

Dr. Matthew Stults-Kolehmainen

Bariatric and Minimally Invasive Surgery
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EDUCATION

Degrees Earned

Ph.D., 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, Bariatric and Minimally Invasive Surgery Program, Yale - New Haven Hospital. (July, 2015 – Present).

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.

Academic Appointments

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

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

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 Faculty (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. Department of Human Movement Sciences, University of Wisconsin-Milwaukee. (August, 2001 – May, 2003).

SCHOLARSHIP

Publications (33 Total)

Book Chapter (2)

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.

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

Journal Articles (31 total; 12 first-authorships)

Gonçalves, S., Chaplin, T., Ansell, E., López, R., Regalario, I., **Stults-Kolehmainen, M.**, McKnight, P. & Sinha, R. (In press). 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*.

Filgueiras, A & **Stults-Kolehmainen, M.** (In press). The Relationship Between Behavioural and Psychosocial Factors Among Brazilians in Quarantine Due to COVID-19. *Psychological Reports*.

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.

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*.

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.

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.

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.

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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- Stults-Kolehmainen, M.** & Sinha, R. (2014). The effects of stress on physical activity and exercise. *Sports Medicine (Auckland, NZ)*. 4(1), 81-121.

- 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. *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).
- Morgan, P. M., Salacinski, A. J. & **Stults-Kolehmainen, M.** (2013). The acute effects of flotation restricted environmental stimulation technique on recovery from maximal eccentric exercise. *Journal of Strength and Conditioning Research*, 27(12), 3467-3474.
- 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).
- Gilson, T. A., Heller, E. A. & **Stults-Kolehmainen, M.** (2013). The relationship between an effort goal and self-regulatory efficacy beliefs for Division I football players. *Journal of Strength and Conditioning Research*, 27(10), 2806-2815.
- Stults-Kolehmainen, M.**, Gilson, T. A. & Abolt, C. J. (2013). Feelings of acceptance and intimacy among teammates predict motivation in intercollegiate sport. *Journal of Sport Behavior*, 36(3), 306-327.
- 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.
- 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.
- 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.
- Stults-Kolehmainen, M.**, Stanforth, P. R. & Bartholomew, J. B. (2012). Fat in android, trunk, and peripheral regions varies by ethnicity and race in college aged women. *Obesity*, 20(3), 660-665.
- 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.
- Lutz, R. S., **Stults-Kolehmainen, M.** & Bartholomew, J. B. (2010). Exercise caution when stressed: stages of change and the stress – exercise participation relationship. *Journal of Sport and Exercise Psychology*, 11(6), 560-567.
- 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.

Published Abstracts (17)

- 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.
- Johnson, K., Xie, B., Karadkar, U., **Stults-Kolehmainen, M.**, Rew, L. (2014). Social media use and physical activity: Searching for opportunities to connect adolescents and older adults for health promotion. *Journal of Adolescent Health*, Supplement to February issue. 54(2), S71-S72.
- 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).
- Kensinger, W., Divin, A.L. & **Stults-Kolehmainen, M.** (2013). Impact of parental encouragement on perceived barriers to exercise. *Medicine & Science in Sports & Exercise*, 45(5).
- Crim, B., Stanforth, D., Stanforth, P. R., **Stults-Kolehmainen, M.** (2013). Body composition changes among female collegiate athletes across the competitive season and over multiple years. *Medicine & Science in Sports & Exercise*, 45(5).
- Stanforth, P. R., **Stults-Kolehmainen, M.**, Abolt, C. J., Bartholomew, J. B. & Lu, T. (2013). Fat in android, trunk, and peripheral regions varies by ethnicity and race in college aged Men. *Medicine & Science in Sports & Exercise*, 45(5).
- Stanforth, D., Stanforth, P.R., Crim, B. N. & **Stults-Kolehmainen, M.** (2013). Bone mineral and density changes among female collegiate athletes across a season and three years. *Medicine & Science in Sports & Exercise*, 45(5).
- Sester, J. C. R, Salacinski, A. J., Looney, M., & **Stults-Kolehmainen, M.** (2012). Differences in ratings of perceived exertion between weight classifications. *Medicine & Science in Sports & Exercise*, 44(5), S596.

- 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.

Publications Under Review (4)

- 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. Bayesian Structural Time Series for Biomedical Sensor Data: A Flexible Modeling Framework for Evaluating Interventions. *PLOS Computational Biology* – submitted August 20, 2020.
- Stults-Kolehmainen, M.A.**, Blacutt, M., Fogelman, N., Gilson, T. A., Stanforth, P., Divin, A. L., Bartholomew, J. B., Ash, G. I., Ciccolo, J. T., Brotnow Decker, L., Williamson, S. L., McKee, P. C. & Sinha, R. I want to move my body - right now! The CRAVE Scale to measure state motivation for physical activity and sedentary behavior. *Frontiers in Psychology* – submitted May 31, 2020.
- Filgueiras, A & **Stults-Kolehmainen, M.** Factors linked to changes in mental health outcomes among Brazilian people in quarantine due to COVID-19. *Frontiers in Psychiatry* – submitted May 19, 2020. doi: <https://doi.org/10.1101/2020.05.12.20099374>
- Reiner, M., Niermann, C., Woll, A., Krapf, F. & **Stults-Kolehmainen, M.** On the move or on standby? A day-level study on the effects of stress on physical activity. *PLOS One*.

Pre Prints (5)

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/sxvbk>. 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.

Filgueiras, A & **Stults-Kolehmainen, M.** (2020). Factors linked to changes in mental health outcomes among Brazilian people in quarantine due to COVID-19. medRxiv doi: <https://doi.org/10.1101/2020.05.12.20099374>. Posted June 13, 2020.

Filgueiras, A & **Stults-Kolehmainen, M.** (2020). The Relationship Between Behavioural and Psychosocial Factors Among Brazilians in Quarantine Due to COVID-19. *Psychological Reports* – submitted May 22, 2020. Available at SSRN 3566245, 2020

Systematic Review Registration (1)

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

Presentations

Invited (Oral; 11)

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).

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 NASPSA, 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; 4)

- 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; 29)

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., & Seifert, 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.

Submitted (1)

Ash, G. I., Nally, L., **Stults-Kolehmainen, M.**, Jeon, S., Brandt, C., Gulanski, B. I., Spanakis, I., Baker, J. S., Weinzimer, S. A. & Fucito, L. M. Evaluation of methods to recruit inactive adults with type 1 diabetes for a mobile exercise support intervention during a pandemic. Submitted to SBM in September, 2020. 42nd Annual Meeting (virtual). April 12-16, 2021.

TEACHING AND ADVISING

Completed Teaching Assignments

Teachers College – Columbia University

BBS 5195, Applied Physiology Laboratory I, 4 sections.

BBSR 5595-002, Research Seminar in Applied Physiology, 8 sections.*†

BBSR 5199-002, Scientific Basis of Exercise for Weight Management, 5 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

EXS 573, Sports Medicine, 1 section.

Northern Illinois University

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 Exercises, 2 sections.

Directed Student Learning and Advising

Institution	Activity Type	Student Name	Date Activity Started	Status of Activity	Date Activity Ended
SCSU	Thesis Comm Member	McKee, Paul	September, 2020	In progress	N/A
NIU	Thesis Comm Member	Pyron, Michael	September, 2011	Activity halted	Activity halted (left NIU)
NIU	Thesis Comm Member	Julian, William	September, 2011	Activity halted	Activity halted (left NIU)
NIU	Advisor	Halling, Brian	August, 2010	Completed Successfully	January, 2012
NIU	Advisor	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	Shepherd, Travis	July, 2010	Completed Successfully	August, 2011
NIU	Independent	Amin,	August, 2010	Completed	December,

	Study	Chandanibahen		Successfully	2010
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SPONSORED PROJECTS

Grants – Awarded (Ongoing)

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

Grants – Awarded (Complete)

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

Editorial Board

Review Editor – *Frontiers in Sports and Active Living*

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

Editorial Reviews (journals in alphabetical order; year[s] of review included)

ACSM's Health and Fitness Journal (2020)

Applied Physiology, Nutrition and Metabolism (2013)

BMC Public Health (2014, 2016, 2020)

Clinical Densitometry (2020)

Current Sports Medicine Reports (2018)

European Journal of Sports Science (2017)

Frontiers in Physiology (2013, 2014)

Frontiers in Psychiatry (2018, 2019)

Health Psychology and Behavioral Medicine (2016)

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 Sport and Exercise Psychology (2011, 2012, 2020)

Journal of Sports Sciences (2015)

Mental Health and Physical Activity (2013, 2014)

Pediatrics (2015)

Prevention Science (2019)

Psychiatry Review (2018)
Psychoneuroendocrinology (2018)
Psychology of Sport and Exercise (2015, 2016, 2017, 2018, 2019)
SOARD: Surgery for Obesity and Related Diseases (2018)
Stress: The International Journal of the Biology of Stress (2019)
Stress and Health (2013)

Professional Service

Workshop Instructor - Health Fitness Instructor Certification Review Course (HFI), American College of Sports Medicine (ACSM). (June, 2006- June 2007).

Evidence-Based Analyst, American College of Sports Medicine (ACSM). (July 2016-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).

Public Service

Program support, 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

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

Fellow of the American College of Sports Medicine (FACSM; to be officially recognized, May, 2021).

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 and \$600 for 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. (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)

Psychology consultant. Football Club Flamengo, Rio de Janeiro, Brasil (Feb-Sept, 2018).

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

Iwillbefit.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), Medtexas Medical Corporation.

Continuing Education

Symposium (organized and 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.

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).

Google Scholar citation report

Citations: **1,281**

h-index: **16**

i10-index: **22**

Search engine results for my unique identity ("Matthew Stults-Kolehmainen")

Bing/Yahoo: **9,150**

Google: **4,510**

Major Media Coverage of Research (copies provided upon request)

Well + Good (Leaf Group, LTD)

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

Telephone interview with Ashley Mateo ▪ July 30, 2020

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

Estadao (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-dobragemno-brasil,70003294817>

Galileu (Science Magazine in Brazil; from O Globo)

Como o isolamento social impacta quem sofre com ansiedade ou depressao (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-dobragem-no-brasil/>

O Globo (largest newspaper in Brazil). April, 28, 2020

Ansiedade e depressao duplicaram em um mes 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>

CNN Brasil

“COVID-19: Estudo aponta aumento em casos de depressao. Especialista analisa como isolamento social afeta a saude.” (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).

Huffington Post.

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

Prevention.

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

Telephone interview with staff. (2013).

Men's Health Magazine.

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

Toronto Globe and Mail.

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

Men's Health Magazine.

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

Runners' World Magazine.

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

Men's Health Magazine.

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