

Dr. Matthew Stults-Kolehmainen

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EDUCATION

Degrees Earned

Ph.D., The University of Texas at Austin, August, 2009.
Major: Health Education (emphasis in Behavioral Health)

M.S., University of Wisconsin-Milwaukee, May, 2004.
Major: Human Movement Sciences

B.A., Hanover College, May, 2001.
Major: Psychology and Physical Education

Postgraduate Training

Postdoctoral Research Fellow. Department of Biobehavioral Sciences, Applied Physiology Program, Teachers College, Columbia University. (July, 2014 – July, 2015).

Postdoctoral Associate. Department of Psychiatry, Yale Stress Center, Yale University School of Medicine. (January, 2012 – June, 2014).

Fulbright Fellow. Department of Biology of Physical Activity, University of Jyväskylä (Finland). (July, 2003 – June, 2004).

APPOINTMENTS

Clinical Appointments

Clinical Exercise Physiologist. Division of Digestive Health, Center for Weight Management (Bariatric and Metabolic Surgery), Yale - New Haven Hospital. (July, 2015 – Present).

Note: The position is officially "clinical exercise physiologist", but I am certified as an "exercise physiologist" by ACSM.

NPI number: 1952778946, registered as an "individual" on August 26, 2015.
<https://npiprofile.com/npi/1952778946>

Clinical Associate. Department of Psychiatry, Yale Stress Center, Yale University School of Medicine. (January, 2012 – June, 2014).

Coordinator - SOAR Weight Management Program. Department of Psychiatry, Yale Stress Center Clinical Services, Yale University School of Medicine (June, 2012 – June, 2014).

Academic Appointments

Adjunct Associate Professor. Department of Biobehavioral Sciences, Applied Physiology Program, Teachers College, Columbia University. (August, 2021 – Present).

Adjunct Assistant Professor. Department of Biobehavioral Sciences, Applied Physiology Program, Teachers College, Columbia University. (July, 2014 – August, 2021).

Research Associate. Yale Stress Center, Yale University. (July, 2014 – January, 2016).

Postdoctoral Research Fellow and Visiting Scholar. Department of Biobehavioral Sciences, Applied Physiology Program, Teachers College, Columbia University. (July, 2014 – July, 2015). *Post-doc funded by R01 DA033820 (NIH/NHLBI to Ciccolo, J.)*

Postdoctoral Associate. Department of Psychiatry, Yale Stress Center, Yale University School of Medicine. (January, 2012 – June, 2014). *Post-doc funded by PL1 DA024859-05 (NIH/NIDA to Sinha, R.) and UL1 DE019586-05 (NIH/NCRR to Sinha, R.). Research Coordinator – Parenting Mindfully for Health (PMH). (NIH/NCCAM R21; 1R21AT007708-01A1).*

Adjunct Assistant Professor (Graduate level). Department of Exercise Science, Southern Connecticut State University. (August, 2012 – December, 2012).

Assistant Professor (Tenure-track). Department of Kinesiology and Physical Education, Northern Illinois University. (August, 2009 – September, 2012). *Co-Director – Fitness Assessment, Consulting and Technology (FACT) Laboratory.*

Teaching Assistant. Department of Kinesiology and Health Education, University of Texas at Austin. (June, 2006 – May, 2009).

Graduate Research Assistant. Department of Kinesiology and Health Education, Fitness Institute of Texas, The University of Texas at Austin. (August, 2004 – May, 2008).

Teaching Assistant in Exercise Physiology. Department of Human Movement Sciences, University of Wisconsin-Milwaukee. (August, 2001 – May, 2003).

SCHOLARSHIP

Publications (75)

Book Chapters (2)

Stults-Kolehmainen, M.A. Healthy Stress Management (2021). ACSM's Resources for the Exercise Physiologist (3rd Edition). Wolters Kluwer, Baltimore, MD.

Stults-Kolehmainen, M.A. & Bartholomew, J.B. Healthy Stress Management. (2017) ACSM's Resource Manual for the Exercise Physiologist (2nd Edition). Wolters Kluwer, Baltimore, MD.

Journal Articles (73 total; 21 first-authorships, 1 senior authorship, 2 sole authorships)

Prakash, N., Barrows, A., **Stults-Kolehmainen, M.**, Loza, A., Kilpatrick, M. W., & Ash, G. (In press/Accepted September, 2026). Agreement of Over-the-Counter Continuous Glucose Monitors with Capillary-Meter Glucose in Young Adults Without Diabetes. *Journal of Diabetes Science and Technology*.

Chung, Y. I., Ash, G. I., Jeon, S., Ramachandran, R., **Stults-Kolehmainen, M.**, Spanakis, I., & Fucito, L. (In press). Expanding Continuous Glucose Monitoring's Potential from Real-Time Safety to Lifestyle Support in Type 1 Diabetes Exercise: A Proof-of-Concept Study Among Adults with Low Baseline Exercise Levels. *Human Factors in Healthcare*.
doi.org/10.1016/j.hfh.2026.100154 [\[HERE\]](#)

Wang, X., Ash, G.I., Hernandez, E., **Stults-Kolehmainen, M.**, Griggs, S. (In press). A Qualitative Descriptive Study of Motivation States for Physical Activity Among Middle-Aged Adults with Type 1 Diabetes Mellitus. *Journal of Physical Activity and Health*. [\[PREPRINT HERE\]](#).

Richardson, L., Huehls, J., & **Stults-Kolehmainen, M.A.** (In press, to be published in Jan/Feb 2027 issue). Enhancing Obesity Care: Delivering Exercise in the Exam Room. *ACSM's Health & Fitness Journal*.

Richardson, L., Huehls, J., & **Stults-Kolehmainen, M.A.** (In press, to be published in Jan/Feb 2027 issue). Enhancing Obesity Care: Evolving Role of the Exercise Physiologist in Anti-Obesity Treatment. *ACSM's Health & Fitness Journal*. [Sister paper to manuscript above.]

Ash, G.I., Nam, S., Mak, S.S., **Stults-Kolehmainen, M.**, Haughton, A.D., Turek, C., Baker, J.S., Hieftje, K., Marks, A., Chmielewski, A., Shelver, M., Considine, E., Lukasik, J.L., Weinzimer, S.A. & Nally, L.M. (In press). Testing Multiple Delivery Methods of the Virtual Exercise Games for Youth with T1D (ExerT1D) Peer Intervention: Protocol Development and Feasibility. *Hormone Research in Pediatrics*.

Chen, S., Lin, K., Ko, A., **Stults-Kolehmainen, M.**, Wang, D., Giovannucci, E., Yang, J., Zhang, Y & Yang, L. (2026). Factors Associated With Sedentary Behavior Reduction in Older Adults Based on the Capability, Opportunity, Motivation, and Behavior Model: A Multicenter Cross-Sectional Study. *Journal of the American Medical Directors Association (JAMDA)*, 27, 1.
[\[HERE\]](#).

- Flack, K. D., **Stults-Kolehmainen, M. A.**, Anderson, R. E., III, Handlery, R., Creasy, S. A., & Catenacci, V. A. (2025). Exploring Strategies to Promote Exercise as a Viable Obesity and Chronic Disease Treatment. *Nutrients*, 17(12), 1997. <https://doi.org/10.3390/nu17121997>
- Cheron, G, Dominici, Nadia, Williamson, SL & **Stults-Kolehmainen, MA.** (2025). Editorial: Insights and Reviews in Movement Science 2023. *Frontiers in Psychology*, 16, doi: 10.3389/fpsyg.2025.1706718. [[HERE](#)]
- Chen, S., Wu, C, Garber, CE, **Stults-Kolehmainen, M**, Giovannucci, E, Yang, L., (2025). Understanding the Effectiveness of mHealth Interventions Incorporating Behavior Change Techniques (BCTs) in Reducing Sitting Time Among Older Adults: A Protocol for a Systematic Review and Meta-Analysis". *BMJ Open*, 15(10):e100611. doi: 10.1136/bmjopen-2025-100611. [[HERE](#)].
- Yang, L., Chen, S., Lin, K, Ko, A, **Stults-Kolehmainen, M.**, Zhang, Y, Yang, K & Giovannucci, E. (2025). Facilitators and barriers of reducing sedentary behavior in sedentary and non-sedentary older adults: A descriptive qualitative study based on the COM-B model and TDF. *BMC Public Health*, 16;25(1):2472. doi: 10.1186/s12889-025-23613-3. [[HERE](#)]
- Ash, G. I., Mak, S. S., Haughton, A. D., Augustine, M., Bodurtha, P., Axtell, R., Borsari, B., Liu, J., Lou, S., Xin, X., Jeon, S., **Stults-Kolehmainen, M.**, & Gerstein, M. B. (2025). College Campus-Based Physical Activity Support: Retrospective Longitudinal Analysis of Intra- Versus Inter-Personal Components for Uptake and Outcome Prediction. *Journal of Medical Internet Research (JMIR mHealth & uHealth)*, 16:13:e51707. doi: 10.2196/51707. [[HERE](#)]
- Carrera-Bastos, P., Bottino, B., **Stults-Kolehmainen, M.**, Schuch, F.B., Mata-Ordoñez, F., Müller, P.T., Blanco, J.-R. & Boullosa, D. (2025). Inflammation and depression: an evolutionary framework for the role of physical activity and exercise. *Front. Psychol.* 16:1554062. doi: 10.3389/fpsyg.2025.1554062 [[HERE](#)]
- Chen, S., Wang, C., Ko, A., Garber, C.E., Giovannucci, E., Yang, Y., **Stults-Kolehmainen, M. & Yang, L.** (2025). Effectiveness of Mobile Health for Reducing Sitting Time Interventions in Older Adults: Systematic Review and Meta-Analysis. *J Med Internet Res* 2025; ;27:e60889

doi: 10.2196/60889 [[HERE](#)]

Gerber, M., Cheval, B., Cody, R., Colledge, F., Hohberg, V., Klimentidis, Y., Lang, C., Looser, V., Ludyga, S., **Stults-Kolehmainen, M.** & Faude, O. (2025). Psycho-physiological foundations of human physical activity behavior and motivation: Theories, systems, mechanisms, evolution, and genetics. *Physiological Reviews*, 105 (3), 1213-1290.

<https://doi.org/10.1152/physrev.00021.2024> [[HERE](#)]

Samadieh, H., Tanhaye Reshvanloo, F., & **Stults-Kolehmainen, M. A.** (2025). The CRAVE scale to measure motivational states for physical activity and sedentary behavior: Psychometric properties and psychophysical correlates. *Current Psychology*, 44, 3857–3872.

<https://doi.org/10.1007/s12144-025-07458-y> [[HERE](#)]

Cheng, Z, Taylor, A., **Stults-Kolehmainen, MA**, Gerber, M., Herold, F., Ross, M., Ash, G., Kramer, AF & Zhao, M (2024). "Validation of the CRAVE-C Scale in Chinese Adults: A Four-Study Examination of Competing Motivations for Physical Activity Versus Rest" *Frontiers in Psychology*, 15. <https://doi.org/10.3389/fpsyg.2024.1467949>.

Marcelino Lima, T, Dos Santos, WR, Ferreira de Lima, F, Barbosa de Santana, L, Fortunato, IH, Montenegro Wanderley, R, Salviano da Silva, ML, Do Amaral Silveira, LR, **Stults-Kolehmainen, M**, De Freitas Brito, A (2024). Relationship between physical activity levels and body composition of candidates for bariatric surgery: A pilot study / Relacion entre los niveles de actividad fisica y la composicion corporal en sujetos en espera de cirugia bariatica: Un studio piloto. *Retos*, 60, 174-180. [[HERE](#)]

Chen, S., Yang, L., Yang, Y., Shi, W., **Stults-Kolehmainen, M.**, Yuan, Q., Wang, C. & Ye, J. (2024). Sedentary behavior, physical activity, sleep duration and obesity risk: Mendelian randomization study. *PLOS One*. <https://doi.org/10.1371/journal.pone.0300074> [[HERE](#)].

Stults-Kolehmainen, M. A., Bond, D. S., Richardson, L. A., Herring, L. Y., Mulone, B., Garber, C. E., Morton, J., Ghiassi, S., Duffy, A. J., Balk, E., Abolt, C. J., Howard, M. C., Ash, G. I., Williamson, S., Marcon, E. R., De Los Santos, M., Bond, S., Huehls, J., Alowaish, O., Heyman, N. B. & Gualano, B. (2024). Role of the exercise professional in metabolic and bariatric surgery. *Surgery for Obesity and Related Diseases (SOARD)*, 20 (1), 98-108.

<https://doi.org/10.1016/j.soard.2023.09.026> [[HERE](#)].

Barker, J. L., **Stults-Kolehmainen, M. A.**, Tierney, A. S. & Peterson, C. B. (2024) Industrial Athletes, Relative Energy Deficit in Occupation (RED-O), and Equitable Eating Disorder Treatment and Recovery. *International Journal of Eating Disorders*, 57:62–69; DOI: 10.1002/eat.24093. [[HERE](#)].

Filgueiras-Goncalves, A., **Stults-Kolehmainen, M.**, Keegan, R. & Melo, G. (2023). Cognition in soccer and futsal: Evidence of validity of a 4-instrument protocol to assess executive functioning among women athletes. *BMC Psychology*, 11: 436.

<https://doi.org/10.1186/s40359-023-01464-0> [[HERE](#)].

- Stults-Kolehmainen, M.**, Blacutt, M. & Filgueiras, A. (2023). Factors linked to changes in mental health outcomes among Brazilian people in quarantine due to COVID-19. *Minerva Psychiatry*, 64(4):518-529. DOI: 10.23736/S2724-6612.22.02328-4. [[HERE](#)].
- Baaziz, M., Aloui, A., Tayech, A., **Stults-Kolehmainen, M.**, Arbi Mejri, M. & Ben Abderrahman, A. (2023). Transcultural Validation of the Revised Sport Motivation Scale" (SMS-II) in Arabic Language: Exploratory Study on Motivation in Sport for a Sample of Tunisian Athletes. *PLOS One*. <https://doi.org/10.1371/journal.pone.0295262> [[HERE](#)].
- Baaziz, M., Aloui, A., Abdellaoui, S., **Stults-Kolehmainen, M.**, Boullosa, D., & Abderrahman, A. B. (2023). Preliminary validity of the BNSSS-20 in Arabic: Exploratory study on basic needs satisfaction in sport for a sample of Tunisian athletes. *PLOS One*. <https://doi.org/10.1371/journal.pone.0294582> [[HERE](#)].
- Stults-Kolehmainen, M. A.**, Filgueiras, A., Boullosa, D., Ash, G. I. & Dunton, G. (2023). Editorial: Motivation states and hedonic motivation for physical activity, exercise, and sport vs. sedentary behaviors. *Frontiers in Sports and Active Living*, 5: 1282118 DOI: 10.3389/fspor.2023.1282118. [[HERE](#)].
- Boullosa, D., Claudino, J., Fernandez-Fernandez, J., Bok, D., Loturco, I., **Stults-Kolehmainen, M.**, García-López, J. & Foster, C. (2023). The Fine-Tuning Approach for Training Monitoring. *International Journal of Sports Physiology and Performance*. DOI: 10.1123/ijsp.2023-0154 [[HERE](#)].
- Filgueiras, A. †, **Stults-Kolehmainen, M. A.** †, Keegan, R., Boullosa, D., Sinha, R., Bartholomew, J. B. Gilson, T. A., McKee, P., Viana, A., Bueno, F. A., Ricarte Medieros, A., Militao de Leuterio, S. & Ash, G. I. (2023). The CRAVE and ARGE Scales for motivation states for physical activity and sedentarism: Single-item versions and Brazilian Portuguese translation. *Frontiers in Psychology*, 14: 1106571, <https://doi.org/10.3389/fpsyg.2023.1106571> [[HERE](#)].
† Co-first authors
- Filgueiras-Goncalves, A., & **Stults-Kolehmainen, M.** (2023). Exercise frequency and symptomatic levels of anxiety and stress during the COVID-19 lockdown are mediated by the craving for rest and energy expenditure (original: Frequência de exercícios e níveis sintomáticos de ansiedade e estresse durante o lockdown da COVID-19 são mediados pelo anseio por repouso e gasto de energia). *Cadernos de Psicologia (Brazil)*, 3 (2), 12. DOI: 10.9788/CP2023.2-06 [[HERE](#)].
- Ash G.I., Nally L., **Stults-Kolehmainen M.**, De-Los-Santos M., Jeon S., Brandt C., Gulanski B.I., Spanakis E., Baker J.S., Weinzimer S.A.*, Fucito L.M.* (2023). Personalized Digital Health Information to Substantiate Human-Delivered Exercise Support for Adults with Type 1 Diabetes. *Clinical Journal of Sports Medicine*, 33(5), 512-520. DOI: 10.1097/JSM.0000000000001078 [[HERE](#)]
- Blacutt, M, Filgueiras, A & **Stults-Kolehmainen, M.** (2023). Prevalence and Incidence of Stress, Depression, and Anxiety Symptoms among Brazilians in Quarantine across the early phases of the COVID-19 Crisis. *Psychological Reports*. doi.org/10.1177/00332941231152393 [[HERE](#)]

Flack, K., **Stults-Kolehmainen, M. A.**, Creasy, S. A., Khullar, S., Boullosa, D., Catenacci, V. & King, N. (2023). Altered motivation states for physical activity and ‘appetite’ for movement as compensatory mechanisms limiting the efficacy of exercise training for weight loss. *Frontiers in Psychology*, 14:1098394. doi: 10.3389/fpsyg.2023.1098394 [[HERE](#)]

Budnick, C. J. †, **Stults-Kolehmainen, M. A. †**, Dadina, C., Bartholomew, J. B., Boullosa, D., Ash, G. I., Sinha, R., Blacutt, M., Haughton, A. & Lu, T. (2023). Motivation states to move, be physically active and sedentary vary like circadian rhythms and are associated with affect and arousal. *Frontiers in Sports and Active Living*, 5:1094288. doi: 10.3389/fspor.2023.1094288 [[HERE](#)]
† Co-first authors

Stults-Kolehmainen, MA. (2023). Humans have a basic physical and psychological need to move the body: Physical activity as a primary drive. *Frontiers in Psychology*, 14:1134049. doi: 10.3389/fpsyg.2023.1134049. [[HERE](#)]

Stults-Kolehmainen MA†, Gilson, TA†, SantaBarbara, N, McKee, P, Sinha, R, Bartholomew, JB, Boullosa, D, Budnick, CJ, Bueno, FA, Haughton, A, Barker, JL & Ash GI (2023). Qualitative and quantitative evidence of motivation states for physical activity, exercise and being sedentary from university student focus groups. *Frontiers in Sports and Active Living*, 5:1033619. doi: 10.3389/fspor.2023.1033619 [[HERE](#)]
† Co-first authors

Stults-Kolehmainen, M., Blacutt, M., Bartholomew, J.B., Boullosa, D., Janata, P., Koo, B.B., McKee, P.C., Casper, R., Budnick, C.J., Gilson, T.A., Blakemore, R.L., Filgueiras, A., Williamson, S.L., SantaBarbara, N., Barker, J.L., Bueno, F.A., Heldring, J. & Ash, G.I. (2022). Urges to Move and other Motivation States for Physical Activity in Clinical and Healthy Populations: A Scoping Review Protocol. *Frontiers in Psychology*, 13:901272. doi: 10.3389/fpsyg.2022.901272 [[HERE](#)]

Ash, G.I., **Stults-Kolehmainen, M.**, Busa, M.A. et al. (2021). Establishing a Global Standard for Wearable Devices in Sport and Exercise Medicine: Perspectives from Academic and Industry Stakeholders. *Sports Medicine*, 51(11), 2237-2250. doi.org/10.1007/s40279-021-01543-5 [[HERE](#)]

Ash G.I., Griggs S., Nally L.M., **Stults-Kolehmainen M.**, Jeon S., Brandt C., Gulanski B.I., Spanakis E.K., Baker J.S., Whittemore R., Weinzimer S.A. & Fucito L.M. (2021). Evaluation of Web-Based and In-Person Methods to Recruit Adults with Type 1 Diabetes for a Technology-Based Exercise Intervention: Prospective Observational Study. *JMIR Diabetes*. doi.org/10.2196/28309 [[HERE](#)]

Liu, J., Spakowicz, D. J., Ash, G. I., Hoyd, R., Zhang, A., Lou, S., Lee, D., Zhang, J., Presley, C., Greene, A., **Stults-Kolehmainen, M.**, Nally, L., Baker, J. S., Fucito, L. M., Weinzimer, S. A., Papchristos, A. V., Gerstein, M. (2021). Bayesian Structural Time Series for Biomedical Sensor Data: A Flexible Modeling Framework for Evaluating Interventions. *PLOS Computational Biology*. 17(8):e1009303. doi: 10.1371/journal.pcbi.1009303 [[HERE](#)]

Stults-Kolehmainen M. A. †, Blacutt, M. †, Fogelman, N., Gilson, T.A., Stanforth, P.R., Divin, A.L., Bartholomew, J.B., Filgueiras, A., McKee, P.C., Ash, G.I., Ciccolo, J.T., Brotnow Decker, L., Williamson, S.L. and Sinha, R. (2021). Measurement of Motivation States for Physical Activity and Sedentary Behavior: Development and Validation of the CRAVE Scale. *Frontiers in Psychology* 12:568286. doi: 10.3389/fpsyg.2021.568286 [[HERE](#)]

† Co-first authors

Filgueiras, A & **Stults-Kolehmainen, M.** (2021). The Relationship Between Behavioural and Psychosocial Factors Among Brazilians in Quarantine Due to COVID-19. *Psychological Reports*. doi.org/10.1177/0033294120976628 [[HERE](#)]

Gonçalves, S., Chaplin, T., Ansell, E., López, R., Regalario, I., **Stults-Kolehmainen, M.**, McKnight, P. & Sinha, R. (2020). High Frequency Heart Rate Variability and Emotion-Driven Impulse Control Difficulties During Adolescence: Examining Experienced and Expressed Negative Emotion as Moderators. *Journal of Early Adolescence*, 41 (8), 1151-1176. <https://doi.org/10.1177/0272431620983453> [[HERE](#)]

Stults-Kolehmainen, M. A., Blacutt, M., Bartholomew, J. B., Gilson, T. A., Ash, G. I., McKee, P. C. & Sinha, R. (2020). Motivation States for Physical Activity and Sedentary Behavior: Desire, Urge, Wanting and Craving. *Frontiers in Psychology*. 11:568390. doi: 10.3389/fpsyg.2020.568390 [[HERE](#)]

Ash, G. I., **Stults-Kolehmainen, M. A.**, Busa, M. A., Gregory, R, Garber, C. E., Liu, J., Gerstein, M., Casajus, J. A., Gonzalez-Aguero, A., Constantinou, D., Geistlinger, M., Guppy, F., Pigozzi, F. & Pitsiladis, Y. (2020). Establishing a global standard for wearable devices in sport and fitness: Perspectives from the New England Chapter of the American College of Sports Medicine members. *Current Sports Medicine Reports*, 19 (2), 45-49. doi: 10.1249/JSR.0000000000000680 [[HERE](#)]

Watson, R. M., Stanforth, P. R., Talley, A.E. & **Stults-Kolehmainen, M. A.** (2019). Influence of age, ethnicity and sex on body composition thresholds for the accumulation of visceral adipose tissue in adults. *American Journal of Sports Science*, 7 (3), 111-120. doi: 10.11648/j.ajss.20190703.15 [[HERE](#)]

Ash, G.I., Joiner, K.L., Savoye, M., Baker, J.S., Gerosa, J., Kleck, E., Patel, N.S., **Stults-Kolehmainen, M.**, Weinzimer, S.A. & Grey, M. (2019). Feasibility and safety of a group physical activity program for youth with type 1 diabetes. *Pediatric Diabetes*, 20 (4), 450-459. doi: 10.1111/pedi.12841 [[HERE](#)]

de Sousa, A. F. M., Medeiros, A. R., & Del Rosso, S. **Stults-Kolehmainen, M.** & Boullosa, D. A. (2019). The Influence of Exercise and Physical Fitness status on Attention: A Systematic Review. *International Review of Sport and Exercise Psychology*, 12 (1), 202-234. <https://doi.org/10.1080/1750984X.2018.1455889> [[HERE](#)]

de Sousa, A. F. M., Medeiros, A. R., Benitez-Flores, S., Del Rosso, S., **Stults-Kolehmainen, M.** & Boullosa, D. A., (2018). Improvements in attention and cardiac autonomic modulation after a 2-weeks sprint interval training program: A fidelity approach. *Frontiers in Physiology*, 9, 241. <https://doi.org/10.3389/fphys.2018.00241> [[HERE](#)]

- Jastreboff, A., Chaplin, T., Finnie, S., Savoye, M., **Stults-Kolehmainen, M.**, Silverman, W. & Sinha, R. (2018). Preventing childhood obesity through a mindfulness-based parent stress intervention: A randomized pilot study. *The Journal of Pediatrics*, 202, 136-142. doi: 10.1016/j.jpeds.2018.07.011 [[HERE](#)]
- Beitel, M., **Stults-Kolehmainen, M.**, Cutter C.J., Schottenfeld, R.S., Eggert, K., Madden, L.M., Kerns, R.D., Liong, C., Ginn, J., & Barry, D.T. (2016). Physical activity, psychiatric distress, and interest in exercise group participation among individuals seeking methadone maintenance treatment with and without chronic pain. *American Journal on Addictions*, 25 (2), 125-131. doi: 10.1111/ajad.12336 [[HERE](#)].
- Busch, AM, Ciccolo, JT, Puspitasari, AJ, Nosrat, S., Whitworth, JW, & **Stults-Kolehmainen, M.** (2016). Preferences for Exercise as a Treatment for Depression. *Mental Health and Physical Activity*, 10, 68-72. doi: 10.1016/j.mhpa.2015.12.004 [[HERE](#)]
- Stanforth, D., Lu, T., **Stults-Kolehmainen, M.A.**, Crim, B. N. & Stanforth, P.R. (2016). Bone mineral content and density among female NCAA Division I athletes across the competitive season and over a multi-year time frame. *Journal of Strength and Conditioning Research*, 30 (10), 2828-2838. doi: 10.1519/JSC.0000000000000785 [[HERE](#)]
- Stults-Kolehmainen, M.**, Lu, T., Ciccolo, J., Bartholomew, J.B. Brotnow, L. & Sinha, R. (2015). Higher chronic psychological stress is associated with blunted affective responses to strenuous resistance exercise: RPE, pleasure, pain. *Psychology of Sport and Exercise*, 22, 27-36. doi: 10.1016/j.psychsport.2015.05.004 [[HERE](#)]
- Naves-Bittencourt, W., Fernandez-de-Sousa, A., **Stults-Kolehmainen, M.**, Fontes, E., Cordova, C., Demarzo, M. & Boullosa, D. (2015). Martial arts: Mindful exercise to combat stress. *European Journal of Human Movement*, 34, 34-51. [[HERE](#)]
- Stults-Kolehmainen, M.**, Malcolm, L.R., DiLoreto, J., Gunnet-Shoval, K. & Rathbun, E. (2015). Psychological Interventions for Weight Management: A Primer for the Allied Health Professional. *ACSM's Health and Fitness Journal*, 19 (5) 16-22. doi: 10.1249/FIT.0000000000000150 [[HERE](#)]
- Cutter, C. J., Schottenfeld, R.S., Moore, B.A., Ball, S.A., Beitel, M., Savant, J.D., **Stults-Kolehmainen, M.**, Doucette, C., Barry, D.T. (2014). A pilot trial of a videogame-based exercise program for methadone maintained patients. *Journal of Substance Abuse Treatment*. 7(4), 299-305. doi: 10.1016/j.jsat.2014.05.007 [[HERE](#)]
- Stults-Kolehmainen, M.**, Bartholomew, J. B. & Sinha, R. (2014). Chronic psychological stress impairs recovery of muscular function and somatic sensations over a 96 hour period. *Journal of Strength and Conditioning Research*, 28 (7), 2007-2017. doi: 10.1519/JSC.0000000000000335 [[HERE](#)]
- Stults-Kolehmainen, M.**, Sinha, R. & Tuit, K. (2014). Lower cumulative stress is associated with better health for physically active individuals in the community. *Stress*. 17(2), 157-168. <https://doi.org/10.3109/10253890.2013.878329> [[HERE](#)]
- Stults-Kolehmainen, M.** & Sinha, R. (2014). The effects of stress on physical activity and exercise. *Sports Medicine (Auckland, NZ)*. 4(1), 81-121. doi: 10.1007/s40279-013-0090-5 [[HERE](#)]

- Stanforth, P. R., Crim, B., Stanforth, D. & **Stults-Kolehmainen, M.** (2014). Body composition changes among female collegiate athletes across the competitive season and over multiple years. *Journal of Strength and Conditioning Research*, 28 (2), 300-307. DOI: 10.1519/JSC.0b013e3182a20f06 [[HERE](#)]
**This article was selected by Lippincott, Williams and Wilkins as a featured "Hot Topics in Sports Medicine" article in March, 2014 (free publication for all).*
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- Stults-Kolehmainen, M.** (2013). The interplay between stress and physical activity in the prevention and treatment of cardiovascular disease. *Frontiers in Physiology*, 4 (article 346). doi: 10.3389/fphys.2013.00346 [[HERE](#)]
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- Stults-Kolehmainen, M.**, Ciccolo, J. T., Bartholomew, J. B., Seifert, J & Portman, R. S. (2013). Age and gender-related changes in exercise motivation among highly active individuals. *Athletic Insight*, 5(1), 45-64. [[HERE](#)]
 Published in hardback: *Innovative Writings in Sport and Exercise Psychology* (2014, Robert Schinke, Ed) as: <https://novapublishers.com/shop/innovative-writings-in-sport-and-exercise-psychology/>
- Stults-Kolehmainen, M.**, Stanforth, P. R., Bartholomew, J. B., Lu., T., Abolt, C. J., & Sinha, R.. (2013). DXA Estimates of Fat in Abdominal, Trunk and Hip Regions Varies by Ethnicity in Men. *Nutrition and Diabetes*, 3(e64). doi: 10.1038/nutd.2013.5 [[HERE](#)]
- Stults-Kolehmainen, M.** & Bartholomew, J. B. (2012). Psychological stress impairs short-term muscular recovery from resistance exercise. *Medicine & Science in Sport & Exercise*, 44(11), 2220-2227. doi: 10.1249/MSS.0b013e31825f67a0 [[HERE](#)]
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- Faries, M. D., Boroff, C. S., **Stults-Kolehmainen, M.** & Bartholomew, J. B. (2011). Does a visual representation impact the affective response to body composition testing? *Personality & Individual Differences*, 50(4), 502-505. <https://doi.org/10.1016/j.paid.2010.11.017> [[HERE](#)]
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Exercise Psychology, 11(6), 560-567. <https://doi.org/10.1016/j.psychsport.2010.06.005> [HERE]

Bartholomew, J. B., **Stults-Kolehmainen, M.**, Elrod, C. C. & Todd, J. S. (2008). Strength gains following resistance training: The effect of stressful, negative life events. *Journal of Strength and Conditioning Research*, 22(4), 1215-1221. doi: 10.1519/JSC.0b013e318173d0bf [HERE]

Publications Under Review (9; ordered by submission data – most recent at top)

Kim, B., **Stults-Kolehmainen, M.A.**, Ewing-Garber, C. Translation, Psychometric Validation, and Reliability of the Korean Version of the CRAVE Scale (CRAVE-K) for Assessing Motivation States for Physical Activity and Sedentary Behaviour. *Current Psychology*.

Kim, B., **Stults-Kolehmainen, M.**, Fink, C., Grant, E., Harkins, M., Hespeler, M., Kosko-Tully, T., Arama Lerner, L., Patel, A., Schaefer, S., Vasisht, K., Vives-Rodriguez, A., Zuchowski, K. Bauer, M., & Tinaz, S. Exercise as treatment for Parkinson's disease: a multi-stakeholder mixed-methods study to inform implementation strategies. *Translational Journal of the American College of Sports Medicine*.

Kim, B., **Stults-Kolehmainen, M.A.**, Ewing-Garber, C. Relationships between Momentary Stress, Motivation States for Physical Activity and Objective Measures of Physical Activity. *International Journal of Sport and Exercise Psychology*.

Maria Krymtsova, Byul Kim, Sabine Würth, Rajita Sinha, **Matthew Stults-Kolehmainen**, Markus Reichert. The effects of stress on physical activity and exercise: Another Decade of Evidence. *Sports Medicine*.

Olfemann, R., Volk, C., Niessner, C., Wolbring, L., Maciejewski, K., Weinzimer, S., Vogelsang, A., Rehder, J., Reichert, D., Casper, R., Nigg, C.R., Filgueiras, A., Reichert, M., Ash, G., **Stults-Kolehmainen, M.A.** German Adaptation of the CRAVE Scale (CRAVE-D): Validation Across Age Groups to Measure Motivation States for Physical Activity and Sedentary Behaviour. *German Journal of Exercise and Sport Research*.

Ferreira de Lima, F., **Stults-Kolehmainen, M.** Relationship between oxidative stress and clinical and functional aspects of candidates for bariatric surgery. *Journal of Obesity*.

Kilpatrick, M., Barrows, Andrea H., **Stults-Kolehmainen, M.A.**, Blacutt, M., Shoenberger, V. E., Parbhoo, K. J. Effect of Exercise Intensity on Motivation States for Physical Activity and Sedentarism During and After Aerobic Exercise. *Sport, Exercise and Performance Psychology*.

Ash, G., **Stults-Kolehmainen, M.A.** Leveraging AI for Digital Phenotyping: Anticipating Lapses in Exercise for Adults with Type 1 Diabetes", *NPJ Digital Medicine*.

Krymtsova, M., Reichert, M., Schwerdtfeger, A., Kim, B., Berry, C., **Stults-Kolehmainen, M.** A framework to organize emerging knowledge on the effects of stress on physical activity and exercise: State of evidence, frontiers and recommendations for future research. *European Journal of Sports Science*.

Pre Prints (19)

- Krymtsova, M., Reichert, M., Schwerdtfeger, A., Kim, B., Berry, C., & **Stults-Kolehmainen, M.** (2026). A framework to organize emerging knowledge on the effects of stress on physical activity and exercise: State of evidence, frontiers and recommendations for future research. SportRxiv. <https://sportrxiv.org/index.php/server/preprint/view/961>
- Kim, B., **Stults-Kolehmainen, M. A.**, & Garber, C. E. (2026). *Relationship between Momentary Stress, Motivation States for Physical Activity and Objective Measures of Physical Activity*. SportRxiv. <https://sportrxiv.org/index.php/server/preprint/view/748/version/937>
- Kim, B., **Stults-Kolehmainen, M. A.**, Shin, Woojin; Garber, C.E. (2025). Translation, Psychometric Validation, and Reliability of the Korean Version of the CRAVE Scale (CRAVE-K) for Assessing Motivation States for Physical Activity and Sedentary Behavior. SportRxiv. DOI: <https://doi.org/10.51224/SRXIV.640>
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- Triki, R., Aloui, A., Salhi, I., **Stults-Kolehmainen, M.** & Ben Abderrahman, A (2023). The effects of practicing resistance training in a fasted or fed state during Ramadan intermittent fasting on maximal strength and hematological parameters. SportRxiv. DOI: <https://doi.org/10.51224/SRXIV.334>
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- Stults-Kolehmainen, M. A.**, Bond, D. S., Richardson, L. A., Herring, L. Y., Mulone, B., Garber, C. E., Morton, J., Ghiassi, S., Duffy, A. J., Balk, E., Abolt, C. J., Howard, M. C., Ash, G. I., Williamson, S., Marcon, E. R., De Los Santos, M., Bond, S., Huehls, J., Alowaish, O., Heyman, N. B. & Gualano, B. Role of the exercise professional in bariatric surgery: A multimethod analysis for evidence-based recommendations. MedRxiv. 2023.04.20.23288698; doi: <https://doi.org/10.1101/2023.04.20.23288698>. Posted April 21, 2023.

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Stults-Kolehmainen MA, Gilson, TA, SantaBarbara, N, McKee, P, Sinha, R, Bartholomew, JB, Boullosa, D, Budnick, CJ, Bueno, FA, Haughton, A, Barker, JL & Ash GI (2022). Qualitative and quantitative evidence of motivation states for physical activity, exercise and being sedentary from university student focus groups. SportRxiv. DOI: <https://doi.org/10.51224/SRXIV.189> Posted August 29, 2022.

Blacutt, M., Filgueiras, A. & **Stults-Kolehmainen, M. A. (2021).** Prevalence and Incidence of Stress, Depression and Anxiety Symptoms among Brazilians in Quarantine across the early phases of the COVID-19 Crisis.

<https://www.medrxiv.org/content/10.1101/2021.09.07.21263246v1> Posted September 12, 2021.

Stults-Kolehmainen, M.A., Blacutt, M., Bartholomew, J. B., Gilson, T. A., Ash, G., McKee, P. C., & Sinha, R. (2020). Motivation States for Physical Activity and Sedentary Behavior: Desire, Urge, Wanting and Craving. <https://doi.org/10.31236/osf.io/sxvhk>. Posted September 3, 2020.

Stults-Kolehmainen, M.A., Blacutt, M., Gilson, T. A., Stanforth, P., Divin, A. L., Bartholomew, J. B., Fogelman, N., Ash, G. I., Ciccolo, J. T., Brotnow Decker, L., Williamson, S. L. & Sinha, R. (2020) I want to move my body - right now! The CRAVE Scale to measure state motivation for physical activity and sedentary behavior. medRxiv 2020.08.31.20184945; doi: <https://doi.org/10.1101/2020.08.31.20184945>. Posted September 14, 2020.

Liu, J., Spakowicz, D. J., Ash, G. I., Hoyd, R., Zhang, A., Lou, S., Lee, D., Zhang, J., Presley, C., Greene, A., **Stults-Kolehmainen, M.**, Nally, L., Baker, J. S., Fucito, L. M., Weinzimer, S. A., Papchristos, A. V., Gerstein, M. (2020). Bayesian Structural Time Series for Biomedical Sensor Data: A Flexible Modeling Framework for Evaluating Interventions. bioRxiv. doi: <https://doi.org/10.1101/2020.03.02.973677>. Posted August 18, 2020.

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Blacutt, M., **Stults-Kolehmainen, M.**, McKee, P., Ash, G. & Eden, M. (2020). Motivational States for Exercise, Physical Activity and Muscular Movement: A Systematic Review. PROSPERO 2020 CRD42020191459 Available from:
https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42020191459

Published Abstracts (28)

Awan-Scully, R., Tao, D., **Stults-Kolehmainen, M. A.**, Ash, & G. I. (2025). Physicians' Perspective on Dance Movement Interventions as a Complementary Treatment for Cognitive Impairments. Presented at the 71st Annual ACSM Conference, Atlanta, GA.

He, Q., Tao, D., **Stults-Kolehmainen, M. A.**, Awan-Scully, R. & Ash, G. I. (2025) Effectiveness of treatment interventions and loss to follow-up for patients referred to rehabilitation medicine. Presented at the 71st Annual ACSM Conference, Atlanta, GA.

Barrows, A. H., Buscemi, E. T., Mustafaraj, E., Mathew, N. B., Ferrara, A. N., **Stults-Kolehmainen, M. A.** & Kilpatrick, M. W. (2025). Effects of exercise intensity on self-efficacy, self-control, and state motivation. Presented at the 71st Annual ACSM Conference, Atlanta, GA.

Ash GI, Nam, S.; **Stults-Kolehmainen, M.**; Haughton, A.D.; Turek, C.; Chmielewski, A.; Shelver, M.; Baker, J.S.; Weinzimer, S.A.; Nally, L.M. Facilitating the Home-Based Virtual Activity Program for Youth with Type 1 Diabetes (HAP-V-T1D) Peer Intervention: Protocol Development and Feasibility. The 45th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine. Winner of Diabetes Special Interest Group Innovative Research Award (chosen as top from 32 accepted abstracts).

Chen, S., Yang, L., Garber, C.E., **Stults-Kolehmainen, M.**, Wang, C., Yang, Y. & Yuan, Q. (2024). Effectiveness of Mobile Health Sedentary Time Interventions in Older Adults: A Systematic Review and Meta-Analysis. International Journal of Exercise Science: Conference Proceedings.

Blacutt, M., **Stults-Kolehmainen, M.A.**, Dadina, C., & Ash, G. (2024). Momentary dynamics of Motivation States for Physical Activity and Sedenteriansim. Abstract submitted for presentation to the 71st Annual American College of Sports Medicine Conference, Boston, MA.

Filgueiras, A., **Stults-Kolehmainen, M. A.**, Bueno, F. A., Viana, A., Medeiros, A.R., Blacutt, M., Boullosa, D. & Ash, G. (2022, June). Validation of the CRAVE / ARGE scale in Brazilian Portuguese: A motivation states study. *Journal of Sport and Exercise Psychology*, 44, S77-S77.

Filgueiras, A., **Stults-Kolehmainen, M. A.**, Bueno, F. A., Viana, A., Medeiros, A.R., Blacutt, M., Boullosa, D. & Ash, G. (2022, June). Comparison of 10- and 13-item versions of the CRAVE / ARGE scale in a large sample of Brazilians: A motivation states study. *Journal of Sport and Exercise Psychology*, 44, S77-S78.

Stults-Kolehmainen, M. A., Dadina, C., Blacutt, M., Boullosa, D., Budnick, C. J., Ash, G., Haughton, A. & Lu, T. (2022, June). Motivation states to move, be physically active and sedentary varies throughout the day in a circadian waveform. *Journal of Sport and Exercise Psychology*, 44, S112-S113.

- Gilson, T. A., **Stults-Kolehmainen, M. A.**, Dadina, C., Budnick, C. J., Boullosa, B., Bartholomew, J. B., Bueno, F. A., Barker, J. L., Blacutt, M., McKee, P., Haughton, A. & Ash, G. (2022, June). Affectively-charged motivation states to move, be active and be sedentary: Mixed-method validation and changes across a focus group interview period. *Journal of Sport and Exercise Psychology*, 44, S80-S81.
- Gilson, T. A., **Stults-Kolehmainen, M. A.**, Bartholomew, J. B., Budnick, C. J., Bueno, F. A. & Ash, G. (2022, June). The role of motivation states in the regulation of movement and sedentarism: Automaticity, deliberation, self-control and “want-to” versus “have-to”. *Journal of Sport and Exercise Psychology*, 44, S81-S81.
- Stults-Kolehmainen, M. A.**, Gilson, T. A., Filgueiras, A., Budnick, C. J., Bueno, F. A., Bartholomew, J. B., SantaBarbara, N., Blacutt, M., Barker, J. L. & Ash, G. (2022, June). Qualitative evidence of the association of psychological stress and mental health factors with motivation states to be physically active and sedentary. *Journal of Sport and Exercise Psychology*, 44, S113-S113.
- Haughton, A., Bodurtha, P., Scibek, J., Axtell, R., **Stults-Kolehmainen, M.** & Ash, G. (2022, June). Solitary and Social Components of Campus-Based Virtual Physical Activity Support: Uptake and Associations With Outcomes. *Journal of Sport and Exercise Psychology*, 44, S83-S84.
- Ash GI, Nally LM, **Stults-Kolehmainen M**, Jeon S, Brandt C, Gulanski BI, Spanakis EK, Baker JS, Weinzimer SA, Fucito LM. (2021). Evaluation of Methods to Recruit Adults with Type 1 Diabetes for a Mobile Exercise Support Program During a Pandemic. *Annals of Behavioral Medicine*, 55 (S1), S194, doi.org/10.1093/abm/kaab020.
- Stults-Kolehmainen, M.**, Blacutt, M., Divin, A., Williamson, S., Gilson, T.A., Bartholomew, J. B. & Sinha, R., (2020, May). The Desire To Move And Rest: Assessing Reliability And Validity Of The CRAVE Scale. *Medicine & Science in Sports & Exercise*. 52 (7S), 122.
- Blacutt, M., **Stults-Kolehmainen, M.**, Fogelman, N., Garber, C. E., Bartholomew, J. B. & Sinha, R. (2020, May). The Desire To Move And Rest: Trait Or State? Crave Scale Validation Across 2 Years. *Medicine & Science in Sports & Exercise*, 52 (7S), 117.
- Stanforth, P. R., Blacutt, M., **Stults-Kolehmainen, M.**, Williamson, S., Bartholomew, J. B., Gilson, T. A. & Sinha, R. (2020, May). The Desire To Move And Rest: Validation Of The Crave Scale Using A Treadmill Test. *Medicine & Science in Sports & Exercise*, 52 (7S), 119
- Ash, G.I., Joiner, K.L., Savoye, M., Baker, J.S., Gerosa, J., Kleck, E., Patel, N.S., **Stults-Kolehmainen, M.**, Weinzimer, S.A. & Grey, M. (2018). Bright 1 Bodies: Extending the Bright Bodies Weight Management Program to Sedentary Adolescents with Type 1 Diabetes (T1D). *Annals of Behavioral Medicine*, 52 (Suppl 1):S281.
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- Stults-Kolehmainen, M.**, Bartholomew, J.B. & Sinha, R. (2013). Affective responses to strenuous exercise differ by the experience of chronic psychological stress. *Medicine & Science in Sports & Exercise*, 45(5).

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- Stults-Kolehmainen, M.**, Abolt, C. J., Broeder, C. E., Flewelling, A. M. & Salacinski, A. J. (2012). Salivary cortisol production during the Ride Across America (RAAM): A case study and exploratory analysis. *Medicine & Science in Sports & Exercise*, 44(5), S546-S547.
- Morgan, P. M., Salacinski, A. J., & **Stults-Kolehmainen, M.** (2012). The acute effects of flotation R. E. S. T. (Restricted Environmental Stimulation Technique) following maximal eccentric exercise. *Medicine & Science in Sports & Exercise*, 44(5), S551.
- Salacinski, A. J., Flewelling, A. M., **Stults-Kolehmainen, M.**, & Broeder, C. E. (2011). Case study of an elite master cyclist during the 2010 Race Across America. *Medicine & Science in Sports & Exercise*, 43(5), S536.
- Stults-Kolehmainen, M.**, & Bartholomew, J. B. (2010). Exhaustive resistance exercise stimulus (ERES): A novel leg press protocol to produce muscular damage. *Medicine and Science in Sports and Exercise*, 42(5), S648.
- Stults-Kolehmainen, M.** (2009). Exercise caution when stressed: The effect of stress on exercise behavior and performance – Physiological recovery from muscle disruption following exhaustive resistance exercise, and the impact of perceived stress. *Journal of Sport and Exercise Psychology*, 31, S15.
- Stults-Kolehmainen, M.**, & Stanforth, P. R. (2008). Ethnic differences in regional body composition among college-aged women. *Medicine & Science in Sports & Exercise*, 40(5), S279.

Presentations

Invited (Oral; 29)

- Stults-Kolehmainen et al.** (2026, Feb). Exercise and anti-obesity medications. Presented at the Yale Obesity Seminar. (Online, New Haven, CT).

- Stults-Kolehmainen et al.** (2026, Feb). Exercise as an Anti-Obesity Treatment. Presented at the Illinois AACVCPR. (online).
- Stults-Kolehmainen, M.** (2025). Scientific progress in understanding motivational states for physical activity in rehabilitation settings. Illinois AACVCPR. (online).
- Stults-Kolehmainen et al.** (2025, Nov). Exercise as an Anti-Obesity Treatment. Presented at the Yale Obesity Symposium (Yale CME). (in-person, New Haven, CT).
- Stults-Kolehmainen, M.** (2025, Sept). Motivation states for physical activity, food, and other drives: Appetence versus Appetite. Presented at the Arkansas Colleges for Health Education. (in-person, Fort Smith, AR).
- Stults-Kolehmainen, M.** (2024, May). Decennial of ‘The effects of stress on physical activity and exercise’: Mechanisms underlying the associations. Presented at the ACSM 70th Annual Meeting. (in-person, Boston, MA).
- Stults-Kolehmainen, M.** (2023, November). New scientific developments to promote motivation to be physically active. GuiZhou Polytechnic of Construction and GEC Academy/Path Academics. (China; Online).
- Stults-Kolehmainen, M.** (2023, July). Resistance? No Sweat! Motivating movement and beginner strengthening exercises. Presented at Program for Obesity Weight and Eating Research (POWER; Laboratory of Valentina Ivezaj), Department of Psychiatry, Yale Medical School. (In-person, New Haven, CT).
- Stults-Kolehmainen, M.** (2023, July). Motivational control of movement, physical activity and sedentarism: Applications for Clinical and Healthy Populations. Shenzhen University (China; Online).
- Stults-Kolehmainen, M.** (2023, June). Resistance? No Sweat! Motivating movement and beginner strengthening exercises. Presented at the ASMBS Annual Meeting. Course: “Let’s Get Physical: Barrier breaking, patient friendly approaches to physical activity” (in-person, Las Vegas, NV).
- Stults-Kolehmainen, M.** (2023, April). The role of the exercise physiologist in metabolic and bariatric surgery. Yale Obesity Medicine committee (Online).
- Stults-Kolehmainen, M.** (2023, March). Exercise prescription for people with obesity. Presentation to the Yale New Haven Health System Dietetic Interns (Online).
- Stults-Kolehmainen, M.** (2023, February). Annual conference of the Clinical Exercise Physiology Association (CEPA). Urges to Move and Other Motivational States for Physical Activity in Clinical Populations (Online).
- Stults-Kolehmainen, M.** (2022, December). Motivational control of movement, physical activity and sedentarism: Applications for Clinical and Healthy Populations. Capital University of Physical Education And Sports (Beijing, China; Online).

Stults-Kolehmainen, M. (2022, November). Lifestyle Medicine in the Medical School. Southern Medical School Teacher Training Program (China) (Online).

Stults-Kolehmainen, M. (2022, September). The role of exercise in weight management – Part 1. Yale Obesity Medicine committee (Online).

Stults-Kolehmainen, M. (2022, August). *‘I want to move my body – right now!’ New ideas about motivation for physical activity.* To be presented at the International Conference of Environment and Human Health (Online), “New Directions in Promoting Health and Wellbeing”. Online meeting organized by Hong Kong Baptist University.

Stults-Kolehmainen, M. (2021, June). *Motivation States for Muscular Movement and Exercise: Wants, Desires, Urges and Cravings.* Presented at the ASMBS Annual Meeting session (Online), “Innovative Topics in Transdisciplinary Bariatric Surgery Research”.

Stults-Kolehmainen, M. (2020, September). *Motivation states for muscular movement and exercise: urges, cravings, wants and desires.* Closing keynote (Palastrante na conferência de encerramento) Rio de Janeiro Sport Psychology (EoPERJ) Annual Meeting (online). Encontro Online de Psicologia do Esporte do Rio de Janeiro. Associação de Psicólogos do Esporte do Rio de Janeiro (ASSOPERJ).

Stults-Kolehmainen, M. (2018, February). *Stress, strain and injury/illness in sports: An integrated perspective.* Presented at Rio de Janeiro State University (UERJ), Rio de Janeiro, Brazil.

Stults-Kolehmainen, M. (2017, November). *"Exercise Caution" When Stressed: Physical activity makes you feel good, but does feeling bad make you less active?* Honorary Keynote Address at VI Congresso ABRAPESP (Associação Brasileira do Psicologia do Esporte) de Psicologia do Esporte, Catholic University, Brasília, Brazil.

Stults-Kolehmainen, M. (2015, May). *Lifestyle modification and exercise.* Presented at the Yale 4th Comprehensive Medical and Surgical Management of Obesity Symposium. Orange, CT.

Stults-Kolehmainen, M. (2014, November). *Exercise programming and fitness for bariatric surgery patients.* Presented at Obesity Week 2014, hosted by The Obesity Society and The American Society for Metabolic and Bariatric Surgery. Boston, MA.

Stults-Kolehmainen, M. (2013, November). *Exercise Caution When Stressed: Physical activity makes you feel good, but does feeling bad make you less active?* 1st Annual Clinical Exercise Physiology Association annual conference, held in conjunction with the American College of Sports Medicine – New England Regional Chapter annual meeting. Providence, RI.

Stults-Kolehmainen, M. (2011, November). *Exercise caution when stressed: A resistance training model to explore the impact of life events and perceived stress on physical recovery.* Interdisciplinary Research Consortium on Stress, Self-Control and Addiction. Yale Medical School. New Haven, CT.

Stults-Kolehmainen, M. (2011, October & 2010, October). *Exercise for MOWAM participants: Let's do it!* Meals on Wheel and More of Metro Austin. Austin, TX.

Stults-Kolehmainen, M. (2009, November). *The use of "Intervention Mapping" for physical activity and rehabilitation program design and implementation*, National Center for Physical Activity and Disability – University of Illinois-Chicago. Chicago, IL.

Stults-Kolehmainen, M. (2009, June). *Exercise caution when stressed: The effect of stress on exercise behavior and performance – Physiological recovery from muscle disruption following exhaustive resistance exercise, and the impact of perceived stress*. Paper presented at Annual Meeting of NASPSPA, Austin, TX.

Stults-Kolehmainen, M. (2005). *Adapted exercise for visually impaired people in rehabilitation*. Criss Cole Rehabilitation Center- State of Texas Department of Assistive and Rehabilitative Services. Austin, TX.

Accepted (Oral; 10)

Doshi, RK, Li, Y, Ash, GI, Liu, J, Nally, LM, **Stults-Kolehmainen, M**, Weinzimer, SA, Fucito, LM, & Gerstein, MB. Forecasting Exercise Lapses in Individuals with Type 1 Diabetes Using State Space Models. International Conference on Learning Representations Workshop in Time Series for Health, Vienna, Austria, May 2024. (Oral Presentation, Top 5% of all abstracts). [\[HERE\]](#)

Nam, S., Ash, G. I. (Chair), Roberts, W. & **Stults-Kolehmainen, M.A.** Machine Learning the Real-Time Biopsychosocial Basis of Health Disparities (Tutorial session). To be presented at the Annual Meeting of the American College of Sports Medicine, May, 2024, Boston, MA.

Subsession: Motivation States To Move, Be Physically Active and Sedentary Vary Like Circadian Rhythms and Are Associated With Affect and Arousal. **Matthew Stults-Kolehmainen**.

Stults-Kolehmainen, M. (2023, October). Addressing Motivations of Active and Sedentary Momentary States with New Technological Developments. Presented at the New England Chapter Meeting of the American College of Sports Medicine (ACSM), Springfield, MA.

Stults-Kolehmainen, M., Laura Richardson & Janet Huehls (2023, October). Empowering patients: Using exam rooms to engage physical activity and reduce exercise apprehension. Presented at the New England Chapter Meeting of the American College of Sports Medicine (ACSM), Springfield, MA.

Stults-Kolehmainen, M. (2022, October). "I want to move my Body ... Right now!" New Ideas about Motivation for Physical Activity. Presented at the New England Chapter Meeting of the American College of Sports Medicine (ACSM), Providence, RI.

Stults-Kolehmainen, M. & Ash, G. I. (2021, October). The role of the exercise professional in bariatric surgery. Presented at the New England Chapter Meeting of the American College of Sports Medicine (ACSM), Providence, RI.

Ash, G. I., **Stults-Kolehmainen, M.**, & Wood, A. (2020, October). *Improving Wearables in Sport and Fitness through Data Standardization, Health Record Integration, Quality Assurance, and Interoperability*. Presented at the New England Chapter Meeting of the American College of Sports Medicine (ACSM), Virtual event.

Ash, G. I. & **Stults-Kolehmainen, M.** (2019, November). *The New Guiding Reference Standard for Wearable Devices by the International Federation of Sports Medicine: Open Forum for ACSM Membership Feedback*. Presented at the New England Chapter Meeting of the American College of Sports Medicine (ACSM), Providence, RI.

Stults-Kolehmainen, M., Gilson, T. A., Brotnow, L., Bartholomew, J.B. Ciccolo, J. & Sinha, R. (2015, June). *Conceptualizing and measuring the desire for energy expenditure and sedentary behavior: The CRAVE Scale for Movement and Rest*. Presented at the Annual Conference of the North American Society for Sport and Physical Activity (NASPSA), Portland, OR.

Stults-Kolehmainen, M., Bartholomew, J.B. & Sinha, R. (2013, June). *Affective responses to strenuous exercise differ by the experience of chronic psychological stress*. Presented at the 60th Annual Conference of the American College of Sports Medicine, Indianapolis, IN.

Accepted (Poster; 52)

Olfermann, R., Volk, C., Niessner, C., Wolbring, L., Maciejewskin, K., Weinzimer, S., Vogelsang, A., Rehdera, J., Reichert, D., Casper, R., Nigg, C.R., Filgueiras, A., Reichert, M., Ash, G., Stults-Kolehmainen, M.A. In diesem Augenblick habe ich das Verlangen, körperlich aktiv zu sein! (At this moment, I feel like being physically active!). Presented at the DVS Health conference – Annual meeting of the German Society of Sport Science Health Commission. Cologne, Germany, 2026.

Prakash, N., Barrows, A., **Stults-Kolehmainen, M.**, Loza, A., Kilpatrick, M. W., & Ash, G. (2026). Over-the-Counter Continuous Glucose Monitoring as a Surrogate for Capillary Blood Glucose Monitoring Among People Without Diabetes. Diabetes Technology Meeting.

Brito, Al, **Stults-Kolehmainen, M.**, (2026). Função Endotelial de Indivíduos com Obesidade Severa Acompanhados em Programa Pré-Cirurgia Bariátrica. XXVI CONGRESSO BRASILEIRO DE CIRURGIA BARIÁTRICA E METABÓLICA. Belo Horizonte, MG, Brazil.

Eisenberg, JV, Barrows AH, Ferrara AN, Nestor, LH, Tamas, A, Wiltshire, IG, **Stults-Kolehmainen, MA**, Ash, GI, Kilpatrick, MW. (2026). Impact of glucose beverage consumption on exercise perceptions. Paper presented at the annual meeting of the American College of Sports Medicine, Salt Lake City, UT.

Barrows, AH, Ferrara, AN, Mucci, AM, Mathew, NB, Guerrero, SI, **Stults-Kolehmainen, MA**, Ash, Kilpatrick, MW. (2026). Influence of exercise and glycemic states on motivation states for physical activity. Relationship between motivational states, boredom, energy, and fatigue during aerobic exercise. Paper presented at the annual meeting of the American College of Sports Medicine, Salt Lake City, UT.

Chung, Y. I., Ash, G. I., Jeon, S., Ramachandran, R., **Stults-Kolehmainen, M.**, Spanakis, I., & Fucito, L. (2026, April). Expanding continuous glucose monitoring's potential from real-time safety to lifestyle support in type 1 diabetes exercise: Observational data among a cohort of novice exercisers. Poster accepted for presentation at the Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Chicago, IL.

Ash GI*†, Doshi R*, Li Y*, Liu JJ*, Jeon S, Nally LM, **Stults-Kolehmainen M**, Prakash N, Businelle MS, Weinzimer SA, Fucito LM†, Gerstein MB§. Leveraging AI for digital phenotyping:

Anticipating lapses in exercise for adults with type 1 diabetes. Poster presented at: 2026 Yale Medical AI Symposium; March 26, 2026; New Haven, CT. **Co-first author; †Co-corresponding author; §Senior author*

Awan-Scully, R., Tao, D., **Stults-Kolehmainen, MA**, & Ash, GI. Physicians' Perspective On Dance Movement Interventions As A Complementary Treatment For Cognitive Impairments: 1977 Medicine & Science in Sports & Exercise 57 (10S), 651-651. 2025. Annual Meeting of the American College of Sports Medicine. Atlanta, GA.

Barrows, AH, Buscemi, ET, Mustafaraj, E., Mathew, NB, Ferrara, AN....**Stults-Kolehmainen, MA**, Effects Of Exercise Intensity On Self-Efficacy, Self-Control, And State Motivation: 1141, Medicine & Science in Sports & Exercise 57 (10S), 356-356. 2025. Annual Meeting of the American College of Sports Medicine. Atlanta, GA.

He, Q., Tao, D., **Stults-Kolehmainen, MA**, Li, S., Awan-Scully, R., Gong, Q. Effectiveness Of Treatment Interventions And Loss To Follow-up For Patients Referred To Rehabilitation Medicine: 253, Medicine & Science in Sports & Exercise 57 (10S), 69-70. 2025. Annual Meeting of the American College of Sports Medicine. Atlanta, GA.

Chen, S., Yang, L., Garber, C.E., **Stults-Kolehmainen, M.**, Wang, C., Yang, Y. & Yuan, Q. (2024). Effectiveness of Mobile Health Sedentary Time Interventions in Older Adults: A Systematic Review and Meta-Analysis. Greater New York chapter of the American College of Sports Medicine, NY, NY.

Reynolds, D., McKee, P., Divin, A., Nosrat, S., Williamson, S., Krantz, J., Koo, B., Blacutt, M., Casper, R., Bueno, F., Avila, R. & **Stults-Kolehmainen, M.** (2024, April). Motivation States for Bodily Movement in Hyperkinetic Movement Disorders: A Scoping Review. Poster presented at the AAN (American Academy of Neurology), Denver, CO.

Barrows, AH, Granholm, KM, Shoenberger, VE, Parbhoo, KJ, **Stults-Kolehmainen, MA**, Kilpatrick, MW. (2023, June). Motivation to move and rest during aerobic exercise: Impacts of exercise intensity. Poster presented at the American College of Sports Medicine, Denver, CO. (Sponsor: Matthew Stults-Kolehmainen).

Stults-Kolehmainen, MA, Conlee, MN, Morse, AR, Wegner, SB, Hensley, JW, Kilpatrick, MW. (2023, June). Impact of exercise intensity on motivation state before and after aerobic exercise. Poster presented at the American College of Sports Medicine, Denver, CO. (Sponsor: Matthew Stults-Kolehmainen).

Boullosa, DA, Militao-de-Leuterio, SF, McKee, P, Muller, PT, **Stults-Kolehmainen, M** (2023, June). ARGE scores before and after short sprint interval training sessions. Poster presented at the American College of Sports Medicine, Denver, CO. (Sponsor: Matthew Stults-Kolehmainen).

Doshi R, Liu J, Jeon S, Businelle MS, Hebert ET, Nally LM, **Stults-Kolehmainen M**, Fucito LM, Weinzimer SA, Gerstein MB, Ash GI. (2022, October). Machine Learning to Identify Predictors of Lapses in a Beginners' Exercise Program for Adults with Type 1 Diabetes. AHA Annual Meeting and *Circulation* Supplement Version. [\[HERE\]](#)

Haughton, A., Bodurtha, P., Scibek, J., Axtell, R., **Stults-Kolehmainen, M.** & Ash, G. (2022, May). *Solitary and Social Components of Campus-Based Virtual Physical Activity Support: Uptake and Associations With Outcomes*. Poster presented at the annual conference of NASPSPA (North American Society for the Psychology of Sport and Physical Activity), Kona, HI.

Filgueiras, A., **Stults-Kolehmainen, M. A.**, Bueno, F. A., Viana, A., Medeiros, A.R., Blacutt, M., Boullosa, D. & Ash, G. (2022, May). *Validation of the CRAVE / ARGE scale in Brazilian Portuguese: A motivation states study*. Poster presented at the annual conference of NASPSPA (North American Society for the Psychology of Sport and Physical Activity), Kona, HI. DOI: 10.13140/RG.2.2.14211.17441.

Filgueiras, A., **Stults-Kolehmainen, M. A.**, Bueno, F. A., Viana, A., Medeiros, A.R., Blacutt, M., Boullosa, D. & Ash, G. (2022, May). *Comparison of 10- and 13-item versions of the CRAVE / ARGE scale in a large sample of Brazilians: A motivation states study*. Poster presented at the annual conference of NASPSPA (North American Society for the Psychology of Sport and Physical Activity), Kona, HI. DOI: 10.13140/RG.2.2.20922.06087.

Stults-Kolehmainen, M. A., Dadina, C., Blacutt, M., Boullosa, D., Budnick, C. J., Ash, G., Haughton, A. & Lu, T. (2022, May). *Motivation states to move, be physically active and sedentary varies throughout the day in a circadian waveform*. Poster presented at the annual conference of NASPSPA (North American Society for the Psychology of Sport and Physical Activity), Kona, HI. DOI: 10.13140/RG.2.2.24277.50405.

Gilson, T. A., **Stults-Kolehmainen, M. A.**, Dadina, C., Budnick, C. J., Boullosa, B., Bartholomew, J. B., Bueno, F. A., Barker, J. L., Blacutt, M., McKee, P., Haughton, A. & Ash, G. (2022, May). *Affectively-charged motivation states to move, be active and be sedentary: Mixed-method validation and changes across a focus group interview period*. Poster presented at the annual conference of NASPSPA (North American Society for the Psychology of Sport and Physical Activity), Kona, HI. DOI: 10.13140/RG.2.2.35182.69444.

Gilson, T. A., **Stults-Kolehmainen, M. A.**, Bartholomew, J. B., Budnick, C. J., Bueno, F. A. & Ash, G. (2022, May). *The role of motivation states in the regulation of movement and sedentarism: Automaticity, deliberation, self-control and "want-to" versus "have-to"*. Poster presented at the annual conference of NASPSPA (North American Society for the Psychology of Sport and Physical Activity), Kona, HI. DOI: 10.13140/RG.2.2.17566.61761.

Stults-Kolehmainen, M. A., Gilson, T. A., Filgueiras, A., Budnick, C. J., Bueno, F. A., Bartholomew, J. B., SantaBarbara, N., Blacutt, M., Barker, J. L. & Ash, G. (2022, May). *Qualitative evidence of the association of psychological stress and mental health factors with motivation states to be physically active and sedentary*. Poster presented at the annual conference of NASPSPA

- (North American Society for the Psychology of Sport and Physical Activity), Kona, HI. DOI: 10.13140/RG.2.2.27632.94724.
- Stults-Kolehmainen, M.**, Blacutt, M., Divin, A., Williamson, S., Gilson, T.A., Bartholomew, J. B. & Sinha, R., (2020, May). *The Desire to Move and Rest: Assessing Reliability and Validity Of The CRAVE Scale*. Poster presented at the American College of Sports Medicine Virtual Annual Meeting.
- Blacutt, M., **Stults-Kolehmainen, M.**, Fogelman, N., Garber, C. E., Bartholomew, J. B. & Sinha, R. (2020, May). *The Desire to Move and Rest: Trait or State? Crave Scale Validation Across 2 Years*. Poster presented at the American College of Sports Medicine Virtual Annual Meeting.
- Stanforth, P. R., Blacutt, M., **Stults-Kolehmainen, M.**, Williamson, S., Bartholomew, J. B., Gilson, T. A. & Sinha, R. (2020, May). *The Desire to Move and Rest: Validation of the Crave Scale Using a Treadmill Test*. Poster presented at the American College of Sports Medicine Virtual Annual Meeting.
- Ash, G.I., Joiner, K.L., Savoye, M., Baker, J.S., Gerosa, J., Kleck, E., Patel, N.S., **Stults-Kolehmainen M**, Weinzimer, S.A. & Grey M. (2018, April). *Bright 1 Bodies: Extending the Bright Bodies Weight Management Program to Sedentary Adolescents with Type 1 Diabetes (T1D)*. Poster presented at the Society of Behavioral Medicine Annual Meeting.
- Ash, G.I., Joiner, K.L., Savoye, M., Baker, J.S., Gerosa, J., Kleck, E., Patel, N.S., **Stults-Kolehmainen M**, Weinzimer, S.A. & Grey M. (2018, May). *Safety and Health Outcomes of a Physical Activity Intervention for Adolescents with Type 1 Diabetes*. Poster presented at the American College of Sports Medicine 2018 Annual Meeting, Minneapolis, MN.
- Guan, J. X. & **Stults-Kolehmainen, M.** (2015, April). *Exercises to target the gluteus medius muscle during rehabilitation of patellofemoral pain syndrome (PFPS)*. Presented at the Annual Conference of the Greater New York chapter of the American College of Sports Medicine, Queens, NY. *This poster won first prize and \$600.
- Johnson, K., Xie, B., Karadkar, U., **Stults-Kolehmainen, M.**, Rew, L. (2014, February). *Social media use and physical activity: Searching for opportunities to connect adolescents and older adults for health promotion*. Poster accepted for presentation at the Annual Meeting of the Society for Adolescent Health and Medicine, Austin, TX.
- Stults-Kolehmainen, M.**, Lu, T., Tuit, K. & Sinha, R. (2013, June). *Effects Of Mindfulness-enhanced Versus Standard Nutrition Weight Management Programs on Physical Activity and Pedometer Usage*. Poster presented at the 3rd International Conference on Ambulatory Monitoring of Physical Activity and Movement (ICAMPAM), Amherst, MA.
- Kensinger, W., Divin, A.L. & **Stults-Kolehmainen, M.** (2013, June). *Impact of parental encouragement on perceived barriers to exercise*. Poster presented at the 60th Annual Conference of the American College of Sports Medicine, Indianapolis, IN.
- Crim, B., Stanforth, D., Stanforth, P. R., **Stults-Kolehmainen, M.** (2013, June). *Body composition changes among female collegiate athletes across the competitive season and over multiple years*. Poster presented at the 60th Annual Conference of the American College of Sports Medicine, Indianapolis, IN.

- Stanforth, P. R., **Stults-Kolehmainen, M.**, Abolt, C. J., Bartholomew, J. B. & Lu, T. (2013, June). *Fat in android, trunk, and peripheral regions varies by ethnicity and race in college aged Men*. Poster presented at the 60th Annual Conference of the American College of Sports Medicine, Indianapolis, IN.
- Stanforth, D., Stanforth, P.R., Crim, B. N. & **Stults-Kolehmainen, M.** (2013, June). *Bone mineral and density changes among female collegiate athletes across a season and three years*. Poster presented at the 60th Annual Conference of the American College of Sports Medicine, Indianapolis, IN.
- Divin, A.L. & **Stults-Kolehmainen, M.** (2013, April). *Non-Medical Prescription Drug Use, Exercise, and Sedentary Behaviors among Adolescents*. Poster presented at the Annual Conference of AAHPERD and AAHE, Charlotte NC.
- Heller, E. A., Gilson, T. A., & **Stults-Kolehmainen, M. A.** (2012, October). *The relationship between an effort goal and football players' self-regulatory efficacy beliefs*. Paper presented at the Association for Applied Sport Psychology (AASP) 27th Annual Conference, Atlanta, GA.
- Stults-Kolehmainen, M.**, Abolt, C. J., Broeder, C. E., Salacinski, A. J., & Flewelling, A. M. (2012, June). *Salivary cortisol production during the Ride across America (RAAM): A case study and exploratory analysis*. Paper presented at 59th Annual Meeting of the American College of Sports Medicine, San Francisco, CA.
- Morgan, P. M., Salacinski, A. J., & **Stults-Kolehmainen, M.** (2012, June). *The acute effects of flotation R.E.S.T. (Restricted Environmental Stimulation Technique) following maximal eccentric exercise*. Paper presented at 59th Annual Meeting of the American College of Sports Medicine, San Francisco, CA.
- Sester, J. C. R., Salacinski, A. J., Looney, M., & **Stults-Kolehmainen, M.** (2012, June). *Differences in ratings of perceived exertion between weight classifications*. Paper presented at 59th Annual Meeting of the American College of Sports Medicine, San Francisco, CA.
- Salacinski, A. J., Flewelling, A. M., **Stults-Kolehmainen, M.**, & Broeder, C. E. (2011, June). *Case study of an elite master cyclist during the 2010 Race across America*. Paper presented at 58th Annual Meeting of the American College of Sports Medicine, Denver, CO.
- Lutz, R. S., **Stults-Kolehmainen, M.**, & Bartholomew, J. B. (2010, June). *I'm stressed: How does that make me feel about exercise?* Paper presented at Annual Conference for the North American Society for Sport and Physical Activity (NASPSA), Tucson, AZ.
- Stults-Kolehmainen, M.**, Bartholomew, J. B., & Ferguson-Stegall, L. (2010, June). *Exhaustive resistance exercise stimulus (ERES): A novel leg press protocol to produce muscular damage*. Paper presented at 57th Annual Meeting of the American College of Sports Medicine, Baltimore, MD.
- Lutz, R. S., **Stults-Kolehmainen, M.**, & Bartholomew, J. B. (2009, May). *I'm stressed! I must/can't exercise today! Effects of stage of change on physical activity and stress*. Paper presented at 56th Annual Meeting of the American College of Sports Medicine, Seattle, WA.

- Ciccolo, J. T., Bartholomew, J. B., **Stults-Kolehmainen, M.**, Seiffert, J. J., & Portman, R. (2009, April). *Relationship between body weight and health-related quality of life amongst a large group of highly active individuals*. Paper presented at Annual Meeting of the Society of Behavioral Medicine, Montreal, Quebec.
- Stults-Kolehmainen, M.**, Ciccolo, J. T., Bartholomew, J. B., Portman, R. S., & Seiffert, J. J. (2009, April). *Age-related changes in motivation to exercise among highly active individuals*. Paper presented at Annual Meeting of the Society of Behavioral Medicine, Montreal, Quebec.
- Stults-Kolehmainen, M.**, & Stanforth, P. R. (2008). *Ethnic differences in regional body composition among college-aged women*. Paper presented at 55th Annual Meeting of the American College of Sports Medicine, Indianapolis, IN.
- Stults-Kolehmainen, M.**, Stanforth, P. R., Bartholomew, J. B., & Mirowsky, J. (2007). *Physical activity, fitness, and body satisfaction among college students: A structural equation model*. Paper presented at 28th Annual Meeting of the Texas Chapter of the American College of Sports Medicine, Fort Worth, TX.
- Stults, M.** (2001). *Internet personals sites and mate similarities: The importance and challenge of matching in relationships*. Paper presented at Hanover College Good Papers Project Symposium, Hanover, IN.
- Stults, M.** (2001). *Relationships of gender, motivation, social relatedness, and other factors*. Paper presented at 13th Annual Butler University Undergraduate Research Conference, Indianapolis, IN.
- Stults, M.** (2001). *Relationships of gender, motivation, social relatedness, and other factors*. Paper presented at 73rd Annual Meeting of the Midwestern Psychological Association, Chicago, IL.
- Buuck, A. L., Dishman, N., Hanrahan, S., Oser, J., Perry, M., **Stults, M.**, & Krantz, J. H. (1998). *Human factors standards for the design of online syllabi*. Paper presented at 28th Annual conference of the Society for Computers in Psychology, New Orleans, LA.

TEACHING AND ADVISING

Completed Teaching Assignments

Teachers College – Columbia University (all graduate courses)

BBSR 4070, Psychosocial Aspects Sport and Exercise, 3 sections.

BBSR 5195, Applied Physiology Laboratory I and II, 4 sections.

BBSR 5199, Scientific Basis of Exercise for Weight Management, 9 sections.

BBSR 5595, Research Seminar in Applied Physiology, 8 sections.*†

* As part of the applied research seminar class, I established and administered the *Masters Student Research Presentation Day* event every semester (Fall, 2014 – Spring, 2018).

† As part of the applied research seminar class, I co-mentored most enrolled students on their masters' projects and theses (Fall, 2014 – Spring, 2018).

Southern Connecticut State University (graduate course)

EXS 573, Sports Medicine, 1 section.

Northern Illinois University (undergraduate and graduate courses)

KNPE 457, Analysis and Techniques of Training and Conditioning, 3 sections.

KNPE 458, [Cardiovascular] Stress Testing, 5 sections.

KNPE 459, Program planning and Implementation for Physical Fitness, 2 sections.

KNPE 491, Therapeutic Exercise, 3 sections.

KNPE 558, [Cardiovascular] Stress Testing, 3 sections.

KNPE 559, Program planning and Implementation for Physical Fitness, 1 sections.

KNPE 560, Cardiorespiratory Physiology: Response and Adaptations to Exercise, 2 sections.

GEC Academy (Beijing, China) (advanced high school, undergraduate and graduate students)

SEMS-301001-Common Injuries in Sports, 10 sections

Research Mentorships (credit or no credit*), Directed Student Learning (credit) and Student Advising

*no credit – includes activities outside the classroom and above requirements for coursework

Institution	Activity Type	Student Name	Date Activity Started	Status of Activity	Date Activity Ended
New Rochelle HS	Scientist Mentor, student project	Samin Ashrafi	March, 2026	In progress	N/A
Columbia University	Dissertation committee	Byul Kim	September, 2022 (March, 2025)	Completed successfully	Dec, 2025
Yale University; Hong Kong Baptist University	Dissertation committee (External Reviewer)	Dan (Emma) Tao	June, 2025	Completed successfully	Nov, 2025
Columbia University	Dissertation committee	Jeremy Kuper	March, 2025	Completed successfully	July, 2025
New Rochelle HS	Scientist Mentor, student project	Isabella Nargi	March, 2025	In progress	N/A
New Rochelle HS	Scientist Mentor, student project	Deanna Santiago	March, 2025	In progress	N/A
Ossining HS (NY)	Scientist Mentor, student project	Summerville Beckford	August, 2023	Completed successfully; designated as a Regeneron STS Scholar (1 of the 300 applicants out of 2500 to be recognized)	November, 2025
Sleepy Hollow HS	Scientist Mentor, student project	Abigail Bartolacci	August, 2023	Completed successfully	March, 2025

(NY)					
Zhejiang University, China	Research mentorship (at TC Columbia)	Siqing (Shirley) Chen	May, 2023	Completed successfully	July, 2024
Columbia University	T.C. Integrative Project research mentorship	Erin M. Barry	February, 2023	Completed successfully	January, 2024
Columbia University	SMBI Integrative Project mentor	Chyrrl Sims	January, 2022	Completed successfully	June, 2025
Recife University, Brazil	Dissertation committee	Fabiano Ferreira	November, 2022	In progress	N/A
Columbia University	Research mentorship	Brendon Richbrough	August, 2022	Activity halted (student's interest changed)	August, 2023
Dobbs Ferry HS (NY)	Scientist Mentor, student project	Eric Astreicher	August, 2022	Activity halted (primary mentor moved)	N/A
Dobbs Ferry HS (NY)	Scientist Mentor, student project	Anthony Palumbo	May, 2022	Activity halted (primary mentor moved)	N/A
Columbia University	Research mentorship	Anne Marie Skylis	May, 2022	Completed successfully	August, 2023
Columbia University	Research mentorship	Osama Alowaish	February, 2022	Completed successfully	January, 2024
Cohoes High School (NY)	Scientist Mentor, student project	Quincy Hytko	September, 2021	Completed successfully	June, 2023
Columbia University	Research mentorship	Jonathan Johnson	August, 2021	Completed successfully	August, 2023
Columbia University	Research mentorship	Melissa de los Santos	June, 2020	Completed successfully	September, 2023
Texas A&M University	Research mentorship	Drew Gonzales	March, 2021	Completed successfully	March, 2022
Dobbs Ferry HS (NY)	Scientist Mentor, student project	Cyrus Dadina	February, 2021	Completed successfully	May, 2022
Yale Medical School	Intensive Research Seminar program	Miguel Blacutt	August, 2019	Completed successfully	August, 2019
Columbia University	Research mentorship	Miguel Blacutt	March, 2019	Completed successfully	February, 2022 (graduation)
Columbia University	SMBI Integrative Project mentor	Ana Paula Cota	January 1, 2021	Completed successfully	July, 2021
Southern CT State University	Thesis Comm Member; Advisor on NSF grant application	McKee, Paul	September, 2020	Completed Successfully	May, 2021
Monroe	Scientist Mentor, student	Lily Cohen	November,	Completed	December,

Woodbury HS (NY)	project		2017	Successfully	2018
Columbia University	Research mentorship; Article publication	Susannah Williamson	July, 2016	Completed Successfully	February, 2017
Columbia University	Research mentorship; Article under review	Saumya Khullar	January, 2015	Completed Successfully	May, 2016
Columbia University	Research mentorship	Lara Benusis	January, 2015	Completed Successfully	May, 2016
Columbia University	Research mentorship; Advisor on Dean's student research grant	Kyle Pietro	January, 2015	Completed Successfully	May, 2016
Columbia University	Research mentorship; GY ACSM Research Poster	Jennifer Guan	January, 2015	Completed Successfully	May, 2016
NIU	Thesis Comm Member	Pyron, Michael	September, 2011	Activity halted (I moved to Yale)	January, 2012
NIU	Thesis Comm Member	Julian, William	September, 2011	Activity halted (I moved to Yale)	January, 2012
NIU	Advisor (Master's)	Halling, Brian	August, 2010	Completed Successfully	January, 2012
NIU	Advisor (Master's)	Mueller, Jamie	August, 2010	Completed Successfully	January, 2012
NIU	Thesis Comm Member	Russo, Janelle	August, 2010	Completed Successfully	December, 2011
NIU	Thesis Comm Member	Morgan, Paul	August, 2010	Completed Successfully	September, 2011
NIU	Independent Study (Master's)	Shepherd, Travis	July, 2010	Completed Successfully	August, 2011
NIU	Independent Study (Master's)	Amin, Chandanibahen	August, 2010	Completed Successfully	December, 2010

SPONSORED PROJECTS

Grants – Under review

NIH/___: R03

Tinaz (PI)

Submitted 6/11/25

Developing an implementation strategy to promote physical exercise engagement for people with Parkinson's disease

Proposed dates: 04/01/2026 - 03/31/2028

Application identifier: 25-006849

Total Federal Funds Requested: \$183,588.00

Yale University (UEI: FL6GV84CKN57)

Opportunity Number: PAR-25-233

Received Date: 2025-06-11

Tracking Number: GRANT14435757

Role: Senior/Key Personnel

In Aim 1, we will identify the barriers and enablers to exercise at the individual, healthcare system, and exercise community levels by conducting focus groups with (i) low- to high-exercising PwPs and their care partners, (ii) neurologists and allied health professionals, and (iii) exercise program staff.

In Aim 2, using a series of workshops with a panel of PwPs, care partners, neurologists, allied health professionals, and exercise program staff, we will collaboratively design a dissemination

/implementation strategy bundle to address the barriers and leverage the enablers of exercise implementation identified in Aim 1. In Aim 3, we will enact the strategy bundle devised in Aim 2 and evaluate its effects on stakeholders.

Grants – Awarded (Ongoing activity)

Yale Seed Grant

AI-Enable Exercise Prescription Pathways: Wearables, Behavioral Science and Equitable Digital Health

PI: Garrett Ash, PhD

Team: Lisa Fucito, PhD, Yashvi Verma, Navneet Prakash, Robert Jarrin, JD, **Matthew Stults-Kolehmainen, PhD**, Selene Mak

Workshops at Yale University over 6 months for clinicians, data scientists and behavioral scientists

Project Summary * [📄]

Describe your project in 3-4 sentences, emphasizing what is important from the point of view of an interdisciplinary, non expert audience.

Regular physical activity is one of the most effective treatments for diabetes, chronic pain, kidney disease, and many other common conditions, yet most clinics have no practical way to prescribe and sustain it. This project convenes Yale researchers across medicine, data science, behavioral health, and public health to explore how artificial intelligence and inexpensive wearable devices - such as fitness trackers - can turn everyday activity data into personalized exercise support that works in real clinical settings. Through a one-day workshop followed by six months of working-group activity, participants will develop shared standards, define priority research questions, and plan new studies, with deliberate attention to keeping these tools affordable and accessible for underserved and global populations. The outcome will be a consensus roadmap and new collaborations that position Yale as a leader in the ethical, scalable use of AI to help people move more and stay healthier.

The funding period for the workshop and follow-up projects is 7/1/26 - 6/30/27 ^^^

Grants – Awarded (Activity completed)

NIH/NIDDK: R01DK117651 Sinha(PI)/Silverman (co-PI) 08/01/18 – 06/30/2023

Preventing Childhood Obesity through a Mindfulness-based Parent Stress Intervention

Aims: The goal of this project is to assess the efficacy of a mindfulness-based parent stress intervention in obese low income stressed parents of toddlers to improve health of their families and reduce obesity risk in their toddlers.

Role: Consultant

ClinicalTrials.gov Identifier: NCT02768987 Ash (PI) 05/11/2016-05/30/2018

Bright 1 Bodies: Extending the Bright Bodies Weight Management Program to Adolescents with Type 1 Diabetes*

A 12-week intensive lifestyle program utilizing group exercise classes adapted for this population, supplemented with coping skills training and diabetes self-management education.

*Friends of Yale-New Haven Children's Hospital Elephant Grants, \$10,914. 2016-17

*American College of Sports Medicine, New England Chapter New Investigator Award, \$2,500. 2016-18

*Yale School of Nursing Biobehavioral Lab and the Miller Fund, \$3,000. 2016-17

Ash GI, Joiner KL, Savoye M, Baker JS, Gerosa J, Kleck E, Patel NS, Stults-Kolehmainen M, Weinzimer SA, Grey M.

Role: Collaborating Investigator

NIH/NHLBI: R01 DA033820 Ciccolo (PI) 04/01/2013 – 03/31/2016

Efficacy of resistance training as an aid to smoking cessation treatment.

The purpose of this study is to test of the efficacy of resistance training as an aid to smoking cessation in the first full scale randomized controlled trial.

Role: Research Fellow

NIH/NCCAM: R21 AT007708 Sinha (PI) 5/01/2013 – 3/31/2015

Preventing childhood obesity through a family-based mindfulness intervention.

This study is pilot testing the effects of a parenting-focused mindfulness intervention to reduce parent stress and preventing obesity in preschoolers with obese parents.

Role: Collaborating Investigator

NIH/NCRR-NIDCR: UL1 DE019586 Sinha (PI) 9/15/07 - 6/30/13

Interdisciplinary Research Consortium (IRC) on Stress Self-Control and Addiction.

The IRC brought together leading biological, behavioral and social scientists to examine the mechanisms underlying stress, self-control and negative health behaviors affecting health outcomes.

Role: Research Fellow

SPONSORED PROJECTS (OTHER)

Stults-Kolehmainen, M. (2011 - 2012). *Biomarker analysis of saliva: Hormone reactivity during and after resistance training and from a Ride Across America participant.* Sponsored by Research and Graduate Studies. (Northern Illinois University). \$7,547.00.

Stults-Kolehmainen, M. (2008). *Ethnic differences in regional body composition among college-aged women.* Sponsored by Kinesiology Department, University of Texas at Austin. (Other). \$500.00.

Stults-Kolehmainen, M. (2003 - 2004). *Exercise and depression in Finnish and American older adults: Social support as a psychosocial mediator.* Sponsored by United States Department of State. (Federal). \$40,000.00.

Stults-Kolehmainen, M. (2000 - 2001). *Exploring self-determination theory in NCAA Div I, II, III and NAIA sports: Midwest vs. west coast.* Sponsored by Hanover College Richter Independent Research Grant Fund. (Other). \$2,500.00.

SERVICE

National Committees

ACSM National Research Awards Committee (3-year term: May, 2021- May, 2024)

Editorship

Associate Editor – Research Quarterly for Exercise and Sport – Dec, 2022-Present

Editorial Board – International Journal of Sport and Exercise Psychology – Jan, 2024-Present

ED Review Editor – *Frontiers in Sports and Active Living* – June, 2021- Present

Journal section: Physical Activity in the Prevention and Management of Disease

“Recommender” (Handling Editor) – *PCI Health and Movement Science* – Nov, 2022 – Present

Guest editor – *Frontiers in Sports and Active Living* – Research Topic - Motivation States and Hedonic Motivation for Physical Activity, Exercise, and Sport vs. Sedentary Behaviors (March, 2021- September, 2023). [[HERE](#)]

Guest editor – *Frontiers in Physiology / Psychology* – Research Topic –Insights and Reviews in Movement Science: 2023 (July, 2023- August, 2025). [[HERE](#)]

Editorial Peer Reviews since 2013 (journals in alphabetical order; year[s] of review[s] included)
– 78 reviews*, **

ACSM's Health and Fitness Journal (2020)
Annals of Behavioral Medicine (2025)
Applied Physiology, Nutrition and Metabolism (2013)
Applied Psychophysiology and Biofeedback (2022)
BMC Psychology (2022)
BMC Public Health (2014, 2016, 2020, 2025)
Brain and Behavior (2023)
Clinical Densitometry (2020)
Contemporary Clinical Trials (2025)
Current Sports Medicine Reports (2018, 2021)
European Journal of Sports Science (2017, 2026)
Frontiers in Sports and Active Living (2020, 2021, 2022, 2023, 2026)**
Frontiers in Physiology (2013, 2014)
Frontiers in Psychiatry (2018, 2019)
Frontiers in Psychology (2021)
Health Psychology and Behavioral Medicine (2016)
International Journal of Sport and Exercise Psychology (2023)
JMIR Public Health and Surveillance (2022)
Journal of Affective Disorders (2018)
Journal of Applied Sport Psychology (2013)
Journal of Behavioral Medicine (2018, 2019)
Journal of Physical Activity and Health (2017)
Journal of Occupational & Environmental Hygiene (2014)
Journal of Occupational & Environmental Medicine (2022)
Journal of Sport and Exercise Psychology (2011, 2012, 2020, 2022)
Journal of Sports Sciences (2015)
Lifestyle Medicine (2026)
Mental Health and Physical Activity (2013, 2014)
Obesity Reviews (2026)
Obesity Surgery (2023)
Pediatrics (2015)
PeerJ (2021)
Physiological Reports (2021)
PCI Health and Movement Science (2023)
Prevention Science (2019)
Psychiatry Review (2018)

Psychoneuroendocrinology (2018)
Psychology of Sport and Exercise (2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2026)
Scientific Reports (Springer Nature) (2023)
SOARD: Surgery for Obesity and Related Diseases (2018, 2024, 2025)
Sports Medicine – Open (2022)
Stress: The International Journal of the Biology of Stress (2019)
Stress and Health (2013)
Translational Journal of the American College of Sports Medicine (2023, 2024)

* Reviews prior to 2013 were not tracked and are not included.

** Some underreporting due to multiple reviews for a journal in a single year.

Conference Organization

Moderator, American College of Sports Medicine Annual Conference (Salt Lake City, UT, in-person). Student oral presentations, Obesity Medicine (clinical exercise physiology) (2026).

Moderator, American College of Sports Medicine Annual Conference (Atlanta, GA, in-person). Student oral presentations, Obesity Medicine (clinical exercise physiology) (2025).

Organizer and host, Yale Motivation States 'Preconference' Seminars (New Haven, CT, remote). Oral presentations (May, 2022, 2023, 2025).

Moderator, New England Chapter of the American College of Sports Medicine Annual Conference (Providence, Rhode Island, in-person), Doctoral student research competition – finalists (October, 2021).

Abstract reviewer, New England Chapter of the American College of Sports Medicine Annual Conference (Providence, Rhode Island, in-person) (October, 2022).

Session Chair, International Conference for Environment and Human Health (Hong Kong, virtual), Symposium on Strategies in Promoting Health and Wellbeing (August, 2022).

Professional Service

Workshop Instructor, Health Fitness Instructor (now called “exercise physiologist”) Certification Review Course (HFI, now called “EP”), American College of Sports Medicine (ACSM). (June, 2006- June 2007).

Evidence-Based Analyst in Exercise and Hypertension, American College of Sports Medicine (ACSM). (July 2016- June, 2019).

Division Service (Yale New Haven Hospital / Yale Medical School)

Bariatric program research committee (July, 2015 – June, 2017)

Yale obesity pathway CCG (clinical pathway) physicians workgroup (Chair - Paul Bernstein, August, 2023 – March, 2024)

Digestive Health Ambulatory Clinic Employee Engagement Workgroup (March, 2024-Present)

Department Service (All at Northern Illinois University)

Co-Director, Fitness Assessment, Consulting and Technology (FACT). (January, 2010 – September, 2012).

Chair, External Relations and Assessment: PRES Subcommittee. (August, 2011 – December, 2011).

Member, Student Engagement. (August, 2011 – December, 2011).

Chair, Internships and Public Outreach: PRES subcommittee. (August, 2010 – May, 2011).

Secretary, Research and Artistry. (August, 2010 – December, 2010).

Secretary, Exercise Science (PRES) Program Committee. (January, 2010 – May, 2010).

Member, Research and Artistry. (January, 2010 – May, 2010).

Secretary, Exercise Science (PRES) Program Committee. (August, 2009 – December, 2009).

Research and Artistry. (August, 2009 – December, 2009).

Guest lectures for academic classes and laboratory meetings

Guest lecture: I want to move my body – right now! New ideas about motivation for physical activity. Merrimack College, North Andover, MA. Oct 6, 2022

Guest lecture: Role of the exercise physiologist in bariatric surgery. Merrimack College, North Andover, MA. Feb 6, 2022

Laboratory guest lecture: Motivation states for physical activity and sedentarism. Marcus Kilpatrick, Organizer. University of South Florida. April 21, 2021.

Laboratory guest lecture: Motivation states for physical activity and sedentarism. Daniel Boulosa, Organizer. Federal University of Mato Grosso do Sul. Nov 11, 2021.

Guest lecture: Self-efficacy in Sport. The University of Texas at Austin. Austin, TX. Esbelle Jowers, Organizer. July, 2008.

Public Service

ASMBS - Walk *from* Obesity, Lead Fitness Instructor, West Haven, CT (September, 2023)

ASMBS - Walk *from* Obesity, Lead Fitness Instructor, West Haven, CT (September, 2022)

Swim Across the Sound / Team Whitecaps. Benefit for Saint Vincent's Hospital, Bridgeport, CT. 2016.

Program support and regular guest speaker, Department of Surgery, Bariatrics, Yale University Medical School, New Haven, CT (May, 2014 – July, 2015).

Evaluation support, Bright Bodies/ Smart Moves Program, Yale University Medical School, New Haven, CT (August, 2012 – June, 2014).

Community program planning, Get Healthy CT, City of New Haven, New Haven, CT (January, 2014 – June, 2014).

Research support for fundraising, 108 Monkeys (Yoga program for minority youth), New Haven, CT. (September, 2013 – December, 2013).

Program Organizer, Meals on Wheels and More (MOWAM), Austin, TX. (August, 2010 – December, 2013).

RECOGNITION

Awards and Honors

Fellow of the American College of Sports Medicine (FACSM; officially recognized, May, 2022).

All-for-One Award & Medallion, Yale – New Haven Hospital (1% of salary monetary prize; December, 2020)

COVID-19 Recognition Award, Yale – New Haven Hospital (\$1,650 monetary prize; April, 2020)

Honorary Keynote Award, Associação Brasileira do Psicologia do Esporte (November, 2017).

First place presentation (with Guan, Jennifer X): *Exercises to target the gluteus medius muscle during rehabilitation of patellofemoral pain syndrome (PFPS)*. Presented at the Annual Conference of the Greater New York chapter of the American College of Sports Medicine, Queens, NY. (\$600 monetary prize, April, 2015).

National Institutes of Health (NIH) Clinical Loan Repayment Program (LRP) Award, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). (July, 2012-July, 2014).

“Poster of the Year” Award for presentation: *I’m stressed! I must/can’t exercise today! Effects of stage of change on physical activity and stress*. 56th Annual Meeting of the American College of Sports Medicine, Seattle, WA. (May, 2009).

USA Swimming Travel Award (May, 2007)

USA Swimming Travel Award (May, 2006)

Honorable Discharge, United States Marine Corps. (February, 2008).

George Zirkle Distinguished Award in Psychology, Hanover College. (\$500 monetary prize, May, 2001).

Fellowships (other)

Fulbright Fellowship to Finland, United States Department of State. (July, 2003-June, 2004).

MISCELLANEOUS

Consulting (also see Sponsored Projects)

Re/Gen. New York City. Fitness program development. (February-July, 2023).

Mazaya. Kuwait City, Kuwait. Clinical program development. (Sept-Dec, 2022).

Bhaves Pranan, Auckland, NZ. Metabolic equation software development. (June – August, 2021).

Club Flamengo Soccer team, Rio de Janeiro, Brasil. Sport psychology consultant. (Feb-Sept, 2018).

Yale Stress Center, Yale University Medical School. Clinical consultant and research affiliate. (July, 2014-July, 2018).

Iwillbenefit.com. (2012-present). Consultant and “featured expert” for website creation and production.

School of Nursing, The University of Texas at Austin. (May, 2013). Expert reviewer for Dr. Bo Xi.

College of Education, The University of Texas at Austin (Sept, 2010-July, 2012). Statistical analysis with linear mixed modeling.

Evolutionary Technologies International (ETI) and UT-Austin. (June-July, 2005). *Science, Technology and Society (STS)*; 14 day intensive consulting course). Austin, TX.

Licensures and Certifications

Certified Exercise Physiologist (EP-C), American College of Sports Medicine (since 2002; formerly called “Health Fitness Instructor”).

Venous Access Specialist (Phlebotomy), Medtex Medical Corporation.

Continuing Education

Symposia (organized and co-directed)

Yale Center for Biomedical Data Science Digital Health Series: “Sport and Fitness Wearable Industry Stakeholder Panel: Improving Interoperability, Health Record Integration, Quality Assurance, and Data Standardization” (September 16th, 2020). Coordinated with Dr. Garrett Ash. New Haven, CT.

Yale Motivation Symposium (May, 2022). Coordinated with Dr. Garrett Ash. New Haven, CT.

Yale Motivation Symposium (May, 2023). Coordinated with Dr. Garrett Ash. New Haven, CT.

Yale Motivation Symposium (May, 2025). Coordinated with Dr. Garrett Ash. New Haven, CT.

Seminars

McLean Hospital/ Harvard Medical School (September 7, 2012 - September 8, 2012). *Depression, Anxiety and Stress*. Boston, MA.

Yale University Office of Postdoctoral Affairs (August 17, 2012). *Scientific Leadership and Management*. New Haven, CT.

Yale New-Haven Hospital, Yale University Medical School, Center for Continuing Medical Education (May 1, 2015). *4th Comprehensive Medical and Surgical Management of Obesity Symposium*. Orange, CT.

Workshops and Training (attended)

Yale Center for Scientific Teaching / Office for Postdoctoral Affairs (September, 2013). *Coaching in Science Communication*. New Haven, CT. Note: Coaching sessions were run by Robert Bazell who served for 38 years as the chief science and health correspondent for *NBC News*.

Yale Teaching Center (February 14, 2013 – March 21, 2013). *Learning to Mentor the Next Generation of Scientists*, New Haven, CT.

Salimetrics (November 3-5, 2011). *Spit Camp 1*. State College, PA.

Dee Fink and Associates (May 19, 2011 - May 22, 2011). *Designing Courses for Significant Learning*. Minneapolis, MN.

PESI Healthcare (August, 2010). *Sports Injuries*. Naperville, IL.

Professional Memberships

Fulbright Alumni Association. (June 2004 - Present).

American College of Sports Medicine. (June 2002 - Present).

National Strength and Conditioning Association. (June 2002 - Present).
American Society for Metabolic and Bariatric Surgery. (July 2016 – Present).

Google Scholar citation report

Citations: **4,873**
h-index: **33**
i10-index: **50**

Media Coverage of My Professional Activities (copies provided upon request)

YNHH News and Knowledge - News Media (Wellness)
By Anna Gunther (Interview)
Why It's Important To Build Muscle as You Age
<https://www.ynhhs.org/articles/build-muscle-as-you-age>
Published November 25, 2025

YNHH News and Knowledge - News Media (Wellness)
Is Sitting Bad for You?
By William Hanrahan (Interview)
<https://www.ynhhs.org/articles/is-sitting-bad-for-you>
Published March 31, 2025

YNHH News and Knowledge - News Media (Wellness)
Can Walking Help You to Lose Weight?
<https://www.ynhhs.org/articles/walking-for-weight-loss>
Interview with Anna Gunther. Posted July 22, 2024

Runner's World
What is stress? We Break Down the Mental and Physical Sides of It.
<https://www.runnersworld.com/health-injuries/a60043602/what-is-stress/>
Interview with Monique LeBrun. Posted March 4, 2024

Medical News Today (MNT)
Could a sedentary lifestyle raise your risk of dementia?
<https://www.medicalnewstoday.com/articles/sedentary-lifestyle-dementia-risk>
Interview with Kaitlyn Vogel. Posted September 13, 9, 2023

Medical News Today (MNT)
Heavy drinkers risk muscle loss, new study finds
https://www.medicalnewstoday.com/articles/heavy-drinkers-risk-muscle-loss-new-study-finds?utm_source=ReadNext#Excessive-drinking-leads-to-low-muscle-mass-
Interview with Kaitlyn Vogel. Posted May 29, 2023

Real Simple
5 Types of Exercise to Boost Brain Health
<https://www.realsimple.com/best-exercise-for-brain-health-6890312>
Interview with Samantha Lande (interview on 11/8/2022). Posted December 12, 2022

Healthline

Need Motivation to Exercise? Find an Active Friend

https://www.healthline.com/health-news/need-motivation-to-exercise-find-an-active-friend?utm_source=ReadNext

Interview with Tony Hicks. Posted on October 19, 2022

Buy Side (from The Wall Street Journal)

The Best Fitness Trackers for Every Type of Exerciser

<https://www.wsj.com/buyside/wellness/best-fitness-trackers-01653427911>

Interview with Ashley Mateo. Posted June 9, 2022

Huffington Post

Should We All Be Squatting More?

https://www.huffpost.com/entry/should-we-all-be-squatting-more_162fc5f11e4b0c8c57f57059c#

Interview with Caroline Bologna. Posted August 22, 2022

Featured exercise physiologist in ACSM's 2022 Career Guide.

https://acsm.informz.net/acsm/data/images/ACSM_Career_Guide_Digital-min.pdf

British Psychological Society *Research Digest (Sport)*.

How Much Do You Want To Exercise Right Now? Researchers Are Studying People's In-The-Moment Motivation To Be Active

<https://digest.bps.org.uk/2021/04/26/how-much-do-you-want-to-exercise-right-now-researchers-are-studying-peoples-in-the-moment-motivation-to-be-active/>

Study coverage and Tweet by Emma Young. Posted April 26, 2021

Also Tweeted by @EmmaELYoung

Yale – New Haven Health System *Media Briefs* (Press release).

What a nine-year study on desire for movement teaches us about exercise motivation: exercise physiologist available for interviews

<https://www.ynhhs.org/news-media/for-the-media/media-briefs/exercise-motivation.aspx>

Interview and research coverage by Arielle Sklar. Posted April 22, 2021

Also Tweeted by @ynhhealth

Well + Good (Leaf Group, LTD).

This Is Why Exercise Feels So Hard Right Now—and How To Deal with It

Telephone interview report with Ashley Mateo • July 30, 2020

<https://www.wellandgood.com/tired-of-working-out/>

Estadão (4th largest daily newspaper of Brazil, from Sao Paulo).

Covid faz casos de estresse e ansiedade mais que dobrarem no Brasil (COVID makes cases of stress and anxiety more than double in Brazil; May 7, 2020, Roberta Jansen).

<https://saude.estadao.com.br/noticias/geral,covid-faz-casos-de-estresse-e-ansiedade-mais-que-dobram-no-brasil,70003294817>

Galileu (Science Magazine in Brazil; from *O Globo*).

Como o isolamento social impacta quem sofre com ansiedade ou depressão (How social isolation impacts who suffers from anxiety or depression; June 5, 2020; Beatriz Lourenco).

<https://revistagalileu.globo.com/Sociedade/Comportamento/noticia/2020/06/como-o-isolamento-social-impacta-quem-sofre-com-ansiedade-ou-depressao.html>

Exame (Large national magazine in Brazil).

Covid faz casos de estresse e ansiedade mais que dobrarem no Brasil (COVID makes cases of stress and anxiety more than double in Brazil; May 7, 2020).

<https://exame.abril.com.br/ciencia/covid-faz-casos-de-estresse-e-ansiedade-mais-que-dobram-no-brasil/>

O Globo (largest newspaper in Brazil).

Ansiedade e depressão duplicaram em um mês de quarentena no Brasil, sugere pesquisa (Anxiety and depression doubled in a month of quarantine in Brazil, suggest research; report from Rafael Garcia and Bruno Alfano) (content exclusive for their subscribers).

<https://oglobo.globo.com/sociedade/coronavirus/ansiedade-depressao-duplicaram-em-um-mes-de-quarentena-no-brasil-sugere-pesquisa-24396239>

April, 28, 2020

CNN Brasil.

“COVID-19: Estudo aponta aumento em casos de depressão. Especialista analisa como isolamento social afeta a saúde.” (May 9, 2020)- Press coverage of our article on stress during quarantine.

<https://www.cnnbrasil.com.br/saude/2020/05/09/estudo-indica-aumento-em-casos-de-depressao-durante-isolamento-social>

Sane (Revised Book by Emma Young, Yellow Kite).

Extensive interview material with Emma Young in chapters throughout the book. (Softback, 2016). See <https://emmayoung.net/sane>

Sane (Book by Emma Young, Hodder & Stoughton Press).

Extensive interview material with Emma Young in chapters throughout the book. (Hardback, 2015). See <https://emmayoung.net/sane>

The Telegraph.

Stress Won't Kill You if You Handle it Right. Article published concurrent to the release of Sane, by Emma Young.

<http://www.telegraph.co.uk/lifestyle/wellbeing/mood-mind/11665365/Stress-wont-kill-you-if-you-handle-it-right.html>

Mosaic (Wellcome Trust).

Stronger body, stronger mind: An extra from Secrets of the strong-minded.

<http://mosaicscience.com/extra/stronger-body-stronger-mind>

In person interview and follow-up video interview with Emma Young (2014).

Women's Health Magazine.

7 Recovery Day Mistakes You Might Be Making. Telephone interview with staff. (2014).

<https://www.womenshealthmag.com/fitness/a19967185/recovery-day-tips/>

Emily Pifer

JUL 17, 2014

Huffington Post.

Exercise Tricks To Help You De-Stress. Telephone interview with staff. (2013).

https://www.huffpost.com/entry/stress-less-challenge_n_3111616

04/25/2013

Prevention.

Why You Should Skip Your Workout Today: The Weird Way Stress Effects Your Recovery.

Telephone interview with staff. (2013).

Linda Melone, CSCS

Dec 20, 2013

<https://www.prevention.com/fitness/fitness-tips/a20464652/stress-increases-soreness-after-exercise/>

Men's Health Magazine.

How Your Job Could Ruin Your Workout. Telephone interview with staff. (2013).

<https://www.menshealth.com/fitness/a19519526/how-your-job-could-ruin-your-workout/>

ASHLEY BALCERZAK

Toronto Globe and Mail.

Mental stress slows post-workout recovery. Telephone interview with staff and feature article. (2012).

<https://www.theglobeandmail.com/life/health-and-fitness/fitness/mental-stress-slows-post-workout-recovery/article4498106/>

Alex Hutchinson

AUGUST 26, 2012

Men's Health Magazine.

Your Muscles' Biggest Enemy. Telephone interview with staff. (2012).

<https://www.menshealth.com/health/a19527016/your-muscles-biggest-enemy/>

JILL YAWORSKI

JUL 16, 2012

Runners' World Magazine.

Mental Stress Vs. Mental Fatigue. Telephone interview with staff (2012).

<https://www.runnersworld.com/runners-stories/a20827193/mental-stress-vs-mental-fatigue/>

Alex Hutchinson

AUG 30, 2012

Runners' World Magazine.

Stress Slows Your Recovery From Workouts. Telephone interview with staff (2012).

<https://www.runnersworld.com/health-injuries/a20826889/stress-slows-your-recovery-from-workouts/>

Alex Hutchinson

JUL 6, 2012

Men's Health Magazine.

Stress and Exercise. Telephone interview with staff. (2009).

Podcasts

Café Meets Coaches: Interview with Anthony Carrano

Motivation for movement (Episode 12)

September 26, 2023\

<https://www.youtube.com/watch?feature=shared&v=yUoBzMfVK44>

Run with Fitpage India (on Riverside.fm): Interview with Vikas Singh

“All about stress” (Episode 96)

October 29, 2022

Fitpage: bit.ly/3icIV81

Apple Podcast: apple.co/3V6bFh8

Spotify: spoti.fi/3VmMy9p

Google Podcast: bit.ly/3UjHD8B

Amazon Music: amzn.to/3AJJ7ln

SciPod: Professionally recorded science podcast

“Measuring our Motivation for Physical Activity and Sedentary Behaviour”

<https://www.scipod.global/dr-matthew-stults-kolehmainen-measuring-our-motivation-for-physical-activity-and-sedentary-behaviour/>

July 11, 2022

CW Clinic: Interview with Chris Werner

“What drives you to exercise?” (Episode 106)

<https://podcasts.apple.com/us/podcast/ep-106-what-drives-you-to-exercise-dr-matt-stults/id1453320245?i=1000528742607>

June 15, 2021

Flexible Dieting Lifestyle: Interview with Zach Rocheleau (coordinated via Miguel Blacutt)

“The Science of Stress: The Good, The Bad, & The Ugly”

[The Flexible Dieting Lifestyle Podcast: The Science of Stress: The Good, The Bad, & The Ugly on Apple Podcasts](#)

February 3, 2020

Revive Stronger: Interview with Steve Hall and Miguel Blacutt

“Stress!” (Episode 194)

<https://open.spotify.com/episode/6P5D5bSiMeWZoRmDYYHTog>

February 15, 2020