

January 2026

**CURRICULUM VITAE**  
**LAUREN CONNELL BOHLEN, Ph.D.**

Brown University School of Public Health  
Department of Behavioral and Social Sciences  
Box G-S121-8, Providence, RI 02912  
(401) 863-6559  
[lauren\\_bohlen@brown.edu](mailto:lauren_bohlen@brown.edu)

**EDUCATION:**

- 2006-2010    Pennsylvania State University,  
                  B.S. in Psychology, Finance
- 2010-2015    Pennsylvania State University  
                  M.S., Ph.D. in Biobehavioral Health

**POST-GRADUATE TRAINING:**

- 2015-2016    Research Associate  
                  The Theories and Techniques of Behavior Change Project  
                  (MRC Funded; P.I. Susan Michie)  
                  Department of Clinical, Educational & Health Psychology University  
                  College London
- 2016-2018    Postdoctoral Fellow  
                  Cardiovascular Behavioral Medicine Training Fellowship  
                  (NIH Funded T32 Fellowship; PI Rena Wing)  
                  Department of Psychiatry and Human Behavior,  
                  The Miriam Hospital and Alpert School of Medicine at Brown University

**ACADEMIC APPOINTMENTS:**

- 2018-2020    Assistant Professor  
                  Department of Kinesiology  
                  University of Rhode Island
- 2020-         Assistant Professor of Behavioral and Social Sciences  
                  Center for Health Promotion and Health Equity  
                  Department of Behavioral & Social Sciences  
                  Brown University School of Public Health  
                  Legorreta Cancer Center at Brown University  
                  The Warren Alpert Medical School

**HONORS AND AWARDS:**

2010-2011 Fund for Excellence in Graduate Recruitment  
2012-2013 Hintz Graduate Education Enhancement Fellowship Award  
2012-2014 Prevention and Methodology Training Fellowship (NIDA T32 Fellowship)  
2014-2015 Hintz Graduate Education Enhancement Fellowship Award

**EDITORIAL BOARDS:**

2020-2022 *Psychology & Health*  
2022- *Translational Behavioral Medicine*  
2024- *International Journal of Behavioral Nutrition and Physical Activity*

**AD-HOC REVIEWER:**

2015- Society for Prevention Research  
2017- Centre for Behaviour Change Conference  
2017- Society of Behavioral Medicine, Physical Activity Track  
2018- *Journal of Applied Social Psychology*  
2018-2020 *Psychology & Health*  
2020- HICCS (Hawaii International Conference on System Sciences)  
2020- *Health Psychology Review*  
2021- Annual Conference on the Science of Dissemination and Implementation  
2021- *Annals of Behavioral Medicine*  
2021- *Translational Behavioral Medicine*  
2022- *Social Science and Medicine*  
2022- *Behavioral Therapy*  
2022- *Translational Journal of the American College of Sports Medicine*  
2022- *Frontiers in Psychology*  
2023- *Journal of Behavioral Medicine*  
2023- *International Review of Sport and Exercise Psychology*  
2023- *JMIR mHealth and uHealth*  
2024- *Public Health Reports*  
2024- *BMC Public Health*  
2025- *BMC Digital Health*

**UNIVERSITY COMMITTEES (APPOINTED):**

2024-2026 Faculty Executive Committee

**DEPARTMENT COMMITTEES (AD-HOC):**

2021-2022 Behavioral and Social Sciences Anti-Racist Working Group (Community Advocacy, Community Engagement and Internal Climate Survey)  
  
2023- Co-Chair; Department of Behavioral and Social Sciences Diversity and Inclusion Action Planning (DIAP) committee

**DATA AND SAFETY MONITORING BOARDS:**

2019-2021 R34 MH118199 (Kemp, PI) "Examining behavioral strategies for enhancing therapists delivery of exposure therapy"

2022- R01 AG070136 (Farris, PI) “A tailored exposure intervention targeting exercise anxiety and avoidance in cardiac rehabilitation”

**OTHER APPOINTMENTS:**

2016-2017 Invited Expert Reviewer, Physical Activity Track; Centre for Behaviour Change Mode of Delivery Taxonomy

2024- Co-Chair; Evidence-Based Behavioral Medicine Special Interest Group; Society of Behavioral Medicine

2025- BRIDGE Affiliate (Brown Research on Implementation and Dissemination to Guide Evidence Use); Department of Psychiatry and Human Behavior; Warren Alpert Medical School at Brown University

**MEMBERSHIP IN SOCIETIES:**

2012- Society for Prevention Research

2016- Society of Behavioral Medicine

2021- American Heart Association

**PUBLICATIONS:**

**Original Publications in Peer-Reviewed Journals:**

1. Power, T. G., Sleddens, E. F., Berge, J., **Connell, L.E.**, Govig, B., Hennessy, E. & St. George, S. M. (2013). Contemporary research on parenting: Conceptual, methodological, and translational issues. *Childhood Obesity*, 9(s1), S-87.
2. Zhou, J., **Connell, L.E.**, & Graham, J.W. (2014) Handling missing data in cluster randomized trials: A demonstration of multiple imputation with PAN through SAS. *Tutorials in Quantitative Methods for Psychology*, 10(2), 153-166
3. **Connell, L.E.**, & Francis, L.A. (2014) Positive parenting mitigates the effects of poor self-regulation on BMI trajectories from ages 4 to 15 years. *Health Psychology*, 33(8), 757- 764.
4. Michie, S., Carey, R. N., Johnston, M., Rothman, A. J., De Bruin, M., Kelly, M. P., & **Connell, L. E.** (2018). From theory-inspired to theory-based interventions: A protocol for developing and testing a methodology for linking behaviour change techniques to theoretical mechanisms of action. *Annals of Behavioral Medicine*, 52(6), 501-512.
5. Williams, D. M., Lee, H. H., **Connell, L.**, Boyle, H., Emerson, J., Strohacker, 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.
6. West, R., Godinho, C.A., **Connell Bohlen, L.**, Carey, R.N., Hastings, J., Lefevre, C.E., Michie, S. (2019) Development of a system for representing behaviour change theories to aid comparison integration, development and use. *Nature Human Behavior*. 3(5), 526-536.

7. **Connell, L.**, Carey, R.N., Johnston, M., Rothman, A.J., de Bruin, M., Kelly, M.P., Michie, S. (2019) Expert consensus on links between behaviour change techniques and mechanisms of action. *Annals of Behavioral Medicine*. 53,(8), 708-720.
8. Carey, R.N., **Connell, L.E.**, Johnston, M.J., Rothman, A.J., de Bruin, M., Kelly, M.P., Michie, S. (2019). Behaviour change techniques and mechanisms of action: synthesis of links hypothesised in published intervention literature. *Annals of Behavioral Medicine*. 53,(8), 693-707.
9. Lee H.H., Dunsiger S., **Connell Bohlen, L.**, Boyle H., Emerson J.A., & Williams D.M. (2020). Age moderates the effect of self-paced walking on exercise adherence among overweight adults. *Journal of Aging and Health*, 32(3-4), 154-161.
10. Galarraga, O., **Connell Bohlen, L.**, Dunsiger, S.I., Lee, H.H., Emerson, J.A., Boyle, H.K., Strohacker, K., & Williams, D.M. (2020) Small sustainable monetary incentives to promote physical activity: A randomized controlled trial. *Health Psychology*, 39(4), 265–268. <https://doi.org/10.1037/hea0000818>
11. Hale, J., Hastings, J., West, R., Lefevre, C.E., Direito, A., **Bohlen, L.C.**, Godinho, C., Anderson, N., Zink, S., Groarke, H.J., & Michie, S., (2020) An ontology-based modeling system for representing behavior change theories applied to 76 theories. *Wellcome Open Research*, 5 (177), 177
12. Boyle, H.K., **Connell Bohlen, L.**, 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, <https://doi.org/10.1007/s10865-019-00118-0> .
13. **Bohlen, L.C.**, Michie, S., de Bruin, M., Rothman, A.J., Kelly, M.P., Groarke, H.N.K., Carey, R.N., Hale, J., & Johnston, M. (2020) Do combinations of behavior change techniques that occur frequently in the literature reflect underlying theory? *Annals of Behavioral Medicine*, 54(11), 827-842, <https://doi.org/10.1093/abm/kaaa078>.
14. Michie, S., Johnston, M., Rothman, A. J., de Bruin, M., Kelly, M. P., Carey, R. N., **Bohlen, L.C.**, Groarke, H.N.K., & Zink, S. (2021). Developing an evidence-based online method of linking behaviour change techniques and theoretical mechanisms of action: a multiple methods study. *Health Serv Deliv Res*, 9, 1. doi:10.3310/hsdro9010.
15. Lee, H. H., Emerson, J. A., **Bohlen, L. C.**, & Williams, D. M. (2021). Affective response to physical activity as an intermediate phenotype. *Social Science & Medicine*, 271, 112038, doi: 10.1016/j.socscimed.2018.11.018
16. Johnston, M., Carey, R.N., **Connell Bohlen, L.**, Johnston, D.W., Rothman, A.J., de Bruin, M., Kelly, M.P., Groarke, H., & Michie, S. (2021) Linking behaviour change techniques to mechanisms of action: Triangulation of findings from literature synthesis and expert consensus. *Translational Behavioral Medicine*, 11(5):1049-1065. doi: 10.1093/tbm/ibaa050.

17. **Bohlen, L. C.**, 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*, 56(7), 658-672.  
<https://doi.org/10.1093/abm/kaabo83>
18. Cornelius, T., Derby, L., **Connell Bohlen, L.**, Birk, J., Rothman, A.J., Johnston, M., & Michie, S. (2023). Linking measures to mechanisms of action: an expert opinion study. *British Journal of Health Psychology*, 28(1), 98-115.
19. 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, 100475.
20. **Bohlen, L. C.**, LaRowe, L. R., Dunsiger, S. I., Dionne, L., Griffin, E., Kim, A. E., Marcus, B.H., Unick, J., 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, 107169.
21. Williams, D.M., **Bohlen, L.C.**, Dunsiger, S.I., Ayala-Heredia, V., Griffin, E., Dionne, L., Wilson-Barthes, M., Unick, J., LaRowe, L.R., & Galárraga, O. (2023). Testing an insurance-based monetary incentive program for exercise: RCT design and rationale. *Contemporary Clinical Trials*, 135, 107382
22. von Ash, T., Dunsiger, S. I., Williams, D. M., Larsen, B. A., **Bohlen, L. C.**, Pekmezi, D., ... & Marcus, B. H. (2024). Pasos Hacia La Salud II: a superiority RCT utilizing technology to promote physical activity in Latinas. *American Journal of Preventive Medicine*, 67(2), 220-230.
23. LaRowe, L. R., **Connell Bohlen, L.**, & Williams, D. M. (2024). There is no happiness in positive affect: the pervasive misunderstanding of the rotated circumplex model. *Frontiers in Psychology*, 15, 1301428.
24. **Connell Bohlen, L.**, Dunsiger, S. I., von Ash, T., Larsen, B. A., Pekmezi, D., Marquez, B., ... & Marcus, B. H. (2024). Six-Month Outcomes of a Theory-and Technology-Enhanced Physical Activity Intervention for Latina Women (Pasos Hacia La Salud II): Randomized Controlled Trial. *Journal of Medical Internet Research*, 26, e51708.
25. Derby, L., **Bohlen, L. C.**, Michie, S., Johnston, M., Birk, J. L., Rothman, A. J., & Cornelius, T. (2024). Linking Measures to Mechanisms of Action in Behavior Change: A Qualitative Analysis of Expert Views. *Social Science & Medicine*, 117023.
26. Jospe, M.R., Richardson, K.R. Ahlam, S.A., **Bohlen L.C.**, Crawshaw, J., Liao, Y. Konnyu, K. & Schembre, S. (2024) Leveraging Continuous Glucose Monitoring as a Catalyst for Behaviour Change: A Scoping Review. *International Journal of Behavioral Nutrition and Physical Activity*. 21, 74 <https://doi.org/10.1186/s12966-024-01622-6>

27. Richardson KM, Jospe MR, **Bohlen L.C.**, Crawshaw J, Saleh AA, Schembre SM. (2024) The efficacy of using continuous glucose monitoring as a behavior change tool in populations with and without diabetes: a systematic review and meta-analysis of randomized controlled trials. *International Journal of Behavioral Nutrition and Physical Activity*; 21(1):145. doi:10.1186/s12966-024-01692-6
28. **Connell Bohlen, L.**, Oselinsky, K, Lee HH, Michels, E, Dunsiger SI, Bock BC, Kahler CW, Williams DM. (2025) Physical activity promotion based on positive psychology: development and piloting of a novel intervention approach, *Annals of Behavioral Medicine*, Volume 59, Issue 1. <https://doi.org/10.1093/abm/kaaf004>
29. Couch E, Mai HJ, Kanaan G, Caputo EL, Lewis O, Zahradnik ML, Howard M, **Bohlen LC**, Konnyu K, Balk EM. (2025) Effectiveness of psychological therapies for depression during the perinatal period: a systematic review and meta-analysis. *Annals of Internal Medicine*.
30. **Bohlen LC**, Crawshaw J, Jospe MR, Richardson KM, Konnyu KJ, Schembre SM. Identifying behaviour change techniques within precision health interventions that use continuous glucose monitoring: a secondary analysis of a scoping review. (2025) *International Journal of Behavioral Nutrition and Physical Activity*.
31. von Ash T, O'Hagan B, Gupta-Louis SK, Dunsiger S, Toure F, **Bohlen LC**, Benitez TJ, Murphy CM, Pindus DM, Brown CS, Marcus BH. (2025). Leveraging youth sports to deliver a physical activity intervention to mothers: feasibility, acceptability, and preliminary efficacy of a single-arm open pilot trial. *AJPM Focus*. 100465.

#### **Other Peer-Reviewed Evidence Reports:**

1. Couch E, Mai HJ, Kanaan G, Caputo E, Zahradnik ML, Lewis O, **Bohlen LC**, Howard M, Adam GP, Konnyu KJ, Balk EM. Nonpharmacologic Treatments for Maternal Mental Health Conditions. Comparative Effectiveness Review No. 271. (Prepared by the Brown Evidence-based Practice Center under Contract No. 75Q80120D00001.) AHRQ Publication No. 24-EHC019. Rockville, MD: Agency for Healthcare Research and Quality; July 2024. DOI: <https://doi.org/10.23970/AHRQEPCCER271>. Posted final reports are located on the Effective Health Care Program

#### **Book Chapters:**

1. Blissmer, B., **Connell Bohlen, L.**, & Marquez, D. (2021) Behavioral theories and strategies for promoting exercise. In G. Liguori, Y. Felto, C. Fountaine, & B. Roy, (Eds.), *ACSM's Guidelines for Exercise Testing & Prescription (11<sup>th</sup> ed)*. Philadelphia, PA, US: Wolters Kluwers.
2. Williams, D.M. & **Connell, L.E.** (2019) Motivation for exercise: Reflective desire versus hedonic dread. In M. H. Anshel, S. J. Petruzzello, & E. E. Labbé (Eds.), *APA Handbooks in Psychology series. APA Handbook of Sport and Exercise Psychology, Vol. 2. Exercise Psychology* (pp. 363-385). Washington, DC, US: American Psychological Association. <http://dx.doi.org/10.1037/0000124-019>.

3. **Bohlen, L.C.**, Johnston, MJ, & Michie, S. (2025) Behaviour change techniques and mechanisms of action. In K. Brown, C. Cheng, K. Hamilton, M.S. Hagger & S. Sutton (Eds.), *The Sage Handbook of Health Psychology, 2e, Vol. 1.* (pp. 237-248). London, England: Sage.

**Published Abstracts:**

1. **Connell, L.E.**, Francis, L.A. (2012) Influence of household characteristics and food insecurity on the relationship between inflammation and obesity in children. The Obesity Society Annual Meeting, San Antonio, TX, September 21-24.
2. **Connell, L.E.**, Francis, L.A. (2011) The role of parenting on associations between self-control and BMI change from age 4.5 to 15 years. The Obesity Society Annual Meeting, Orlando, FL, October 1-5.
3. **Connell, L.E.**, Francis, L.A. (2012) Gender differences in the effects of parental sensitivity On BMI in children. International Society of Behavioral Nutrition and Physical Activity, May 20- 22.
4. Zhou, J. **Connell, L.E.**, Graham, J.W. (2013) Handling missing data in clustered randomized trials: A demonstration of multiple imputation with PAN through SAS. Society for Prevention Research, San Francisco, CA, May 28-31.
5. **Connell, L.E.**, Burger, B.D, Choi, H.J., Zhou, J. (2013) Profiling parents and deconstructing depression: A unique combination of latent profile analysis and growth mixture modeling. Society for Prevention Research Sloboda and Bukowski Cup, San Francisco, CA, May 28-31.
6. Khan, U.I., **Connell, L.E.**, Rieder, J. (2013) Predictors of success in a community-based, multi- disciplinary weight management program for inner-city minority adolescents. The Obesity Society Annual Meeting, Atlanta, GA, November 11-16.
7. Zhou, J., **Connell, L.E.**, Graham, J.W. (2014). Comparison of different parceling approaches in structural equation modeling using simulation methods. The Society for Prevention Research, Washington, D.C., May 27-30.
8. Graham, J.W., **Connell, L.E.**, Hecht, M.L. (2014) Advances in research on participant attrition from prevention intervention studies. European Society for Prevention Research, Palma, Mallorca, October 16-18
9. **Connell, L.E.**, Graham, J.W., Conroy, D.E., Caldwell, L., Doerksen, S.E., Elavsky, S. (2014) Improving validity of physical activity measurement: An application of the two- method measurement model. European Society for Prevention Research, Palma, Mallorca, October 16-18.
10. Michie, S., West, R., Sheals, K., Carey, R., **Connell, L.E.** (2014) Integrating constructs across 83 theories of behavior change: Development of a method. United Kingdom Society of Behavioural Medicine, Nottingham, U.K. December 3-4.
11. **Connell, L.E.**, Graham, J.W., Conroy, D.E., Caldwell, L.L., Doerksen, S.E., Elavsky, S. (2015) improving validity of physical activity measurement: An application of the

two method measurement model. Society for Prevention Research, Washington, D.C.

12. Graham, J.W. **Connell, L.E.**, Caldwell, L. (2015) A modified two method measurement procedure with a new physical activity questionnaire: More valid PA measurement for large- scale studies with adolescents. International Society of Behavioral Nutrition and Physical Activity, Edinburgh, Scotland.
13. **Connell, L.E.**, Graham, J.W., Conroy, D. E., Doerksen, S., Elavsky, S. (2015) Using Two Method measurement to improve the validity of physical activity measurement and reassess the intention-behavior gap. International Society of Behavioral Nutrition and Physical Activity , Edinburgh, Scotland.
14. Michie, S., West, R., Carey, R., Connell, L., Godinho, C., & Sheals, K. (2015). Identifying overlap between theories of behaviour change. *European Health Psychologist*, 17(S), 354.
15. **Connell, L.E.**, Johnston, M., Carey, R., Rothman, A., Kelly, M., De Bruin, M., Michie, S. (2015) Linking behaviour change techniques with theory. In M. Johnston (Chair) *Making sense of behaviour change: problems, methods and applications*. Symposium conducted at the meeting of the European Health Psychology Society, Limassol, Cyprus.
16. Michie, S., West, R., Sheals, K. E., Carey, R. N., **Connell, L.**, Larsen, K., ... & Riley, W. T. (2015). Towards an ontology of behavior change: an innovative approach to intervention development. Society of Behavioral Medicine, San Antonio, TX, April 22-25
17. Rothman, A., Johnston, M., Kelly, M., de Bruin, M., Carey, R.N., **Connell, L.E.**, Michie, S. (2016). Does expert consensus reflect the literature? Triangulation of results from the theories and techniques project. European Health Psychology Society, Aberdeen, Scotland August 24-27.
18. Johnston, M., **Connell, L.E.**, Rothman, A., Kelly, M., de Bruin, M., Carey, R.N., Michie, S. (2016) Links between behaviour change techniques and mechanisms of action: examining experts' consensus. European Health Psychology Society, Aberdeen, Scotland August 24-27.
19. Carey, R.N., Johnston, M., Rothman, A., Kelly, M., de Bruin, M., **Connell, L.E.**, Michie, S. (2016) Links between behaviour change techniques and mechanisms of action: evidence from the published intervention literature. European Health Psychology Society, Aberdeen, Scotland August 24-27.
20. Michie, S., Carey, R.N., Johnston, M., Rothman, A., Kelly, M., de Bruin, M., **Connell, L.E.** (2016). The application of theory to designing and evaluating interventions to change behaviour. European Health Psychology Society, Aberdeen, Scotland August 24-27.
21. **Connell, L.E.**, Dunsiger, S., Emerson, J.E., Stevens, C.J., Williams, D.M. (2017) How long does the positive affective response to exercise last? An EMA study. Society of Behavioral Medicine, San Diego, CA. March 29 – April 1st.



22. **Connell, L.** Emerson, J.A., Rhodes, R.E., Williams, D.M. (2018) A systematic review and meta- analysis of the outcome expectancy construct in physical activity research. Society of Behavioral Medicine, New Orleans, LA. April 11<sup>th</sup>-14<sup>th</sup>.
23. Johnston, M., Carey, R.N., **Connell, L.E.**, Johnston, D., Rothman, A.J., de Bruin, M., Kelly, M.P. Groarke, H., & Michie, S. Linking behavior change techniques and mechanisms of action: comparison of literature synthesis and expert consensus. European Health Psychology Society, Galway, August 2018.
24. Lee, H.H., Dunsiger, S., **Connell Bohlen, L.**, Boyle, H., Emerson, J.A., Galarrraga, O., Williams, D.M. (2019) Subjective well-being moderates the effect of conditional incentives on exercise adherence among healthy adults. Society of Behavioral Medicine, Washington D.C., March 6-9.
25. Lopez Fernandez, J., **Connell Bohlen, L.**, Liguori, G., Horton, E., Atkinson, L., & Jiminez, A. (2020) Design of a questionnaire to support behavior change in fitness centres. American College of Sports Medicine, San Francisco, CA., May 26-30.
26. **Bohlen, L.C.**, Kennedy, A.P., Emerson, J.A., Jordan, H., Rhodes, R.E., & Williams, D.M. (2021) Links between behavior change techniques and mechanisms of action in a systematic review of physical activity interventions. Society of Behavioral Medicine, Virtual Conference, April 12-16.
27. **Bohlen, L.C.**, Kennedy, A.P., Williams, D.M., Blissmer, B.J., Marcus, B.H., & Rosen, R.K. (2021) Understanding factors associated with community-based dissemination of internet-delivered physical activity resources. Society of Behavioral Medicine, Virtual Conference, April 12-16.
28. Michie, S., **Bohlen, L. C.**, De Bruin, M., Carey, R., Finnerty, A., Hastings, J., ... & Wright, A. (2021). Theory and Techniques in Developing and Evaluating Behavioural Interventions. International Society of Behavioral Medicine, Virtual Conference, October 8-11.
29. **Bohlen, L.C.**, Dunsiger, S.I., Larsen, B., Pekmezi, D., Mendoza-Vasconez, A.S., Benitez, T.J., & Marcus, B.H. (2023) Six-month outcomes of a randomized trial of a theory- and technology-enhanced physical activity intervention for Latina women. Society of Behavioral Medicine, Phoenix, AZ. April 26-29.
30. Stevens, C.J., Hevel, D.J., Do, Bridgette, & **Bohlen, L.C.** (2023) Use of novel data collection methods to measure affect in response and relation to physical activity. Society of Behavioral Medicine, Phoenix, AZ. April 26-29.
31. Reid, A., Bohlen, L. C., Witkiewitz, K., & Carey, K. B. (2023, April). Where to focus our efforts: state of the evidence for mechanisms of action that support maintenance of behavior change Society of Behavioral Medicine, Phoenix, AZ. April 26-29.
32. Reid, A. E., **Bohlen, L. C.**, Witkiewitz, K., & Carey, K. B. (2023). Where to focus our efforts: A systematic review of critical mechanisms underlying maintenance of behavior change. Poster presentation at Research Society on Alcoholism. June.

33. **Bohlen, L.C.**, Crawshaw, J., Jospe, M.R., Richardson, K.M., Konnyu, K.J., & Schembre, S.M. (2024) Identifying behavior change techniques within precision health interventions that use continuous glucose monitoring. Society of Behavioral Medicine, Philadelphia, PA. March 20-23.
34. Oselinsky, K., **Connell Bohlen, L.**, Williams, D.M. (2024) Physical Activity Promotion Based on Positive Psychology: Development and Piloting of a Novel Intervention Approach. Poster presented at the Society for Behavior Medicine annual meeting, Philadelphia, PA.
35. Onu, M. C., **Bohlen, L. C.**, Griffin, E., Gaudiano, B. A., & Williams, D. M. (2025, March). Acceptance and commitment in physical activity promotion for individuals with depression: development and piloting. Poster to be presented at the 46th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA, United States.
36. Fu, E.S., Bohlen, L.C. (2025) Use of RE-AIM to Inform the Equitable Implementation Design of *STEPOnline*, a Technology-Delivered Program to Increase Physical Activity. Poster to be presented at The Warren Alpert Medical School of Brown University Mind Brain Research Day, Providence, RI
37. Fu, E.S., & Bohlen, L.C. (2025) Use of RE-AIM to Inform the Equitable Implementation Design of Steponline, a Technology-Delivered Program to Increase Physical Activity. Society for Prevention Research 33rd Annual Meeting, Seattle, WA, Tuesday, May 27, 2025 - Friday, May 30, 2025.
38. Jospe, M.R., Richardson, K.M., **Bohlen, L.C.**, Crawshaw, J., Saleh, A.A., & Schembre, S.M. (2025) Can continuous glucose monitoring improve glycemic outcomes in behaviour change interventions? A systematic review and meta-analysis in adults with and without diabetes. Oral presentation at the International Society for Behavioral Nutrition and Physical Activity. Auckland, New Zealand, June 11-14.
39. Fu, E.S. Tovar, A., Frank, H.E., & **Bohlen, L.C.** (2025) Characterizing implementation strategies and behavior change techniques used by Rhode Island Health Equity Zones to prevent chronic disease. Oral presentation at the American Public Health Association Annual Meeting. Washington, D.C., United States
40. Liao, Y., Pankaj, J., **Bohlen, L.C.**, Bannon, G., Swartz, M., Li, C. (2025) Prompting large language models to recognize behavior change techniques in physical activity promotion messages: Development of AI-generated intervention messages for AIM4Active. Sealy Forum on Aging, October 2025. Galveston, TX.

#### **INVITED TALKS:**

1. **Bohlen, LC** (2026) *Effective Strategies to Implement Chronic Disease Prevention Programs for Diet and Exercise*. Rhode Island Health Equity Zones Learning Collective. Virtual Event.

2. **Bohlen, LC.** (2023) *Improving Dissemination of Technology-Delivered Physical Activity Interventions*. Department of Health Education and Behavior Seminar Series, University of Florida, Gainesville, FL.
3. **Bohlen, L.C.,** (2021) *Using the behavior change wheel to design interventions for dissemination and implementation*. Implementation Science Core Seminar Series, Department of Psychiatry and Human Behavior, Warren Alpert Medical School, Brown University, Providence, RI.
4. **Bohlen, L.C.,** (2019) *An interactive tool to explore links between behavior change techniques and theory*. Society of Behavioral Medicine webinar series, sponsored by Theories and Techniques of Behavior Change Special Interest Group
5. **Bohlen, L.C.,** (2019) *Improving the Translation and Dissemination of Technology-Delivered Physical Activity Interventions through Perspectives of Users, Stakeholders & Researchers*. Advance-CTR seminar series, Providence, RI.

#### **ACTIVE EXTRAMURAL GRANTS:**

##### **Co-Investigator:**

1. NHLBI, NIH (Marcus, PI) 07/05/2024-06/30-2029  
R01 HL171195  
Improving Physical Activity Participation in Latinas with Mindfulness
2. NIA, NIH (Williams, PI) 09/15/2020-05/31/2025  
R01 AG069349  
Comparing A Recommendation for Self-Paced Versus Moderate Intensity Physical Activity for Midlife Adults: An RCT
3. NCI, NIH (Williams and Galárraga, MPIs) 07/15/2021 – 06/30/2026  
R01 CA262894  
Empirical Testing of a widely available insurance-based monetary incentive program for exercise: A randomized trial
4. CPRIT (Liao and Swartz, MPIs) 05/2025-05/2026  
RP250597 (High Impact High Risk Research Awards)  
Developing personalized behavioral intervention messages to promote physical activity in cancer survivors leveraging wearable sensor data and generative AI

#### **EXPIRED EXTRAMURAL GRANTS:**

##### **Principal Investigator:**

1. NIGMS, NIH (Connell Bohlen, PI) 01/10/2019-04/30/2021  
U54 GM115677 Total Award: \$408,960  
Improving Dissemination of Technology Delivered Physical Activity Interventions

2. Rhode Island Foundation (Connell Bohlen, PI) 2019-2020  
Medical Research Funds Total Award: \$25,000  
Improving Translation & Dissemination of Technology-Delivered Physical  
Activity Interventions
3. Peterson Foundation (Connell Bohlen, Konnyu, Co-PIs)  
06/2022-06/2023  
Unnumbered Total Award: \$96,470  
Using a behavioral science lens to understand the determinants of individuals'  
willingness to be vaccinated against COVID-19: A living systematic review

**Co-Investigator:**

1. NCCIH, NIH (Williams, PI) 08/15/2021 – 07/31/2023  
R34 AT011302  
Early phase clinical trial to test the feasibility of an ACT-based physical activity  
promotion program for adults with depressive symptoms
2. AHRQ (Konnyu, PI) 01/2023-04/2024  
75Q80123F32009 TO 9  
Nonpharmacologic Treatment for Maternal Mental Health Conditions

**ACTIVE INTRAMURAL GRANTS:**

**Principal Investigator:**

1. Center for Health Promotion and Health Equity Seed Funds  
(Co-PI Tovar); 07/2024-12/2024  
Advancing implementation science for community-based health promotion  
through leveraging place-based approaches to prevent chronic disease

**Co-Investigator:**

1. Legorreta Cancer Center Pilot Funds (von Ash, PI) 06/2024  
Mixed methods research to inform the adaption of a technology-based physical  
activity promotion intervention to better meet the needs of Latina mothers

**GRANTS UNDER REVIEW:**

1. **Title:** Testing a Scalable, Remote-Delivered, Positive-Psychology-Based Physical  
Activity Promotion Intervention for Low-Active Adults: An RCT  
**Name of PD/PI:** Williams, David; Bohlen, Lauren  
**Source of Support:** NIH NCI R01
2. **Title:** Development of personalized and adaptive physical activity intervention  
leveraging artificial intelligence and machine learning  
**Name of PD/PI:** Liao, Yue  
**Source of Support:** NIH NLM R01

3. **Title:** Evaluating a Statewide Community Intervention Model to Address Cardiovascular Risk, Diet, and Physical Activity  
**Name of PD/PI:** Tovar, Alison & Bohlen, Lauren  
**Source of Support:** NIH, NHLBI R01
4. **Title:** Testing a remote-delivered ACT-based intervention to increase physical activity among depressed adults: an RCT  
**Name of PD/PI:** Williams, David; Bohlen, Lauren  
**Source of Support:** NIH, NCCIH R01
5. **Title:** Identifying active ingredients of physical activity promotion interventions  
**Name of PD/PI:** Veroniki, Argie; Bohlen, Lauren  
**Source of Support:** NIH, NLM R01
6. **Title:** Feasibility and Acceptability of a Web-Based Physical Activity Program for Latina Women in Community Health Settings  
**Name of PD/PI:** Bohlen, Lauren  
**Source of Support:** American Cancer Society via Legoretta Cancer Center

### **UNIVERSITY TEACHING ROLES:**

#### **Course Instructor:**

2010-2012	BBH 316: Foundations and Principles of Health Promotion Pennsylvania State University, University Park, PA
2018-2019	KIN 391: Independent Study (Samantha Eddy) University of Rhode Island, Kingston, RI
2019	KIN 391: Independent Study (Michelle Lanctot) University of Rhode Island, Kingston, RI
2018	KIN 123: Foundations of Health University of Rhode Island, Kingston, RI
2019	KIN 375G: Exercise is Medicine University of Rhode Island, Kingston, RI
2022-	PHP 1910: Public Health Senior Seminar Brown University School of Public Health, Providence, RI
2024-	PHP 2360: Developing and Testing Theory-Driven Evidence-Based Psychological and Behavioral Health Interventions Brown University School of Public Health, Providence, RI
2025-	PHP 2355: Designing and Evaluating Public Health Interventions Brown University School of Public Health, Providence, RI

#### **Seminars and Guest Lectures:**

2016	Identifying and Targeting Mechanisms of Change: Use of theory, testing mediation, selecting behavioral change techniques in PHP 2361: Proseminar in Health Behavior Intervention Research.
------	--

- Department of Behavioral and Social Sciences, Brown University
- 2018 Communication in Health Care: Health Literacy in PHP2380: Health Communication.  
Brown University Department of Behavioral and Social Sciences
- 2019 COM-B Model of Behavior Change Intervention Development in HLT 450: Advanced Interdisciplinary Health Studies  
Department of Health Studies, University of Rhode Island
- 2019 Physical Inactivity, Health & Obesity in NFS 212G Public Health Nutrition  
Department of Nutrition, University of Rhode Island
- 2021 Developing and Understanding Interventions for the Dissemination and Implementation of Evidence-Based Interventions in PHP 2360: Designing and Evaluating Public Health Interventions  
Department of Behavioral and Social Sciences, Brown University
- 2021 The Behavior Change Wheel and Conducting a Needs Assessment in PHP 1910: Public Health Senior Seminar  
Department of Behavioral and Social Sciences, Brown University
- 2021 Designing Evaluations for Physical Activity Public Health Campaigns in HSC 6712: Evaluating Health Education Programs  
Department of Health Education and Behavior, University of Florida
- 2022 Behavioral and Social Sciences Doctoral Student Career Panels: Academic Careers  
Department of Behavioral and Social Sciences, Brown University School of Public Health
- 2021- Developing and Understanding Interventions for the Dissemination and Implementation of Evidence-Based [health] Interventions in PHP 2360: Developing + Testing Theory-Driven, Evidence Based Psychosocial and Behavioral Health Interventions  
Department of Behavioral and Social Sciences, Brown University School of Public Health

## **RESEARCH ADVISING:**

### **Graduate Research, Thesis, Preliminary Exam, and Dissertation**

#### **Committees:**

- 2019 Thesis Advisor. Ashley Kennedy, Department of Kinesiology, University of Rhode Island, “Understanding Technology Preferences and Physical Activity Barriers for Informal Caregivers”
- 2019-2020 Research Advisor to Visiting Scholar. Jorge Lopez, University of Coventry. “An Integrated Intervention Model to Improve Behavioural Change Involving an Active Lifestyle in Inactive Populations.”

#### **Undergraduate Research Advising:**

- 2021-2023 Research Advisor. Alison Kim, Undergraduate Teaching and Research Awards, Brown University, “Developing an Understanding of Low-Income Women’s Access to and Acceptance of Technology-Delivered Physical Activity Interventions”
- 2023-2024 Honors Thesis Advisor. Jadis Chen, Brown University, “Examination of High Inflammatory Diets on Depressive Symptoms in Young Adult Women in the US: Moderating Effects of Physical Activity and Sleep”

## **ACADEMIC ADVISING (BROWN UNIVERSITY):**

### **Undergraduate:**

- 2021-2023 First-Year Advisor
- 2022-2024 Second-Year Advisor

### **MPH Candidates:**

- 2020-2021 Baleigh Breaux
- 2022-2023 Levell Williams (Thesis Reader)
- 2022-2023 Elena DeSanti
- 2022-2023 Samy Amkieh
- 2022-2024 Alison Kim
- 2022-2024 Anthony Varner