

CURRICULUM VITAE

Jeffrey Aman Proulx

PERSONAL INFORMATION

Position: Associate Director, Diversity and Inclusion, Mindfulness Center @ Brown.
Assistant Professor, School of Public Health; Native American and Indigenous
Studies; Psychiatry and Human Behavior; Contemplative Studies: Brown
University
Address: Brown Mindfulness Center, 1 Davol Square 2nd Floor, Providence RI 02903
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EDUCATION

2010 Bachelor's Degree, Psychology, Summa Cum Laude
Southern Oregon University
2012 Master's Degree, Human Development and Family Studies
Oregon State University
2015 Doctoral Degree, Human Development and Family Studies
Oregon State University
2015 - 2017 Postdoctoral Training, National Institutes of Health T32 Complementary and
Alternative Medicine Research Training in Neuroscience and Stress
Oregon Health & Science University

ACADEMIC APPOINTMENTS

2021- Present Associate Director Diversity and Inclusion Mindfulness Center
2019 - Present Assistant Professor, Behavioral and Social Sciences, Brown University
2019 - Present Assistant Professor, Psychiatry and Human Behavior, Brown University
2020 - Present Assistant Professor, Native American and Indigenous Studies, Brown University
2020 - Present Assistant Professor, Contemplative Studies, Brown University

OTHER APPOINTMENTS

2019 - 2023 Affiliated Assistant Professor, Neurology, Oregon Health & Science University

HONORS AND AWARDS

2010 - 2013. Ford Foundation Pre-Doctoral Fellowship
National Academies of Science

DEPARTMENT, CENTER, AFFILIATED HOSPITAL, OR UNIVERSITY SERVICE

2020 - Present Native American and Indigenous Studies Curriculum Working Group
2021 - Present Associate Director Diversity and Inclusion; Mindfulness Center

Journal Manuscript Reviewer

Psychoneuroendocrinology, Mindfulness, Cultural Diversity and Ethnic Minority Psychology

SERVICE TO OTHER INSTITUTIONS

- 2016 - 2019 Oregon Health & Science University; Spiritual Care Team (patient counseling)
2016 - 2019 Oregon Health & Science University; Department of Neurology Diversity and Inclusion Committee

PUBLICATIONS IN PEER-REVIEWED JOURNALS

1. Nath, R., Jeong, Y., Igarashi, H., **Proulx, J.**, Aldwin, C., & Spiro III, A. (2015). Brief report: Cholesterol and depressive symptoms in older men across time. *Health Psychology Open*, 2(1), DOI: 10.1177/2055102915592089
2. Le, T., & **Proulx, J.** (2015). Mindfulness with aloha among mixed-ethnic/Native Hawaiian Pacific Islander incarcerated youth. *Journal of Asian American Psychology*, 6(2), 1-9. doi.org/10.1037/aap0000019
3. **Proulx, J.**, Croff, R., Oken, B. S., Aldwin, C. M., Fleming, C., Bergen-Cico, D.,...Noorani, M. (2017). Considerations for research and development of culturally relevant mindfulness interventions in American minority communities. *Mindfulness*, 9(2), 361-370. DOI:10.1007/s12671-017-0785-z
4. **Proulx, J.**, Klee, D., & Oken, B. S. (2017). Do psychosocial predictors affect the following days' cortisol awakening response? Expanding the temporal time frame with which to explore morning cortisol. *Stress*, 20(4), 398 – 403. DOI:10.1080/10253890.2017.1346076
5. Oken, B. S., Goodrich, E., Klee, D., Memmott, T., **Proulx, J.** (2018). Predictors of improvements in mental health from mindfulness meditation in stressed older adults. *Alternative Therapies in Health and Medicine*, 24(1), 48-55. PMC5802968
6. Colgan, D. D., Klee, D., Memmott, T., **Proulx, J.**, & Oken, B. (2018). Perceived stress mediates the relationship between mindfulness and negative affect variability: A randomized controlled trial among middle-aged to older-adults. *Stress and Health*. DOI: 10.1002/smi.2845
7. **Proulx, J.**, Croff, R., Hebert, M., & Oken, B. (2020). Results of a mindfulness intervention feasibility study among elder African American women: A qualitative analysis. *Complementary Therapies in Medicine*, 52, 102455. DOI:10.1016/j.ctim.2020.102455
8. Eichel, K., Gawande, R., Acabchuk, R., Palitsky, R., Chau, S., **Proulx, J.**,...& Britton, W. (2021). A retrospective systematic review of diversity variables in mindfulness research, 2000-2016. *Mindfulness*, 12(11), 2573-2592. DOI: 10.1007/s12671-021-01715-4
9. Loucks, E.B., Crane, R.S., Sanghvi, M.A., Montero-Marín, J., Proulx, J., Brewer, J.A., Kuyken, W. (2023). Mindfulness-based programs: why, when, and how to adapt? *Global Advances in Health and Medicine*, 11. DOI: 10.1177/21649561211068805

BOOKS AND BOOK CHAPTERS

1. Bi, X., **Proulx, J.**, & Aldwin, C.M. (2015). Stress-related growth. In H. Friedman (Ed.), *Encyclopedia of Mental Health*, 2nd Ed. San Diego: Elsevier.
2. **Proulx, J.**, & Aldwin C. M. (2015). The effects of coping on psychological and physical health. In S.K. Whitbourne (Ed.), *Encyclopedia of Adulthood and Aging*. West Sussex:

Wiley & Sons.

3. **Proulx, J.**, & Aldwin C. M. (2016). Stress and coping theory in geropsychology. In N. A. Pachana (Ed.), *Encyclopedia of Geropsychology*, New Delhi: Springer.
4. Fleming, C., **Proulx, J.**, & Womack, V. (In Press). *Beyond White Mindfulness: Critical Perspectives on Racism, wellbeing, and liberation*. New York: Routledge.

INVITED PRESENTATIONS

National

1. Proulx, J., Plenary Speaker. Considerations for Mindfulness Research in Minority Communities. Mindfulness and Diversity Conference, Stony Brook University, October, 2016
2. Proulx, J. Keynote Speaker. Developing a Mindfulness Program for Stress Reduction with Native Communities. Rooted in Mountains Conference, Western Carolina University, September, 2018
3. Proulx, J. Plenary Speaker. Using Mindfulness to Address Diabetes in Native Communities. Indian Health Board Annual Diabetes Conference, Oklahoma City, August, 2019
4. Proulx, J. Mindful Mondays; Parkinson's Foundation, Spring and Fall 2020
5. Proulx, J. Mindful Mondays; PD Warrior (Parkinson's) Spring 2022

GRANTS

Current Grants

1. **Proulx, J.** National Institutes of Health/National Center for Complementary and Integrative Health. Project Title: "Exploring the Adaption of Mindfulness in Native American Communities to Address Diabetes" (4R00AT009570-03), September 2018-August 2023, \$248,660
2. **Proulx, J.** Mind & Life Institute Varela Award. Project Title: "Is Mindful Meditation Effective and Culturally Relevant for Native People?" (GR5290913), July 2020 – June 2021, \$12,347
3. **Proulx, J.** Loan Repayment Program. National Institutes of Health.
4. **Proulx, J.** Burroughs Wellcome Fund. Project Title: "A Qualitative Investigation of Narragansett Tribal Conceptualizations of Open and Closed Mindsets." (1022728), July 2022 -- July 2023, \$79,958
5. **Proulx, J.** Brown School of Public Health Catalyst Award. Project Title: "Exploring Native American Approaches to Mindfulness in Hypertension Interventions." July 2022 – July 2023, \$17,420

Completed Grants

1. Aldwin, C. (PI), **Proulx, J.** (co-PI). National Institutes of Health/National Institute on Aging Research Supplements to Promote Diversity in Health Related Research, supplement to AG032037, "Stress, Coping, Health, and Optimal Aging." (2011-2013)
2. **Proulx, J.**, (PI) O'Brien, K. (co-PI). National Institutes of Health/National Center for Complementary and Integrative Health: Research Supplement to (Proulx, PI) "Exploring the Adaptation of Mindfulness in Native American Communities to Address Diabetes" (3 R00 AT009570-04S1), September 2020 – August 2021, \$9,510

UNIVERSITY TEACHING AND MENTORING ROLES

2020	Thesis Advisor	Master of Public Health, Brown University, Victor Padilla
2020	Mentor	Supplements to Promote Diversity, School of Public Health, Brown University, Kelly O'Brien
2020-Present	Mentor	Proulx Lab for Native American Wellness and Mindfulness, Brown University
2021-Present	Thesis Advisor	Senior Honors Thesis, Brown University, Kento Suzuki

2021-2022	Thesis Advisor	Master's in Public Health, Brown University, Lila Chamlagai
2021- Present	Dissertation Chair	Doctor of Public Health, Brown University, Chase Breyer
2022 – Present	Dissertation Chair	Doctor of Public Health, Brown University, Lila Chamlagai,
2022- Present	Thesis Advisor	Master's in Public Health, Brown University, Zoie Carter
2022- Present	Thesis Advisor	Honor's Thesis, Brown University, Suraya Ortiz