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EDUCATION & PROFESSIONAL CERTIFICATION

- **Ph.D.**, Health Promotion & Education, University of Cincinnati, Cincinnati, OH (2013)
- **M.S.**, Health Promotion & Education, University of Cincinnati, Cincinnati, OH (2011)
- **M.B.A.**, Franklin University, Columbus, OH (2007)
- **B.S.**, Business Administration and **B.S.** Marketing, Franklin University, Columbus, OH (2003)
- **C.H.E.S.**, National Commission for Health Education Credentialing, Inc., Reston, VA (2011 onward)

RECENT ACADEMIC APPOINTMENTS

- **Assistant Professor**, Department of Health Science, *University of Alabama*, Tuscaloosa, AL (2013 to Present)
- **Doctoral Research Fellow**, Graduate School, *University of Cincinnati*, Cincinnati, OH (2012 to 2013)

TEACHING ACTIVITIES

Selected Courses as Instructor of Record (15 unique courses; 40 total classes)

- **Undergraduate:** Community and Public Health, Environmental Health, Applied Statistics
- **Graduate:** Advanced Evaluation of Health Programs, Dissertation Research

RESEARCH ACTIVITIES

- **General Research Interests:** Experimental Interventions; Behavior Prediction Models
- **Health-Specific Research Interests:** Obesity; Sleep

Selected Peer-Reviewed Published Manuscripts (40 total; 30 as lead researcher)

1. **Knowlden, A. P.**, Hackman, C. L., & Sharma, M. (in press). Systematic review of dietary interventions targeting sleep quality. *Journal of Complementary and Alternative Medicine*. doi:10.1089/acm.2015.0238.
2. **Knowlden, A. P.**, & Sharma, M. (2016). One-year efficacy testing of Enabling Mothers to Prevent Pediatric Obesity Through Web-Based Education and Reciprocal Determinism (EMPOWER) randomized control trial. *Health Education & Behavior*, 43(1), 94-106. doi: 10.1177/1090198115596737
3. **Knowlden, A. P.**, Sharma, M., & Shewmake, M. (2016). Testing the Model of Goal-Directed Behavior for Predicting Sleep Behaviors. *Health Behavior & Policy Review*, 3(3), 238-247. doi: 10.14485/HBPR.3.3.5
4. **Knowlden, A. P.**, Hackman, C. L., & Sharma, M. (2016). Lifestyle and Mental Health Correlates of Psychological Distress in College Students. *Health Education Journal*. doi: 10.1177/0017896915589421
5. **Knowlden, A. P.**, Sharma, M., Cottrell, R. R., Wilson, B. R. A., & Johnson, M. (2015). Impact evaluation of the Enabling Mothers to Prevent Pediatric Obesity Through Web-Based Education and Reciprocal Determinism (EMPOWER) randomized control trial. *Health Education & Behavior*, 42(2), 171-184. doi: 10.1177/1090198114547816 [PMID: 25161168]
6. **Knowlden, A. P.**, & Sharma, M. (2014). Health belief structural equation model predicting sleep behavior of employed undergraduate college students. *Family and Community Health*, 37(4), 270-281. doi:10.1097/FCH.0000000000000043 [PMID: 25167067]
7. **Knowlden, A. P.**, & Sharma, M. (2014). Process evaluation of the Enabling Mothers to Prevent Pediatric Obesity Through Web-Based Education and Reciprocal Determinism (EMPOWER) randomized control trial. *Health Promotion Practice*, 15(5), 685-694. doi:10.1177/1524839914523431 [PMID: 24648285]
8. **Knowlden, A. P.**, Sharma, M., & Bernard, A. L. (2012). A theory of planned behavior research model for predicting the sleep intentions and behaviors of undergraduate college students. *Journal of Primary Prevention*, 33 (1), 19-31. doi: 10.1007/s10935-012-0263-2 [PMID: 22293980]

Selected Books

1. **Knowlden, A. P.** & Martin, M. (September, 2015). Chapter IV: Conduct Evaluation and Research Related to Health Education (contributing author). In C. Escoffery & M. Grim (Eds.), *The Health Education Specialist: A Companion Guide for Professional Excellence* (7th ed.). Whitehall, PA: Nation Commission for Health Education Credentialing, Inc.

Selected Peer-Reviewed Conference Abstracts (80 total abstracts; 54 as lead researcher)

1. **Knowlden, A. P.** (2016, November). Efficacy of Electronically-Delivered Interventions Targeting Overweight and Obese Middle-Aged Men. *Abstract Accepted for Poster Presentation at the 144th American Public Health Association Annual Meeting, Denver, CO.*
2. **Knowlden, A. P.,** & Pember, S. (2016, March). Role of U.S. economic policies in addressing obesity. *Abstract Accepted for Oral Presentation at the 67th Annual Society for Public Health Education Meeting, Charlotte, NC.*
3. **Knowlden, A. P.** (2016, February). Theoretical model of goal directed behavior predicting sleep behavior of young adults. *Abstract Accepted for Poster Presentation at the 16th Annual American Academy of Health Behavior Meeting, Ponte Vedra Beach, FL.*

SELECTED RESEARCH SUPPORT

- **Center for Stroke Disparities Solutions Training and Mentoring Institute** to support research agenda (funded by National Institutes of Health), New York University School of Medicine, New York, NY (2016 to 2017)
- **University Research Grants Committee** to support intervention evaluation research (total funding = \$6,000), *Office of the Vice President for Research & Economic Development*, University of Alabama, Tuscaloosa, AL (2016 to 2017)
- **Distinguished Dissertation Fellowship** to support dissertation research (total funding = \$32,822), *Graduate School*, University of Cincinnati, Cincinnati, OH (2012 to 2013)

SELECTED SERVICE ACTIVITIES

- **Associate Editor:** *Health Education & Behavior, Family & Community Health*
- **Ad-hoc Reviewer,** *Health Education & Behavior, Obesity Reviews, Behavioral Sleep Medicine, Journal of Behavioral Medicine, Nature and Science of Sleep, Journal of Substance Use, Traffic Injury Prevention*
- **Invited talks:** Knowlden, A. P. (2015, June). *Modeling obesity and economics: Overview.* Presented at Second Short Course on Mathematical Sciences in Obesity Research, University of Alabama at Birmingham, School of Public Health, Office of Energetics, Birmingham, AL.

SELECTED HONORS & AWARDS

- **Judy K. Black Early Career Research Award,** *American Academy of Health Behavior*, Rudolf, OH (2016).
- **Horizon Award,** *Society for Public Health Education*, Washington, DC (2015)
- **Graduate Student Award for Exemplary Scholarship in the Social and Behavioral Sciences,** *Graduate Student Governance Association*, University of Cincinnati, Cincinnati, OH (2012)

SELECTED PROFESSIONAL EXPERIENCE

- **Legislative Analyst,** *Office of Communications*, The Columbus City Council, Columbus, OH (2005 to 2009)

SELECTED MEDIA COVERAGE

- **Huffington Post,** *Sleepy College Students Are Worried About Their Stress Levels* (August, 2014).
- **New York Times,** *How Students Can Get More Sleep* (August, 2014).