

January 2023

**CURRICULUM VITAE**

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

Brown University School of Public Health  
Department of Behavioral and Social Sciences  
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**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 (Tenure-Track)  
Department of Kinesiology  
University of Rhode Island
- 2020- Assistant Professor (Research Scholar Track)  
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  
2014-2015 Hintz Graduate Education Enhancement Fellowship Award

## **EDITORIAL BOARDS:**

2020- *Psychology & Health*  
2022- *Translational Behavioral Medicine*

## **AD-HOC REVIEWER:**

2015-2016 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*

## **UNIVERSITY AND DEPARTMENT COMMITTEES (AD-HOC):**

2021- Behavioral and Social Sciences Anti-Racist Working Group (Community Advocacy, Community Engagement and Internal Climate Survey)

## **DATA AND SAFETY MONITORING BOARDS:**

2019- 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

## **MEMBERSHIP IN SOCIETIES:**

2012-2015 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/hsdr09010.
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., Rhodes, R., & Williams, D. (2021) A systematic review and meta-analysis of the outcome expectancy construct in physical activity research. *Annals of Behavioral Medicine*, epub ahead of print, <https://doi.org/10.1093/abm/kaab083>
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*.
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. (in press). 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*.

### **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.

- 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>.

### **CONFERENCE PRESENTATIONS:**

- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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
- 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.
- 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.
- 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., Galarraga, 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.

### **INVITED TALKS:**

1. **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.
2. **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
3. **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:**

### **Principal Investigator:**

1. 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. 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
2. 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
3. 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
4. AHRQ (Konnyu, PI) 01/31/2023-01/30/2024)  
Nonpharmacologic Treatment for Maternal Mental Health Conditions

## **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

## **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

**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

2022 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.”  
2020-2021 Thesis Advisor. Baleigh Breaux, Master’s of Public Health Program, Brown University School of Public Health, “Understanding Barriers and Facilitators to Physical Activity for Low-Income Women during the Covid-19 Pandemic”

**Undergraduate Research Advising:**

2021- 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”

**ACADEMIC ADVISING (BROWN UNIVERSITY):**

**Undergraduate:**

2021- First-Year Advisor  
2022- Second-Year Advisor

**MPH Candidates:**

2020-2021 Baleigh Breaux  
2022-2023 Levell Williams (Thesis Reader)  
2022-2023 Elena DeSanti