi, A., Linke, S.E., Marcus, B.H. (2012). YMCA Commit to Quit: Randomized trial outcomes. *American Journal of Preventive Medicine, 43*, 256-262.

2013

35. Whiteley, J.A., **Williams, D.M.**, Jennings, E.G., Ciccolo, J.T., Bock, B.C., Dunsiger, S., Marcus, B.H. (2013). The challenges of translating an efficacious smoking cessation program, Commit to Quit, to the community setting of YMCAs. *Translational Behavioral Medicine: Practice, Policy and Research, 3*, 47-58.
36. Lewis, B.A., **Williams, D.M.**, Martinson, B.C., Dunsiger, S., & Marcus, B.H. (2013). Healthy for Life: A randomized trial examining physical activity outcomes and psychosocial mediators. *Annals of Behavioral Medicine, 45*, 203-212.
37. **Williams, D.M.** & Raynor, H.A. (2013). Disentangling the effects of choice and intensity on affective response to and preference for self-selected versus imposed-intensity physical activity. *Psychology of Sport and Exercise, 14*, 767-775.

2014

38. **Williams, D.M.**, Ussher, M.H., Dunsiger, S., Miranda, R., Gwaltney, C.J., Monti, P.M., & Emerson, J.A.* (2014). Overcoming limitations in previous research on exercise as a smoking cessation treatment: Rationale and design of the "Quit for Health" trial. *Contemporary Clinical Trials, 37*, 33-42.
39. **Williams, D.M.**, & Evans, D.R.* (2014). Current emotion research in health behavior science. *Emotion Review, 6*, 282-292.
40. Strohacker, K.*, Galárraga, O., & **Williams, D.M.**† (2014). The impact of incentives on exercise behavior: A systematic review of randomized controlled trials. *Annals of Behavioral Medicine, 48*, 92-99.

41. Ciccolo, J.T., **Williams, D.M.**, Dunsiger, S.I., Whitworth, J.W., McCullough, A.K., Bock, B.C., Marcus, B.H., & Myerson, M. (2014). Efficacy of resistance training as an aid to smoking cessation: rationale and design of the strength to quit study. *Mental Health and Physical Activity*, 7, 95-103.

2015

42. **Williams, D.M.**, Dunsiger, S. Miranda, R., Gwaltney, C.J., Emerson, J.A.* , Monti, P.M., & Parisi, A.F. (2015). Recommending self-paced exercise among overweight and obese adults: A randomized pilot study. *Annals of Behavioral Medicine*, 49, 280-285.
43. **Williams, D.M.**, Savla, T., Davy, B.M., Kelleher, S.A., Marinik, E.L., & Winett, R.A. (2015). Questionnaires for outcome expectancy, self-regulation, and behavioral expectation for resistance training among young-old adults: Development and preliminary validity. *Journal of Aging and Physical Activity*, 23, 279-285.
44. Winett, R.A., Davy, B.M., Savla, T., Marinik, E.L., Kelleher, S.A., & Winett, S.G., Halliday, T.M., & **Williams, D.M.** (2015). Theory-based approach for maintaining resistance training in older adults with prediabetes: Adherence, barriers, self-regulation strategies, treatment fidelity, and costs. *Translational Behavioral Medicine*, 5, 149-159.
45. Emerson, J.A.* & **Williams, D.M.**† (2015). The multifaceted relationship between physical activity and affect. *Social and Personality Psychology Compass*, 9, 413-433.
46. Strohacker, K.* , Galárraga, O., Emerson, J.* , Fricchione, S.R.* , Lohse, M.* , & **Williams, D.M.**† (2015). Impact of small monetary incentives on exercise in university students. *American Journal of Health Behavior*, 39, 779-785.
47. Unick, J.L, Strohacker, K., Papandonatos, G., **Williams, D.M.**, O’Leary, K.C., Dorfman, L., Becofsky, K., Wing, R.R. (2015). Examination of the consistency in affective response to acute exercise in overweight and obese women. *Journal of Sport & Exercise Psychology*, 37, 534-546.

2016

48. Lewis, B.A., **Williams, D.M.**, Frayeh, A., & Marcus, B.H. (2016). Self-efficacy versus perceived enjoyment as predictors of physical activity behavior. *Psychology & Health*, 31, 456-469.
49. **Williams, D.M.** & Rhodes, R.E. (2016). The confounded self- efficacy construct: Conceptual analysis, and recommendations for future research. *Health Psychology Review*, 10, 113-128.
50. Rhodes, R.E., **Williams, D.M.**, & Mistry, C. (2016). Using short vignettes to disentangle perceived capability from motivation: A test using walking and resistance training behaviors. *Psychology, Health, and Medicine*, 21, 639-651.
51. **Williams, D.M.**, Dunsiger, S., Davy, B.M., Kelleher, S.A., Marinik, E.L., & Winett, R.A. (2016). Psychosocial mediators of a theory-based resistance training maintenance intervention for prediabetic adults. *Psychology & Health*, 31, 1108-1124.
52. Sala, M., Baldwin, A.S., & **Williams, D.M.** (2016). Affective and cognitive predictors of affective response to exercise: Examining unique and overlapping variance. *Psychology of Sport & Exercise*, 27, 1-8.

53. Lee, H.*, Emerson, J.A.*, **Williams, D.M.**† (2016). The exercise-affect-adherence pathway: An evolutionary perspective. *Frontiers in Psychology*, 7, article 1285.
54. **Williams, D.M.**, Dunsiger, S., Emerson, J.A.*, Gwaltney, C.J., Monti, P.M., & Miranda, R. (2016). Self-paced exercise, affective response, and exercise adherence: A preliminary investigation using ecological momentary assessment. *Journal of Sport and Exercise Psychology*, 38, 282-291.
55. Rosen, R.K., Thind, H., Jennings, E., Guthrie, K.M., **Williams, D.M.**, & Bock, B.C. (2016). “Smoking does not go with yoga”: A qualitative study of women’s phenomenological perceptions during yoga and smoking cessation. *International Journal of Yoga Therapy*, 26, 33-42.

2017

56. Lewis, B.A., Napolitano, M.A., Buman, M.P., **Williams, D.M.**, & Nigg, C.R. (2017). Future directions in physical activity intervention research: Expanding our focus to sedentary behaviors, technology, and dissemination. *Journal of Behavioral Medicine*, 40, 112-126.
57. Davy, B.M., Winett, R.A., Savla, J., Marinik, E.L., Baugh, M.E., Flack, K.D., Halliday, T.M., Kelleher, S.A., Winett, S.G., **Williams, D.M.**, & Boshra, S. (2017). Resist diabetes: A randomized clinical trial for resistance training maintenance in adults with prediabetes. *PLoS One*, 12, e0172610.

2018

58. Emerson, J.A.*, Dunsiger, S., **Williams, D.M.**† (2018). Reciprocal within-day associations between incidental affect and exercise: An EMA study. *Psychology and Health*, 33, 130-143.
59. **Williams, D.M.**, Lee, H.H.*, Connell, L.*, Boyle, H.*, Emerson, J.*, Strohaker, K., Galárraga, O. (2018). Small sustainable monetary incentives versus charitable donations to promote exercise: Rationale, design, and baseline data from a randomized pilot study. *Contemporary Clinical Trials*, 66, 80-85.
60. Cioe, P.A., Guthrie, K.M., Freiberg, M.S., **Williams, DM.**, & Kahler, C.W. (2018). Cardiovascular risk reduction in persons living with HIV: Treatment development, feasibility, and preliminary results. *Journal of the Association of Nurses in AIDS Care*, 29, 163-177.
61. Sutin, A.R., Boutelle, K., Czajkowski, S.M., Epel, E.S., Green, P.A., Hunter, C.M., Rice, E.L., **Williams, D.M.**, Young-Hyman, D., & Rothman, A.J. (2018). Accumulating Data to Optimally Predict Obesity Treatment (ADOPT) Core Measures: Psychosocial Domain. *Obesity*, 26, S45-S54.
62. Burrell, A.M.G., Allan, J.L., **Williams, D.M.**, & Johnston, M. (2018). What do self-efficacy items measure? Examining the discriminant content validity of self-efficacy items. *British Journal of Health Psychology*, 23, 597-611.
63. Jennings, E.G., Dunsiger, S., Bock, B.C., Hartman, S., **Williams, D.M.**, Marcus, B.H. (2018). Setting larger session duration goals is associated with greater future physical activity. *PLOS One*, 13, e0208644, 1-11.

2019

64. Cioe, P.A., Gordon, R.E.F., **Williams, D.M.**, & Kahler, C.W. (2019). The effect of increased physical activity on symptom burden in older persons living with HIV. *AIDS Care*, *31*, 1548-1554.

2020

65. Lee H.H.*, Dunsiger S., Connell L.*, Boyle H.*, Emerson J.A.*, & **Williams D.M.†** (2020). Age moderates the effect of self-paced exercise on exercise adherence among overweight adults. *Journal of Aging and Health*, *32*, 154-161.
66. Kerrigan, S.G., Forman, E.F., Patel, M., **Williams, D.M.**, Zhang, F., Crosby, R., & Butryn, M.L. (2020). Evaluating the feasibility of deposit contracts with and without feedback for physical activity promotion in overweight and obese adults. *Journal of Physical Activity and Health*, *17*, 29-36.
67. Galárraga O., Bohlen L.C.*, Dunsiger, S.I., Lee, H.H.*, Emerson, J.A.*, Boyle, H.*, Strohacker, K., & **Williams, D.M.†** (2020). Small sustainable monetary donation-based incentives to promote physical activity: A randomized controlled trial. *Health Psychology*, *39*, 265-268.
68. **Williams, D.M.**, Dunsiger S., Emerson J.A.*, Dionne, L.*, Rhodes, R.E., & Beauchamp, M.R. (2020). Are self-efficacy measures confounded with motivation? An experimental test. *Psychology and Health*, *35*, 685-700.
69. Lithopoulos, A., Grant, S., **Williams, D.M.**, & Rhodes, R.E. (2020). Experimental comparison of physical activity self-efficacy measurement: Do vignettes reduce motivational confounding? *Psychology of Sport and Exercise*, *47*, article 101642.
70. Lithopoulos, A., **Williams, D.M.**, & Rhodes, R.E. (2020). Effect of changes of outcome expectations on physical activity self-efficacy ratings: A test of hypothetical incentives among mothers of young children. *Sport, Exercise, and Performance Psychology*, *9*, 450-460.
71. Boyle, H.K.*, Dunsiger, S.I., Bohlen L.C.*, Emerson, J.A.*, Lee H.H.*, Stevens, C.J.*, & **Williams, D.M.†** (2020). Affective response as a mediator of the association between the physical and social environment and physical activity behavior. *Journal of Behavioral Medicine*, *43*, 773-782.
72. Stevens, C.J.*, Baldwin, A.S., Bryan, A.D., Conner, M.C., Rhodes, R.E., & **Williams, D.M.†** (2020). Affective determinants of physical activity: A conceptual framework and narrative review. *Frontiers in Psychology*, *11*:568331.

2021

73. Bock, B.C., Palitsky, R., Dunsiger, S., **Williams, D.M.** & Serber, E. (2021). Exercise video games are associated with more positive affective response, which predicts physical activity adherence. *Psychology of Sport & Exercise*, article 101802.
74. Lee H.H.*, Emerson J.A.*, Connell L.*, & **Williams D.M.†** (2021). Affective response to physical activity as an intermediate phenotype. *Social Science and Medicine*, *271*, article 112038.
75. Kerrigan, S.G., Forman, E.M., **Williams, D.M.**, Patel, M., Loyka, C., Zhang, F., Crosby, R.D., & Butryn, M.L. (2021). Project Step: A randomized controlled trial investigating the

effects of frequent feedback and contingent incentives on physical activity. *Journal of Physical Activity and Health*, 18, 247-253.

76. Cioe, P.A., Merrill, J.E., Gordon, R.E.F., Guthrie, K.M., Freiberg, M., **Williams, D.M.**, Risica, P.M., Kahler, C.W. (2021). Personalized feedback improves cardiovascular risk perception and physical activity levels in persons living with HIV: Results of a pilot randomized clinical trial. *AIDS Care*, 33, 786-794.
77. Lee, H.H.*, McGeary, J.E., Dunsinger, S., Baker, L., Balasubramanyam, A., Knowler, W., & **Williams, D.M.**† (2021). The moderating effects of genetic variations on changes in physical activity level and cardiorespiratory fitness in response to a lifestyle intervention: A randomized controlled trial. *Psychosomatic Medicine*, 83, 440-448.
78. Pinto, B.M., Kindred, M.D., Dunsinger, S., & **Williams, D.M.** (2021). Sedentary behavior among cancer survivors: A longitudinal study using ecological momentary assessment. *Journal of Cancer Survivorship*, 15, 546-553.
79. Steele, J., Androulakis-Korakakis, P., Carlson, L., **Williams, D.M.**, Phillips, S., Smith, D., ... Fisher, J. (2021). The impact of coronavirus (COVID-19) related public-health measures on training behaviours of individuals previously participating in resistance training: A cross-sectional survey study. *Sports Medicine*, 51, 1561-1580.
80. Olson, K., Goldstein, S.P., Wing, R., **Williams, D.M.**, Demos, K., & Unick, J. (2021). Internalized weight bias is associated with perceived exertion and affect during exercise in a sample with higher body weight. *Obesity Science & Practice*, 7, 405-414.
81. Branscum, P., Rhodes, R.E., **Williams, D.M.** (2021). Are current elicitation techniques for barriers and enablers confounded with motivation? How natural language may hinder theory-guided research. *British Journal of Health Psychology*, 26, 839-860.
82. Dunsinger, S., Emerson, J.A.*, Ussher, M., Marcus, B.H., Miranda Jr., R., Monti, P.M., & **Williams, D.M.**† (2021). Exercise as a smoking cessation treatment for women: A randomized controlled trial. *Journal of Behavioral Medicine*, 44, 794-802.

2022

83. Lee, H.H.*, McGeary, J.E., Dunsinger, S., Emerson, J.A., Bock, B., McCaffery, J., Dwyer, K., Bryan, A.D., & **Williams, D.M.**† (2022) Affective response to physical activity as a deep phenotype in a non-randomized pilot study. *Scientific Reports*, 12, article 5893.
84. Emerson J.A.*, Dunsinger, S., Lee, H.H.*, Kahler, C.W., Bock, B., & **Williams, D.M.**† (2022). Daily instrumental and affective attitudes about exercise: An ecological momentary assessment study. *Annals of Behavioral Medicine*, 12, 726-736.
85. Connell Bohlen, L.*, Emerson, J.A.*, Rhodes, R.E., & **Williams, D.M.**† (2022). A systematic review and meta-analysis of the outcome expectancy construct in physical activity research. *Annals of Behavioral Medicine*, 12, 658-672.
86. LaRowe, L.R.* & **Williams, D.M.**† (2022). Activity-induced pain as a predictor of physical activity behavior among individuals with chronic pain: the role of physical activity enjoyment. *Journal of Behavioral Medicine*, 45, 632-642.
87. Abrantes, A.M., Garnaat, S.L., Stein, M.D., Uebelacker, L.A., **Williams, D.M.**, Carpenter, L.L., Greenberg, B.D., Desaulniers, J., & Audet, D. (2022). A pilot randomized clinical trial

of tDCS for increasing exercise engagement in individuals with elevated depressive symptoms: Rationale, design, and baseline characteristics. *Contemporary Clinical Trials Communications*, 29, article 100972.

88. LaRowe, L.R.*, Bohlen, L.C., Gaudiano, B.A., Abrantes, A.M., Butryn, M.L., Dunsiger, S.I., Griffin, E., Loucks, E.B., Uebelacker, L.A., & **Williams, D.M.**† (2022). Testing the feasibility and acceptability of an acceptance and commitment therapy intervention to increase physical activity among individuals with depression: a protocol paper. *Mental Health and Physical Activity*, 23, Article 100475.

2023

89. Park, K.S., **Williams, D.M.**, & Etnier, J.L. (2023). Exploring the use of music to promote physical activity from the viewpoint of psychological hedonism. *Frontiers in Psychology*, 14, Article 1021825.
90. **Williams, D.M.** (2023). A meta-theoretical framework for organizing and integrating theory and research on motivation for health-related behavior. *Frontiers in Psychology, section Health Psychology*, 14, Article 1130813.
91. Lithopoulos, A., Zhang, C.Q., **Williams, D.M.**, & Rhodes, R.E. (2023). Development and validation of a two-component perceived control measure. *Annals of Behavioral Medicine*, 4, 175-184.
92. LaRowe, L.R.*, Dunsiger, S.I., & **Williams, D.M.**† (2023). Acute exercise-induced changes in motivation and behavioral expectation for quitting smoking as predictors of smoking behavior in women. *Psychology of Addictive Behaviors*, 37, 475-482.
93. Connell Bohlen, L., LaRowe, L.R.*, Dunsiger, S.I., Dionne, L., Griffin, L., Kim, A.*, Marcus, B.H., Unick, J.L, Wu, W., & **Williams, D.M.**† (2023). Comparing a recommendation for self-paced versus moderate intensity physical activity for midlife adults: Rationale and design. *Contemporary Clinical Trials*, 128, Article 107169.
94. Murphy, C.M., Onu, M.C., Goodwin, C., **Williams, D.M.** & Tidey, J.W. (2023). Acute effects of exercise among individuals with schizophrenia who smoke cigarettes. *Addictive Behaviors*, 144, Article 107749.
95. **Williams, D.M.** & Rhodes, R.E. (2023). Guidelines for Assessment of Affect-Related Constructs. *Frontiers in Psychology, section Health Psychology*, 14, Article 1253477.
96. **Williams, D.M.**, Connell Bohlen, L. Dunsiger, S., Ayala-Heredia, V., Griffin., L. Dionne, L., Wilson-Barthes, M., Unick, J., LaRow, L.R., & Galárraga, O. (2023). Testing an insurance-based monetary incentive program for exercise: RCT design and rationale. *Contemporary Clinical Trials*, 135, Article 107382.
97. Farris, S. G., Smith, J. E., Steinberg, D. R., Altman, B. A., Lambert-Messerlian, G. M., Dunsiger, S. I., **Williams, D. M.**, Saladin, M. E., & Abrantes. A. M. (2023). Methodological approach for an integrated female-specific study of anxiety and smoking comorbidity. *Frontiers in Psychiatry*, 14, Article 1267753.

2024

98. LaRowe, L.R.*, Bohlen, L.C., & **Williams, D.M.**† (2024). There is no happiness in positive affect: The pervasive misunderstanding of the rotated circumplex model. *Frontiers in Psychology, section Emotion Science, 15*, Article 1301428.
99. LaRowe, L.R.* & **Williams, D.M.**† (2024). Activity-induced pain as a predictor of sedentary behavior among midlife adults. *Research Quarterly for Exercise and Sport, 95*, 391-397.
100. von Ash, T., Dunsiger, S., **Williams, D.M.**, Larsen, B.A., Bohlen, L.C., Pekmezi, D.W., Mendoza-Vasconez, A., Benitez, T.J., Bock, B., Hartman, S.J., Marquez, B., Marcus, B.H. (2024) Pasos Hacia La Salud II: a superiority RCT. *American Journal of Preventive Medicine, 67*, 220-230.
101. Bohlen, L.C., Dunsiger, S., Larsen, B.A., von Ash, T., Pekmezi, D.W., Marquez, B., Benitez, T.J., Mendoza-Vasconez, A., Hartman, S.J., **Williams, D.M.**, Marcus, B.H. (2024) Pasos Hacia La Salud II: six-month outcomes of a randomized controlled trial of a theory- and technology-enhanced physical activity intervention for Latina women. *Journal of Medical Internet Research, 26*, e51708.
102. **Williams, D.M.** (2024). Ultra-processed foods and the strategic manipulation of our evolved motivational tendencies. *Preventive Medicine Reports, 47*, Article 102902.

2025

103. Lewis, B.A., Napolitano, M.A., Buman, M.P., **Williams, D.M.**, & Nigg, C.R. (2025). Physical activity interventions: An update on advancing sedentary time, technology, and dissemination and implementation research. *Journal of Behavioral Medicine, 48*, 99-110.

In Press

104. Bohlen, L.C., Oselinsky, K.*, Vornlocher, C.*, Lee, H.H., Michels, E., Dunsiger, S.I., Bock, B.C., Kahler, C.W., & **Williams, D.M.** (in press). Physical activity promotion based on positive psychology: Development and piloting of a novel intervention approach. *Annals of Behavioral Medicine*.

Other Publications in Peer-Reviewed Journals

1. **Williams, D.M.** & Dunsiger, S. (2007). Suggestions for testing health behavior theories: Implications for mediator analysis (Letter to the Editor). *Annals of Behavioral Medicine, 34*, 223.
2. **Williams, D.M.** (2010). Importance of the nature of comparison conditions for testing theory-based interventions: Comment on Michie and Prestwich (2010) (Letter to the Editor). *Health Psychology, 29*, 467.
3. **Williams, D.M.** & Rhodes, R.E. (2016). Reviving the critical distinction between perceived capability and motivation: A response to commentaries. *Health Psychology Review, 10*, 144-147.
4. **Williams, D.M.**, Rhodes, R.E., & Conner, M.T. (2019). Editorial: Conceptualizing and intervening on affective determinants of health behavior. *Psychology and Health, 34*, 1267-1281.

5. **Williams, D.M.** (2020). Book Review for *Good Reasons for Bad Feelings: Insights from the Frontier of Evolutionary Psychiatry* by Randolph M. Nesse. *Quarterly Review of Biology*, 95, 146-147.
6. Jekauc, D., Nigg, C.R., Kanning, M.K., **Williams, D.M.**, Wagner, I., & Rhodes, R.E. (2021). Editorial: Affect in sports, physical activity and physical education. *Frontiers in Psychology*, 12, Article 785814.

Books

1. **Williams, D.M.**, Rhodes, R.E., & Conner, M.T. (Eds.) (2018). *Affective Determinants of Health Behavior*. New York: Oxford University Press.
2. **Williams, D.M.** (2019). *Darwinian Hedonism and the Epidemic of Unhealthy Behavior*. New York: Cambridge University Press.

Book Chapters

1. Thompson, S., Hoekenga, S.J., **Williams, D.M.**, & Marcus, B.H. (2005). Understanding and motivating older adults. In D. Green (Ed.), *Exercise for Older Adults: Ace's Guide for Fitness Professionals, Second Edition* (pp. 25 – 66). San Diego, CA: American Council on Exercise.
2. Whiteley, J.A., **Williams, D.M.**, & Marcus, B.H. (2006). Adherence to exercise regimens. In W. O'Donohue & E. Levensky (Eds.), *Promoting Treatment Adherence: A Practical Handbook for Health Care Providers* (pp. 307-320). Thousand Oaks, CA: Sage.
3. Marcus, B.H., **Williams, D.M.**, & Whiteley, J.A. (2007). Self-help strategies for promoting and maintaining physical activity. In J.D. Latner & G.T. Wilson (Eds.), *Self-Help Approaches for Obesity and Eating Disorders: Research and Practice* (pp. 55-72). New York, NY: Guilford.
4. Clark, U. & **Williams, D.M.** (2011). Exercise and the brain. In R.A. Cohen & L.H. Sweet (Eds.), *Brain Imaging in Behavioral Medicine and Clinical Neuroscience* (pp. 257-274). New York: Springer.
5. **Williams, D.M.** & Marcus, B.M. (2012). Theories of exercise promotion. In E.O. Acevedo (Ed.), *Oxford Handbook of Exercise Psychology* (pp. 241-251). New York: Oxford University Press.
6. **Williams, D.M.** & Marcus, B.M. (2012). Exercise addiction and aversion: Implications for eating and obesity. In K.D. Brownell & M.S. Gold (Eds.), *Handbook of Food and Addiction* (pp. 336-341). New York: Oxford University Press.
7. **Williams, D.M.** (2014). Addiction, effects of exercise on. In R.C. Eklund & G. Tenenbaum (Eds.), *Encyclopedia of Sport and Exercise Psychology*. Thousand Oaks, CA: Sage.
8. **Williams, D.M.** (2014). Enjoyment, as a mediator of exercise behavior change. In R.C. Eklund & G. Tenenbaum (Eds.), *Encyclopedia of Sport and Exercise Psychology*. Thousand Oaks, CA: Sage.
9. Emerson, J.A.*, Lee, H.*, & **Williams, D.M.**† (2017). Shaping expectations. In B. Jackson, J. Compton, & J. Dimmock (Eds.), *Persuasion and Communication in Sport, Exercise, and Physical Activity*. New York: Routledge.

10. **Williams, D.M.**, Rhodes, R.E., & Conner, M.T. (2018). Overview of affective determinants of health behavior. In D.M. Williams, R.E. Rhodes, & M.T. Conner (Eds.), *Affective Determinants of Health Behavior* (pp. 1-18). New York: Oxford University Press.
11. **Williams, D.M.** (2018). Psychological hedonism, hedonic motivation, and health-related behavior. In D.M. Williams, R.E. Rhodes, & M.T. Conner (Eds.), *Affective Determinants of Health Behavior* (pp. 204-234). New York: Oxford University Press.
12. Rhodes, R.E., **Williams, D.M.**, & Conner, M.T. (2018). Affective determinants of health behavior: Common themes, future directions, and implications for health behavior change. In D.M. Williams, R.E. Rhodes, & M.T. Conner (Eds.), *Affective Determinants of Health Behavior* (pp. 485-497). New York: Oxford University Press.
13. **Williams, D.M.**, & Connell, L.* (2019). Motivation for exercise: Reflective desire versus hedonic dread. In M. Anshel (Ed.), *APA Handbook of Sport and Exercise Psychology* (pp. 363-385). Washington DC: American Psychological Association.
14. Conner, M., **Williams, D.M.**, & Rhodes, R.E. (2020). Affect-based interventions. In Hagger, M., Cameron, L., Hankonen, N., Lintunen, T., & Hamilton, K. (Eds.) *Handbook of Behavior Change* (pp. 495-509). Cambridge University Press.

ACTIVE EXTRAMURAL GRANTS:

Principal Investigator

1. NIA, NIH (Williams, PI) 9/15/2020 – 5/31/25
R01 AG069349 Total Award: \$2,342,728
Comparing a Recommendation for Self-paced versus Moderate Intensity Physical Activity for Midlife Adults: an RCT
2. NCI, NIH (Williams, Galárraga, MPIs) 7/15/2021—6/30/27
R01 CA262894 Total Award: \$2,651,658
Empirical Testing of a Widely Available Insurance-Based Monetary Incentive Program for Exercise: A Randomized Trial
3. NCCIH, NIH (Williams, PI) 8/15/2021—7/31/23, NCE
R34 AT011302 Total Award: \$723,704
Early Phase Clinical Trial to Test the Feasibility of an ACT-Based Physical Activity Promotion Program for Adults with Depressive Symptoms

Co-Investigator (Williams, PI of Subcontract)

4. NIA, NIH (Etnier, Park MPIs) 9/15/2023 – 8/31/2025
R61 AG084479
Unraveling the mechanisms of a novel music intervention for physical activity promotion in older adults

EXPIRED EXTRAMURAL GRANTS:

Principal Investigator

1. NHLBI, NIH (Williams, PI) 7/14/04-12/31/05
F32 HL78709 Total Award: \$61,781
Affective Variables as Determinants of Physical Activity

2. NCI, NIH (Williams, PI) 8/1/06-7/31/08
R03 CA119747 Total Award: \$138,167
Does Moderate Intensity Exercise Help Prevent Smoking Relapse Among Women?
3. NCI, NIH (Williams, PI) 8/1/09-7/31/11
R21 CA137211 Total Award: \$410,465
Adherence to Self-paced vs. Prescribed Intensity PA: Exploring Mechanisms via EMA
4. NCI, NIH (Williams, PI) 2/1/11-1/31/16
R01 CA155381 Total Award: \$2,040,367
Efficacy of Brisk Walking as a Smoking Cessation Treatment Adjunct among Women
5. NCI, NIH (Williams/Galárraga, PI) 8/1/15-7/31/17
R03 CA188473 Total Award: \$162,500
Using Behavioral Economics to Promote Exercise among Inactive Overweight Adults
6. NCI, NIH (Williams, PI) 5/1/18-3/31/20
R21 CA224609 Total Award: \$383,489
Physical Activity Promotion Based on Positive Psychology: Development and Piloting of a Novel Intervention Approach

Co-Investigator (Williams, PI of Subcontract)

7. NIDDK, NIH (Winett, PI; Virginia Tech) 8/01/09 – 7/31/15
R01 DK82383
Maintaining Resistance Training in Prediabetic Older Adults: Theoretical Approach
8. NCCAM, NIH (Bock, PI; Miriam Hospital) 9/30/09-7/31/10
R21 AT3669-S1
Yoga for Women Attempting Smoking Cessation: An Initial Investigation
Competitive Revision: American Recovery and Reinvestment Act
9. NHLBI, NIH (Ciccolo, PI; Columbia Univ) 4/01/13-3/31/17
R01 HL117345
Efficacy of Resistance Training as an Aid to Smoking Cessation Treatment
10. NIDA, NIH (Farris, PI; Rutgers Univ) 9/1/18-8/31/20
R21 DA045182
Daily-Level Analysis of Ovarian Hormones, Smoking, and Anxiety
11. NIGMS, NIH (Advance CTR RI) 7/1/18-8/31/19
U54 GM115677
Memory Bias of Affective Responses to Physical Activity: A Novel Intervention Target For Increasing Physical Activity

Co-Investigator (Other)

12. NHLBI, NIH (Marcus, PI) 1/20/03–12/31/08
R01 HL69866
Internet Technologies to Increase Exercise Behavior
13. NHLBI, NIH (Lewis, PI) 8/1/04-7/31/08
R01 HL72947
Examining Psychosocial Mediators of Exercise Behavior

14. NHLBI, NIH (Marcus, PI) 11/1/05-10/31/09
R01 HL64342
Achieving Physical Activity Guidelines through an Enhanced Print Intervention
15. NIDA, NIH (Marcus, PI) 9/29/06-4/30/10
R01 DA21729
A YMCA Exercise Program to Enhance Nicotine Dependence Treatment for Women
16. NCCAM, NIH (Bock, PI) 8/1/07-7/31/09
R21 AT3669
Yoga for Women Attempting Smoking Cessation: An Initial Investigation
17. NCI, NIH (Ciccolo, PI) 8/1/08-7/31/10
R03 CA132475
Resistance Training as an Aid to Standard Smoking Cessation Treatment
18. NIDA, NIH (Tidey, PI) 2/15/12–1/31/14
R21 DA31283
Acute Effects of Exercise in Smokers with Schizophrenia
19. OMH, NIH (Garneau, PI) 7/1/18-6/30/21
YEPMP170103
Rhode Island Girls Empowerment Mentoring Support (GEMS)
20. NCI, NIH (Marcus, PI) 11/1/17–10/31/22
R01CA159954
Promoting Physical Activity in Latinas via Interactive Web-Based Technology

Primary Sponsor/Mentor

20. NCI, NIH (Emerson, PI) 9/1/2016-8/31/2018
F31 CA206245
When Outcomes Matter: A Temporal Analysis of Instrumental and Affective Outcomes of Exercise Behavior Using Ecological Momentary Assessment
21. NCI, NIH (Lee, PI) 5/25/2018-5/24/2020
F31 HL140817
Genetic Effects of BDNF on Physical Activity Adherence: Affective Response to Physical Activity as a Phenotypic Mediator
22. ACSM Foundation (Lee, PI) 7/1/2018-8/1/2019
Doctoral Student Research Grant
Affective Response to Exercise as an Intermediate Phenotype: An Evidence-based Cumulative Genetic Score approach
23. NIGMS, NIH (Connell Bohlen, PI) 1/1/2019-4/30/21
U54GM115677
Advance-CTR Mentored Research Awards: Improving Dissemination of Technology-Delivered Physical Activity Interventions
24. NIA, NIH (LaRowe, PI) 8/23/2021-8/31/2022
F32 AG074680
Adherence to Physical Activity among Midlife Adults with Chronic Pain: The Role of

Acute Increases in Pain during Physical Activity

EXPIRED INTRAMURAL GRANTS:**Principal Investigator**

1. The Miriam Hospital (Williams, PI) 7/12/07-6/30/09
Department Seed Grant Total Award: \$9,970
Adherence to Self-paced Versus Prescribed Intensity Walking in Obese Adults
2. The Miriam Hospital (Williams, PI) 7/23/07-6/30/09
Department Seed Grant Total Award: \$8,600
Individual Differences in Affect & Brain Functioning in Response to Exercise
3. Private donation (Williams, PI) 9/1/18-8/31/19
Brown University Mindfulness Center (Loucks) Total Award: \$20,000
Acceptance and Commitment Therapy to Promote Physical Activity among Adults with Depressive Symptoms

Co-Investigator

4. Butler Hospital (Battle, PI) 12/1/10-12/31/11
Innovations in Women's Health Seed Grant
Pilot study of a physical activity intervention for antenatal depression

INVITED TALKS:

1. **Williams, D.M.** (2007). *Physical activity as a treatment for smoking cessation among women*. Urban League of Rhode Island: Providence, RI
2. **Williams, D.M.** (2010). *Collecting participant data to evaluate and improve YMCA programs*. Annual Meeting of the Greater Providence YMCAs: Providence, RI
3. **Williams, D.M.** (2010). *Affective variables as determinants of health behavior*. Virginia Tech, Department of Psychology, Distinguished Alumni Speaker Series: Blacksburg, VA.
4. **Williams, D.M.** (2012). Invited discussant for: *Novel perspectives in physical activity research: Implications for motivation behavior and treatment*, Magnan, R.E., Kwan, B.M., Hooper, A.E.C. Symposium presented at the 33rd annual meeting of the Society of Behavioral Medicine, New Orleans, LA.
5. **Williams, D.M.** (2013). *National Institutes of Health (NIH) funding for basic psychological science*. Invited panelist for workshop presented at the 25th annual meeting of the Association for Psychological Science, Washington DC.
6. **Williams, D.M.** (2014). *Hedonic determinants of exercise behavior*. Colloquium for Southern Methodist University, Department of Psychology.
7. Michie, S., Rothman, A.J., Johnston, M., **Williams, D.M.**, Boynton, M., Fitzpatrick, S. (2014). *Debate: Different types of behavior require different theories to explain them*. Invited participant (negative rebuttal) for debate conducted at the 35th annual meeting of the Society of Behavioral Medicine, Philadelphia, PA.

8. **Williams, D.M.** (2014). *Affective determinants of health-related behaviors: Mapping of concepts and proposed framework*. Invited speaker for the inaugural meeting of the Society for Affective Science, Washington DC.
9. **Williams, D.M.** (2015). *A critique of the self-efficacy concept: Implications for interpretation of self-efficacy research*. Invited paper as part of symposium: *The varied roles of self-efficacy in health behavior change*, Tang, M.W., Luszczynska, L., Schwarzer, R., & Williams, D.M. Presented at the 29th conference of the European Health Psychology Society, Limassol, Cyprus.
10. **Williams, D.M.** (2015). *Affect-related determinants of physical activity*. Invited speaker as part of NIH workshop on: Behavioral and psychological phenotyping to understand differences in physical activity and sedentary behavior affecting weight management, Bethesda, MD.
11. **Williams, D.M.** (2015). *A critique of the self-efficacy concept: Implications for interpretation of self-efficacy research*. Invited paper as part of symposium: *The varied roles of self-efficacy in health behavior change*, Tang, M.W., Luszczynska, L., Schwarzer, R., & Williams, D.M. Presented at the 29th conference of the European Health Psychology Society, Limassol, Cyprus.
12. **Williams, D.M.** (2016). Invited discussant for *Developing and testing theory-based digital behavioral interventions*, Michie, S., Masters, K., West, R. Symposium presented at the 37th annual meeting of the Society of Behavioral Medicine, Washington, D.C.
13. **Williams, D.M.** (2016). *Affective determinants of exercise behavior*. Colloquium for Roger Williams University, Department of Psychology.
14. **Williams, D.M.** (2018). Invited discussant for *All the feels': Complex questions regarding the limits and construct validity of affective determinants of exercise behavior*, Stevens, C., Baldwin, A., Emerson, J., Gillman, M. Symposium presented at the 39th annual meeting of the Society of Behavioral Medicine, New Orleans, LA
15. **Williams, D.M.** (2018). Invited discussant for *Novel Analytic Approaches to Variance Modeling in Ecological Momentary Assessment Studies of Physical Activity*, Dunton, G., Maher, J., Yang, C. Symposium presented at the 39th annual meeting of the Society of Behavioral Medicine, New Orleans, LA.
16. **Williams, D.M.** (2019). *Psychological Hedonism and Hedonic Dread of Exercise*. Invited colloquium at Penn State University, Department of Kinesiology.
17. **Williams, D.M.** (2021). *Positive affective response to self-paced exercise and better adherence to exercise programs*. Invited paper as part of symposium: *New findings on the science of pacing in physical activity and sport performance*, Raglin, J. Williams, D.M., Hettinga, F., Menting, S., Stoter, I., & Micklewright, D. Presented at the 2021 American College of Sports Medicine Annual Meeting.
18. **Williams, D.M.** (2023). *Understanding and Promoting Aerobic Physical Activity for Cancer Prevention*. Invited lecture at the Brown University, Legorreta Cancer Center.
19. **Williams, D.M.** (2023). *Promoting Self-Paced Physical Activity*. Invited *Forge Ahead* lecture, Pennington Biomedical Research Center, Louisiana State University.

20. **Williams, D.M.** (2023). *Building an EMA Protocol*. Invited expert panelist. The Miriam Hospital, Providence, RI.
21. **Williams, D.M.** (2024). *Promoting Self-Paced Physical Activity*. Invited lecture, Stockton University Distinguished Alumni Award in Psychology. Stockton University, Pomona, NJ.

UNIVERSITY TEACHING ROLES:

Course Instructor

2001-2002	PSYC 2044: Psychology of Learning Virginia Tech, Blacksburg, VA
2002	PSYC 3054: Health Psychology Virginia Tech, Blacksburg, VA
2008	EHS 340: Health Behavior Change University of Massachusetts, Boston
2009	PHP 2070: MPH Summer Internship, Small Group Leader Brown University
2010-2011, 2018	PHP 2380: Health Communication Brown University
2013-2017	PHP 1680N: Tobacco, Smoking, and the Evil Empire Brown University
2011-present	PHP 2340: Behavioral and Social Science Theory for Health Promotion Brown University

Seminars and Guest Lectures

2006, 2007	Use of Technology in Health Behavior Change Brown University Clinical Psychology Internship Training Consortium
2007-2009	Peer Supervision for Clinical Psychology Brown University Clinical Psychology Internship Training Consortium
2008, 2009	Behavioral Medicine Theories Brown University Clinical Psychology Internship Training Consortium
2009	Giving Your Job Talk Brown University Clinical Psychology Internship Training Consortium
2010	Designing Research Studies in Exercise Psychology Guest Lecture in PHP 2300: Research Methods
2011-2016	Physical Activity and Cardiovascular Disease Brown University Cardiovascular T32
2011-present	Physical Activity and Behavioral Medicine Brown University Clinical Psychology Internship Training Consortium
2014, 2015	Health Behavior Theories Brown University PHP2170: Injury as a Public Health Problem
2016	Physical Activity, Obesity, and Cardiovascular Disease

Brown University PHP1600: Obesity in the 21st Century**RESEARCH ADVISING:****Thesis, Preliminary Exam, and Dissertation Committees**

2010/2011	Preliminary exam committee member: Matthew Cox, Virginia Tech “Self-efficacy as a mediator of physical activity: A meta-analysis”
2011/2012	Dissertation committee member: Matthew Cox, Virginia Tech “Theoretical and psychometric specificity of self-regulation”
2011/2012	Thesis advisor, MPH: Alyssa Sylvaria, Brown University “Fall River fitness challenge”
2012/2013	Thesis advisor, undergraduate honors: Michelle Le, Brown University “The impact of evaluative counter-conditioning on exercise-related attitudes, affect, and behavior”
2013/2014	Thesis advisor, ScM in BSSI: Sam Fricchione, Brown University “Monetary incentives for exercise behavior”
2014/2015	Dissertation committee member: Mark Buller, Brown University “Human thermal-work strain performance optimization from wearable physiological sensors”
2016/2017	Dissertation committee member: Lauren Billings, University of Minnesota “The Efficacy of Affective Behavioral Strategies for Increasing Physical Activity: Implications for Harnessing the Dual-Mode Model”
2016-2018	Dissertation committee member: Stephanie Kerrigan, Drexel University “Project Step: Dismantling Several Common Components of Financial Incentive Programs for Physical Activity”
2017/2018	Thesis advisor, ScM in BSHP: Akash Radia, Brown University “The Combined Effects of Dispositional Mindfulness and Physical Activity on Stress among College Students”
2017/2018	Thesis advisor, ScM in BSHP: Michael Brickley, Brown University
2018/2019	Dissertation committee member: Amanda Calder, University of Otago “The Affect of Exercise Past, Present and Future: The Role of Affective Memory and Affective Forecast in the Affective Response-PA Behaviour Relation”
2018/2019	Dissertation chair: Jessica Emerson, Brown University “When Outcomes Matter: A Temporal Analysis of Beliefs in the Exercise and Smoking Domains”
2018/2019	Dissertation chair: Harold Lee, Brown University “Genetic Underpinnings of Physical Activity Adherence: Affective Response to Physical Activity as an Intermediate Phenotype”
2022/2023	Thesis Reader: Domenic Angelo, MPH, Brown University “User Experiences of Physical Activity Ecological Momentary

Assessment Delivered through Mobile Application”

2022/2023 Thesis Reader: Shaw Hubbard, MPH, Brown University
 “Changes in dental care use following end of marriage for women and men in the Health and Retirement Study”

Clinical Psychology Residency, Research Advising

2012/2013 Cerissa Blaney, Brown Clinical Psychology Training Consortium
 2013/2014 Daniel Evans, Brown Clinical Psychology Training Consortium
 2016/2017 Courtney Stevens, Brown Clinical Psychology Training Consortium
 2020/2021 Lisa LaRowe, Brown Clinical Psychology Training Consortium

Postdoctoral Fellowship Advising

2012/2013 Kelley Strohacker, Brown University
 2014/2015 Daniel Evans, Brown University
 2016-2018 Lauren Connell, Brown University
 2021/2022 Lisa LaRowe, F32 Fellow, Brown University
 2023-present Katrina Oselinsky, Brown University

Undergraduate Research Advising

2005 Nadeen Ramsay, Providence College
 2006 Karlene Campbell, University of Colorado
 Katelin Fitzpatrick, Providence College
 2007 Samuel Ritter, University of Rhode Island
 Maeve Sugameli, Providence College
 Ashley Recklet, University of Rhode Island
 Brian DiCicco, University of Rhode Island
 2008 Noadia Louis-Charles, University of Rhode Island
 Domingos Martins, University of Rhode Island
 Fred Holloway, University of Rhode Island
 Domingos Martins, Providence College
 Travers Guy, Bryant University
 Alison Sokoloff, University of Rhode Island
 Christopher Aruda, University of Rhode Island
 2009 Kevin Hamill, University of Rhode Island
 Devon Kab, University of Rhode Island
 2010/2011 Diana Pham, Brown University (PHP 1970)
 Jonathon Yu, Brown University (BIOL 1960)
 2011/2012 Chenelle Chin, Brown University (BIOL 1960)
 2012/2013 Michelle Le, Brown University (BIOL 1960)
 2013/2014 Mariah Lohse, Brown University (PHP 1970)

ACADEMIC ADVISING (BROWN UNIVERSITY):

Undergraduate

2010-2012	First-year Advisor
2011-2013	Second-year Advisor

MPH

2015-2016	Core Advisor
2022-2024	Alison Kim
2024-present	Chloe Bittelman
2024-present	Hope Tiboni

ScM Candidates

2010-2012	Jessica Emerson
2011-2012	Sarah Hopwood
2012-2014	Amy Silvia
2014-2015	Madeline Benz
2014-2016	Ashley Lowery
2015-2017	Holly Boyle
2016-2017	Claire Walker
2014-2018	Shantell Steve
2013-2018	Michael Brickley
2014-2019	Laura Dionne
2016-2018	Yoojin Cha
2016-2018	Akash Radia
2017-2019	Katarina Ferrucci
2017-2018	Meghan Gonsalves
2017-2019	Peter Salhaney

PhD Candidates

2014-2019	Jessica Emerson
2015-2019	Harold Lee
2024-present	Michael Onu

PROFESSIONAL LICENSES:

2006-present	Licensed Clinical Psychologist Rhode Island, License # PS00921
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GRANT REVIEWER (STANDING MEMBER)

2016-2020	NIH: Psychosocial Risk and Disease Prevention (PRDP)
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GRANT REVIEWER (AD-HOC)

2009	NIH: Academic Research Enhancement Awards (ZRG1 BBBP-D52)
2009	Social Sciences and Humanities Research Council of Canada
2009	Health Research Council of New Zealand
2010	NIH: Small Business Innovation Research (ZRG1 HDM B 10)
2012	NIH: Research Answers to NCI's Provocative Questions (CA11)
2012	Canadian Cancer Society: Innovations Panel (I5; June 2012)

2012	NIH: NCI Exploratory/Developmental Grants (ZCA1 RPRB-B)
2012	Canadian Cancer Society: Innovations Panel (I5; Dec 2012)
2014	NIH: NCI Program Project (P01; ZCA1 RPRB-B (M1) P)
2015	NIH: Psychosocial Risk and Disease Prevention (PRDP)
2016	NIH: NINR Nursing and Related Clinical Sciences (ZRG1 NRCS V 08 F)
2017	NIH: Behavioral and Psychological Phenotypes (ZRG1 RPHB-M 55)

ASSOCIATE EDITOR

2018-2022	Psychology and Health
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EDITORIAL BOARDS:

2010-present	Annals of Behavioral Medicine
2013-2017	Psychology of Sport and Exercise
2011-2017	Psychology and Health
2012-2016	Health Psychology

UNIVERSITY, SCHOOL, & DEPARTMENT COMMITTEES (STANDING MEMBER):

2010-2023	Curriculum Committee (Chair from 2012-2021) Department of Behavioral and Social Sciences, Brown University
2013-2019	Admissions Committee for Master's Program (Chair from 2015-2019) Department of Behavioral and Social Sciences, Brown University
2014-2020	Director of Graduate Training, ScM in Behavioral and Social Sciences Brown University School of Public Health
2014-2021	Graduate Programs Steering Committee Brown University School of Public Health
2017-2018	Advisory Board, Sheridan Center for Teaching and Learning Brown University
2019	Admissions Committee for Ph.D. Program Department of Behavioral and Social Sciences, Brown University
2020-2021	Admissions Committee for MPH Program School of Public Health, Brown University
2020-2021	Concentration Lead, Health Behavior Science Concentration Brown University, MPH Program
2020-2023	Committee for Antiracism in Teaching and the Curriculum Department of Behavioral and Social Sciences, Brown University
2021-2022	Public Health Faculty Appointments and Promotions Committee School of Public Health, Brown University
2015-present	Dean's Award Selection Committee Brown University School of Public Health

2018-present	Executive Committee Department of Behavioral and Social Sciences, Brown University
2023-present	Executive Committee School of Public Health, Brown University
2023-present	Committee on Faculty Equity and Diversity Brown University
2023-present	Chair (ex officio), Public Health Faculty Appointments and Promotions Committee School of Public Health, Brown University

UNIVERSITY, SCHOOL, & DEPARTMENT COMMITTEES (AD HOC):

2009	Search Committee for Assistant Professor Department of Health Services Research, Brown University
2011	Search Committee for Professor and Chair Department of Behavioral and Social Sciences, Brown University
2011-2012	Search Committee for Assistant Professor Department of Behavioral and Social Sciences, Brown University
2011-2012	Committee for Developing the Ph.D. Program Department of Behavioral and Social Sciences, Brown University
2011-2012	Team Enhanced Advising and Mentoring Brown University
2015	Committee for Developing Thesis Advising Incentives (Chair) Department of Behavioral and Social Sciences, Brown University
2015	Committee for Developing Ph.D. Preliminary Exam Procedures Department of Behavioral and Social Sciences, Brown University
2018	Search Committee for Associate Professor Department of Behavioral and Social Sciences, Brown University
2018	Search Committee for Target of Opportunity Hire Department of Behavioral and Social Sciences, Brown University
2018	Search Committee for Assistant Professor Department of Behavioral and Social Sciences, Brown University
2018	Steering Committee for Strategic Planning Brown University School of Public Health
2019	Search Committee for Target of Opportunity Hire Department of Behavioral and Social Sciences, Brown University
2019-2020	Promotions Committee, Medeva Ghee Department of Behavioral and Social Sciences, Brown University
2022-2023	Promotions Committee, Diana Grigsby-Toussaint Department of Behavioral and Social Sciences, Brown University

2022-2023	Promotions Committee, Madina Agénor Department of Behavioral and Social Sciences, Brown University
2022-2023	Promotions Committee, Jackie Hughto Department of Behavioral and Social Sciences, Brown University
2022-2023	Promotions Committee (Chair), Katie Biello Department of Behavioral and Social Sciences, Brown University
2023	Selection Committee for Research Achievement Awards Life Sciences and Public Health, Brown University
2023	Committee for Diversity Equity and Inclusion, Guidance in Standards and Criteria Documents, Brown University

DATA AND SAFETY MONITORING BOARDS:

2011-2012	R34 MH082153 (Dunn, PI) “Adapting Exercise Treatment for Depression to Adolescents: A Pilot Study”
2012-2016	R01 AT006948 (Bock, PI) “Efficacy of Yoga as a Complementary Therapy for Smoking Cessation”
2017-2019	R21 AA024295 (Abrantes, PI) “A Tailored Physical Activity Smartphone App for Patients with Alcohol Dependence”
2017-2019	R21 DA041553 (Abrantes, Stein, MPIs) “A Peer-Facilitated Physical Activity Intervention Delivered during Methadone Maintenance”
2023-present	R01 CA273221 (Smits, PI) “Efficacy and Implementation of Exercise Based Smoking Cessation Treatment for Adults with High Anxiety Sensitivity” (Chair, DSMB)

OTHER APPOINTMENTS:

2012-2013	Advisory Board, Theories of Behavior Change Special Interest Group Society of Behavioral Medicine
2013-2015	Co-Chair/Chair, Physical Activity Special Interest Group Society of Behavioral Medicine
2014-2017	International Advisory Board Theories and Techniques of Behaviour Change Project (Funded by Medical Research Council, UK)
2015-2017	Co-Chair/Chair, Theories & Techniques of Behavior Change Special Interest Group, Society of Behavioral Medicine
2016-2017	Member, NIH Working Group Accumulating Data to Optimally Predict Obesity Treatment (ADOPT)
2024-present	Member, Board of Directors Greater Providence YMCAs