

Abigail M. Pauley, Ph.D.

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EDUCATION

- **Doctor of Philosophy, Kinesiology, Exercise Psychology** – GPA: 3.86/4.0 **08/16 – 12/20**
The Pennsylvania State University, University Park, PA
Advisor: Dr. Danielle Symons Downs
Dissertation Title: The Role of Sleep Behaviors in Regulating Energy Balance Among Pregnant Women with Overweight and Obesity
- **Master of Science, Exercise Science** - GPA: 3.7/4.0 **08/12 – 5/14**
Bloomsburg University, Bloomsburg, PA
Advisor: Dr. Joseph Andreacci
Thesis Title: The Impact of Fat Free Mass and Sex on Energy Expenditure During Walking and Jogging in Young Adults
- **Bachelor of Science, Exercise Science** - GPA: 3.58/4.0 **08/08 – 05/12**
Shenandoah University, Winchester, VA

WORK EXPERIENCE

Assistant Research Professor **07/24 - Present**

Exercise Psychology Laboratory

*Pennsylvania State University, Department of Kinesiology, Dr. Danielle Symons Downs
University Park, Pennsylvania*

Post-Doctoral Teaching Scholar **07/20 – 07/24**

Exercise Psychology Laboratory

*Pennsylvania State University, Department of Kinesiology, Dr. Danielle Symons Downs
University Park, Pennsylvania*

Research Coordinator NHLBI R01HL11925 **05/14 – 08/16**

Healthy Mom Zone: Control Systems Engineering for Optimizing a Prenatal Weight Gain Intervention - Short title: Healthy Mom Zone

*Pennsylvania State University, Department of Kinesiology, Dr. Danielle Symons Downs
University Park, Pennsylvania*

Research Assistant

Department of Exercise Science, Bloomsburg University

01/13 – 05/14

SERVICE TO THE FIELD

University and Community

Kinesiology Department Safety Committee

12/23 - Present

Postdoctoral Scholar Research Symposium Planning Committee

08/22 – 12/22

HONORS AND AWARDS

- **Top 3 Abstract – Women’s Health Research Day** 10/20/22
- **2018 Kinesiology Department Graduate Student Research Award** 01/11/19
Department of Kinesiology, The Pennsylvania State University
- **College of Health and Human Development Rapid Research Presenter** 10/19/18
STEM Open House for Underrepresented Minority Students
The Pennsylvania State University
- **Rapid Research Contest Participant** 04/18/18
College of Health and Human Development, The Pennsylvania State University
- **Rapid Research Contest 2nd Place Winner** 02/15/18
Department of Kinesiology, The Pennsylvania State University
- **Top 10 Abstract – Bio-Behavioral Research Section** 10/31/17
The Obesity Society Annual Meeting – ObesityWeek

FIRST AUTHOR PEER- REVIEWED JOURNAL ARTICLES

- **Pauley, A. M.,** Rosinger, A. Y., Savage, J. S., Conroy, D. E., Symons Downs, D. (2024). Every sip counts: Understanding hydration behaviors and user-acceptability of digital tools to promote adequate intake during early and late pregnancy. *PLOS Digital Health*, 3(5): e0000499. <https://doi.org/10.1371/journal.pdig.0000499>.
- **Pauley, A. M.,** Leonard, K. S., Cumbo, N., Teti, I. F., Pauli, J. M., Satti, M., Stephens, M., Corr, T. E., Roeser, R. W., Deimling, T., Legro, R. S., Mackeen, A. D., Davis, L. B., & Symons Downs, D. (2023). Women’s beliefs of pain after childbirth: Critical insight for promoting behavioral strategies to regulate pain and reduce risks for maternal mortality. *Patient Education and Counseling*, 107(107570). <https://doi.org/10.1016/j.pec.2022.11.012>.
- **Pauley, A. M.,** Moore, G. A., Mama, S. K., Molenaar, P., & Symons Downs, D. (2023). Systematic review of the associations between prenatal sleep behaviours and components of energy balance for regulating weight gain. *Journal of Sleep Research*, 32(2), e13619. <https://doi.org/10.1111/jsr.13619>.
- **Pauley, A. M.,** Hohman, E., E., Leonard, K.S., Guo, P., McNitt, K. M., Rivera, D. E., Savage, J. S., & Symons Downs, D. (2020). Short nighttime sleep duration and high number of nighttime awakenings explain increases in gestational weight gain and decreases in physical activity but not energy intake among pregnant women with overweight/obesity. *Clocks & Sleep*, 2, 487-504. <https://doi.org/10.3390/clockssleep2040036>.
- **Pauley, A. M.,** Moore, G. A., Mama, S. K., Molenaar, P., & Symons Downs, D. (2020). Associations between prenatal sleep and psychological health: A systematic review. *J Clin Sleep Med*. 16(4): 619-630. PMID: 32003734 PMC7161464 doi: 10.5664/jcsm.8248
- **Pauley, A. M.,** Hohman, E., Savage, J. S., Rivera, D. E., Guo, P., Leonard, K. S., & Symons Downs, D. (2018). Gestational weight gain intervention impacts determinants of healthy eating and exercise in overweight/obese pregnant women. *Journal of Obesity* 2018(12 pages) <https://doi.org/10.1155/2018/6469170>.
- **Pauley, A.,** Dixon, C. B., Rawson, E. S., McConnell, T. R., & Andreacci, J. L. (2016). The impact of body composition on energy expenditure during walking and running in young adults. *Journal of Exercise Physiology Online*, 19(1).

FIRST AUTHOR PEER-REVIEWED PUBLISHED ABSTRACTS AND PRESENTATIONS

- **Pauley, A.M.**, Sassaman, J., Ostlund, B., Bailey-Davis, L, Eiden, R.D., Neiderhiser, J.M., Symons Downs, D. (2022). Promoting recruitment of vulnerable women and families with health disparities using geotargeting and mapping strategies. *Annals of Behavioral Medicine*, 57, S1, S581.
- **Pauley, A. M.**, & Symons Downs, D. (2022). Prenatal sleep quality moderates postpartum depressive symptoms among women with overweight/obesity. *Annals of Behavioral Medicine*, 57, S1, S85.
- **Pauley, A. M.**, Rosinger, A. Y., Savage, J. S., Conroy, D. E., Symons Downs, D. (2022). User-acceptability of digital tools to promote hydration behaviors during pregnancy. *Annals of Behavioral Medicine*, 56, S1, S665.
- **Pauley, A. M.**, Leonard, K. S., Hohman, E. E., McNitt, K. M., Guo, P., Rivera, D. E., Savage, J. S., Leonard, K. S., Guo, P., Symons Downs, D. (2020). Prenatal intervention reduces postpartum depressive symptoms for women with overweight but not obesity. *Annals of Behavioral Medicine*, 54, S1, S604.
- **Pauley, A. M.**, Leonard, K. S., Hohman, E. E., McNitt, K. M., Guo, P., Rivera, D. E., Savage, J. S., Leonard, K. S., Guo, P., Symons Downs, D. (2020). Influence of a prenatal weight management intervention on sleep quality. *Annals of Behavioral Medicine*, 54, S1, S808.
- **Pauley, A. M.**, Hohman, E. E., Rivera, D. E., Savage, J. S., Leonard, K. S., Guo, P., Symons Downs, D. (2019). Association between sleep and depressive symptoms in pregnant women with overweight and obesity. *Annals of Behavioral Medicine*, 53, S1, S820.
- **Pauley, A.**, Charney, S., Masteller, B., Dixon, C.B., Andreacci, J.L. (2013). Effect of an acute bout of exercise on percent body fat estimated using multi-frequency bioelectrical impedance analysis in adults. *MSSE*. 45(5).
- **Pauley, A. M.**, Sassaman, J., Ostlund, B., Bailey-Davis, L, Eiden, R. D., Neiderhiser, J. M., Symons Downs, D. (2022). Promoting recruitment of vulnerable women and families with health disparities using geotargeting and mapping strategies. *Poster presentation, Society of Behavioral Medicine Annual Meeting, Phoenix, AZ April 26-29, 2023.*
- **Pauley, A. M.**, & Symons Downs, D. (2022). Prenatal sleep quality moderates postpartum depressive symptoms among women with overweight/obesity. *Poster presentation, Society of Behavioral Medicine Annual Meeting, Phoenix, AZ April 26-29, 2023.*
- **Pauley, A. M.**, Rosinger, A. Y., Savage, J. S., Conroy, D. E., Symons Downs, D. (2022). User-acceptability of digital tools to promote hydration behaviors during pregnancy. *Poster presentation, Society of Behavioral Medicine Annual Meeting, Baltimore, MD, April 6-9, 2022.*
- **Pauley, A. M.**, Leonard, K. S., Hohman, E. E., McNitt, K. M., Guo, P., Rivera, D. E., Savage, J. S., Leonard, K. S., Guo, P., Symons Downs, D. (2020). Prenatal intervention reduces postpartum depressive symptoms for women with overweight but not obesity. *Online poster for The Society of Behavioral Medicine Annual Conference, San Francisco, CA. April 4, 2021. Poster was unable to be presented in person due to COVID-19.*
- **Pauley, A. M.**, Leonard, K. S., Hohman, E., McNitt, K. M., Guo, P., Rivera, D. E., Savage, J. S., & Symons Downs, D. (2020). Influence of prenatal weight management intervention on sleep quality. *Online poster for The Society of Behavioral Medicine Annual Conference, San Francisco, CA. April 2020. Poster was unable to be presented in person due to COVID-19.*
- **Pauley, A. M.**, Leonard, K. S., Hohman, E. E., Guo, P., Rivera, D. E., Savage, J. S., & Symons Downs, D. (2019). Agreement between self-report & objectively measured sleep in pregnant women with overweight/obesity. *Poster presented at the 2019 Annual Meeting of The Obesity Society. Las Vegas, Nevada. November 3-7.*

- **Pauley, A. M.**, Leonard, K. S., Hohman, E. E., McNitt, K. M., Guo, P., Rivera, D. E., Savage, J. S., & Symons Downs, D. (2019). Influence of weight management intervention on night awakenings in pregnant women. *Poster presented at the 2019 Annual Meeting of The Obesity Society. Las Vegas, Nevada. November 3-7.*
- **Pauley, A. M.**, Hohman, E. E., Leonard, K. S., Guo, P., Rivera, D. E. Savage, J. S., & Symons Downs, D. (2018). Sleep and gestational weight gain in pregnant women with overweight and obesity. *Poster presented at The Obesity Society, Nashville, TN, November 11-November 15, 2018.*
- **Pauley, A. M.**, Hohman, E. E., Savage, J. S., Leonard, K. S., Symons Downs, D. (2017). Overweight pregnant women's low psychological health & control: Possible barriers to self-regulation. *Poster presented at The Obesity Society, Oxon Hill, MD, October 30-November 2.*
- **Pauley, A.**, Charney, S., Masteller, B., Dixon, C. B., Andreacci, J. L. (2013). Effect of an acute bout of exercise on percent body fat estimated using multi-frequency bioelectrical impedance analysis in adults. *Poster presented at the 60th National ACSM Meeting. Indianapolis, IN.*

PEER- REVIEWED JOURNAL ARTICLES

- Symons Downs, D., **Pauley, A. M.**, Rivera, D. E., Savage, J. S., Shao, D., Chow, S.-M., Lagoa, C., Pauli, J. M., Khan, O., & Kunselman, A. (Under review). Adaptive, personalized Healthy Mom Zone gestational weight gain intervention with novel digital platform and automated dosage change decisions: Study Design and Protocol. *JMIR Research Protocols.*
- Leonard, K. S., **Pauley, A. M.**, Hohman, E. E., Guo, P., Hohman, E., E., Rivera, D. E., Savage, J. S., & Symons Downs, D. (2023). Feasibility and user acceptability of Breezing™, a mobile indirect calorimetry device, in pregnant women with overweight or obesity. *Smart Health, 27(100372).* <https://doi.org/10.1016/j.smhl.2022.100372>.
- Hohman, E. E., Smyth, J. M., McNitt, K. M., **Pauley, A. M.**, Symons Downs, D., & Savage, J. S. (2023). Urinary cortisol is lower in pregnant women with higher pre-pregnancy BMI. *Frontiers in endocrinology, 13, 1014574.* <https://doi.org/10.3389/fendo.2022.1014574>.
- McNitt, K. M., Hohman, E. E., Rivera, D. E., Guo, P., **Pauley, A. M.**, Gernand, A. D., Symons Downs, D., & Savage, J. S. (2022). Underreporting of energy intake increases over pregnancy: An intensive longitudinal study of women with overweight and obesity. *Nutrients, 14, 2326.* <https://doi.org/10.3390/nu14112326>.
- Mackeen, A. D., Vigh, R. S., Davis, L. B., Satti, M., Cumbo, N., **Pauley, A. M.**, Corr, T. E., Roeser, R. W., Deimling, T., Legro, R. S., Pauli, J. M., & Symons Downs, D. (2022). Obstetricians' Prescribing Practices for Pain Management After Delivery. *Pain Management, 12(5), 645–652.* <https://doi.org/10.2217/pmt-2021-0101>.
- Guo, P., Rivera, D. E., Dong, Y., Deshpande, S., Savage, J. S., Hohman, E. E., **Pauley, A. M.**, Leonard, K. S., & Symons Downs, D. (2022). Optimizing behavioral interventions to regulate gestational weight gain with sequential decision policies using hybrid model predictive control. *Computers & Chemical Engineering, 160(107721).* <https://doi.org/10.1016/j.compchemeng.2022.107721>.
- Rosinger, A. Y., Bethancourt, H. J., **Pauley, A. M.**, Latona, C., John, J., Kelyman, A., Leonard, K. S., Hohman, E. E., McNitt, K., Gernand, A. D., Symons Downs, D., & Savage, J. S. (2021). Variation in urine osmolality throughout pregnancy: a longitudinal, randomized-control trial among women with overweight and obesity. *Eur J Nutr.* <https://doi.org/10.1007/s00394-021-02616-x>.
- Symons Downs, D., **Pauley, A. M.**, Leonard, K. S., Satti, M., Cumbo, N., Teti, I., Stephens, M., Corr, T., Roeser, R., Deimling, T., Legro, R. S., Pauli, J. M., Mackeen, D. A., & Bailey Davis, L. (2021). Obstetric physician' beliefs on

guidelines & screening tools to reduce opioid use after childbirth delivery. *Obstetrics & Gynecology*, 137(2), 325-333. [10.1097/AOG.0000000000004232](https://doi.org/10.1097/AOG.0000000000004232)

- Symons Downs, D., Savage, J. S., Rivera, D. E., **Pauley, A. M.**, Leonard, K.S., Hohman, E. E., Guo, P., McNitt, K., Stetter, C., & Kunselman, A. (2021). Adaptive, behavioral intervention impacts weight gain, physical activity, energy intake, and motivational determinants: Results of a feasibility trial in pregnant women with overweight/ obesity. *Journal of Behavioral Medicine*. <https://doi.org/10.1007/s10865-021-00227-9>.
- Leonard, K. S., **Pauley, A. M.**, Hohman, E. E., Guo, P., Rivera, D. E., Savage, J. S., Buman, M. P., & Symons Downs, D. (2020). Identifying actigraph non-wear time in pregnant women with overweight or obesity. *Journal of Science and Medicine in Sport*. <https://doi.org/10.1016/j.jsams.2020.08.003>. NIHMS 1620489.
- Savage, J. S., Hohman, E. E., McNitt, K. M., **Pauley, A. M.**, Leonard, K. S., Turner, T., Pauli, J. M., Gernand, A. D., Rivera, D. E., & Symons Downs, D. (2019). Uncontrolled eating during pregnancy predicts fetal growth: The healthy mom zone trial. *Nutrients*, 11(4), 899. PMID: 31010102 PMC6520673 <https://doi.org/10.3390/nu11040899>.
- Guo, P., Rivera, D. E., **Pauley, A. M.**, Leonard, K. S., Savage, J. S., & Downs, D. S. (2018). A "Model-on-Demand" methodology for energy intake estimation to improve gestational weight control interventions. *Proceedings of the IFAC World Congress. International Federation of Automatic Control. World Congress, 51(15)*: 144-149. PMID: 30480263 PMC6252043 NIHMS992104.
- Guo, P., Rivera, D. E., Savage, J. S., Hohman, E. E., **Pauley, A. M.**, Leonard, K. S., and Symons Downs, D. (2018). System Identification Approaches for energy intake estimation: Enhancing interventions for managing gestational weight gain. *IEEE Transactions on Control Systems Technology*, pp.1-16 NIHMS 990025 doi: 10.1109/TCST.2018.2871871.
- Guo, P., Rivera, D. E., **Pauley, A. M.**, Leonard, K. S., Savage, J. S., & Downs, D. S. (2018). A "Model-on-Demand" Methodology For Energy Intake Estimation to Improve Gestational Weight Control Interventions. *Proceedings of the IFAC World Congress. International Federation of Automatic Control. World Congress, 51(15)*: 144-149. PMID 30480263 PMC6252043 NIHMS992104
- Symons Downs D., Savage J. S., Rivera, D. E., Smyth, J. M., Rolls, B. J., Hohman, E. E., McNitt, K. M., Kunselman, A. R., Stetter, C., **Pauley, A. M.**, Leonard, K. S., Guo, P. (2018). Individually tailored, adaptive intervention to manage gestational weight gain: Protocol for a randomized controlled trial in women with overweight and obesity. *JMIR Res Protoc*. 7(6): e150 PMID: 29884604 PMC6015270
- Guo, P., Rivera, D.E., Symons Downs, D., Savage, J.S., **Pauley, A.M.**, Hess, L.B., and Stetter, C. (2016). Semi-Physical Identification and State Estimation of Energy Intake for Interventions to Manage Gestational Weight Gain. *2016 American Control Conference*, Boston, MA, July 6-8. 1271-1276. DOI: 10.1109/ACC.2016.7525092. PMID: 27570366 PMCID: PMC5001697

PEER-REVIEWED PUBLISHED ABSTRACTS

- Teti, I. F., Pauley, A. M., Cumbo, N., Satti, M., Leonard, K. S., Stephens, M. B., Corr, T. E., Roeser, R. W., Legro, R. S., Pauli, J. M., Mackeen, A. D., Davis, L. B., & Symons Downs, D. (2022). Postpartum women's beliefs about pharmacological and behavioral pain management after childbirth: A mixed methods analysis. *Annals of Behavioral Medicine*, 56, S1, S234.
- Savage, J. S., McNitt, K. M., Symons Downs, D., Hohman, E. E., & **Pauley, A. M.** (2021). Depressive symptoms and eating behaviors interact to predict energy intake in pregnant women. *Annals of Behavioral Medicine*, 55, S1, S137.
- Leonard, K. L., **Pauley, A. M.**, Hohman, E., McNitt, K. M., Guo, P., Rivera, D. E., Savage, J. S., & Symons Downs, D. (2020). Prenatal intervention reduces postpartum depressive symptoms for women with overweight but not obesity. *Annals of Behavioral Medicine*, 54, S1, S604.

- Leonard, K. L., **Pauley, A. M.**, Hohman, E., McNitt, K. M., Guo, P., Rivera, D. E., Savage, J. S., & Symons Downs, D. (2020) Increased 2nd trimester physical activity may regulate resting metabolism and weight gain in women with overweight. *Annals of Behavioral Medicine*, 54, S1, S620.
- Symons Downs, D., Rivera, D. E., Savage, J. S., Stetter, C., Kunselman, A., **Pauley, A. M.**, Leonard, K. S., Guo, P., & Hohman, E. E. (2019). Optimizing an individually-tailored, adaptive intervention to manage weight in overweight and obese pregnant women. *Annals of Behavioral Medicine*, 53, S1, S149-150.
- Hohman, E. E., McNitt, K. M., **Pauley, A. M.**, Leonard, K. S., Gernand, A. D., Pauli, J. M., Turner, T., Symons Downs, D., & Savage, J. S. (2019). Fetal adipose accumulation rate in early- but not mid-3rd trimester is associated with postnatal weight and adiposity. *NIH Workshop: Body Composition Measurements from Birth through 5 Years: Challenges, Gaps, and Existing & Emerging Technologies, Bethesda, MD, May 30-31, 2019*.
- Hohman, E. E., McNitt, K. M., **Pauley, A. M.**, Leonard, K. S., Symons Downs, D., & Savage, J. S. (2019). Added sugar from beverages vs. foods is differentially associated with fetal weight in pregnant women with overweight and obesity. *Annals of Behavioral Medicine*, 53, S1, S743.
- Leonard, K. S., **Pauley, A. M.**, Guo, P., Hohman, E. E., Rivera, D. E., Savage, J. S., Buman, M. P., & Symons Downs, D. (2019). Accelerometer wear time threshold in pregnant women with overweight and obesity. *Annals of Behavioral Medicine*, 53, S1, S811.
- Symons Downs, D., **Savage, J. S.**, Rivera, D. E., Leonard, K. S., **Pauley, A. M.**, Hohman, E. E., & Guo, P. (2017). Using mHealth and eHealth methods to promote weight control among women. *Annals of Behavioral Medicine*, 51, S1, 1587-1588.
- Symons Downs, D., Savage, J. S., Rivera, D. E., Leonard, K. S., **Pauley, A. M.**, Hohman, E. E., & Guo, P. (2017). Influence of a feasibility study on the design of an individually-tailored, adaptive intervention to manage weight in overweight and obese pregnant women. *Annals of Behavioral Medicine*, 51, S1, 1451-1452.
- Freigoun, M., Guo, P., Rivera, D. E., Hohman, E. E., **Pauley, A.**, Symons Downs, D., & Savage, J. S. (2017). A dynamical systems model for understanding how the intrauterine environment affects fetal growth in an intervention context. *Annals of Behavioral Medicine*, 51, S1, 1231.
- Symons Downs, D., Savage, J. S., Rivera, D. E., **Pauley, A. M.**, Hess, L. & Guo, P. (2016). Design and preliminary findings of an individually-tailored “just-in-time” adaptive intervention to manage prenatal weight gain. *Annals of Behavioral Medicine*, 50, S1, S162.

PEER-REVIEWED PRESENTATIONS

- Teti, I. F., **Pauley, A. M.**, Cumbo, N., Satti, M., Leonard, K. S., Stephens, M. B., Corr, T. E., Roeser, R. W., Legro, R. S., Pauli, J. M., Mackeen, A. D., Davis, L. B., & Symons Downs, D. (2021). Postpartum women’s beliefs about pharmacological and behavioral pain management after childbirth: A mixed methods analysis. *Research Spotlight Presentation, Society of Behavioral Medicine Annual Meeting, Baltimore, MD April 6-9, 2022*.
- Savage, J. S., McNitt, K. M., Symons Downs, D., Hohman, E. E., & Pauley, A. M. (2020). Depressive symptoms and eating behaviors interact to predict energy intake in pregnant women. *Research Spotlight Presentation, Society of Behavioral Medicine Annual Meeting, Virtual due to COVID-19, April 12-16, 2021*.
- Leonard, K. L., **Pauley, A. M.**, Hohman, E., McNitt, K. M., Guo, P., Rivera, D. E., Savage, J. S., & Symons Downs, D. (2020). Prenatal intervention reduces postpartum depressive symptoms for women with overweight but not obesity. *Online poster for The Society of Behavioral Medicine Annual Conference, San Francisco, CA. April 1-4, 2020. Poster was unable to be presented in person due to COVID-19*.

- Leonard, K. L., **Pauley, A. M.**, Hohman, E., McNitt, K. M., Guo, P., Rivera, D. E., Savage, J. S., & Symons Downs, D. (2020) Increased 2nd trimester physical activity may regulate resting metabolism and weight gain in women with overweight. *Online presentations for The Society of Behavioral Medicine Annual Conference, San Francisco, CA.* April 1-4, 2020.
- Leonard, K. S., Guo, P., **Pauley, A. M.**, Hohman, E. E., McNitt, K. M., Rivera, D. E., Savage, J. S., & Symons Downs, D. (2019). Accuracy of back-calculated energy intake: Comparing estimated vs. measured resting metabolic rate. *Poster presented at the 2019 Annual Meeting of The Obesity Society. Las Vegas, Nevada. November 3-7.*
- Symons Downs, D., Savage, J. S., Rivera, D. E., **Pauley, A. M.**, Leonard, K. S., McNitt, K. M., Hohman, E. E., Guo, P., Kunselman, A., & Stetter, C. (2019). Gestational weight gain intervention for women with overweight impacts energy intake & expenditure. *Oral presentation presented at the 2019 Annual Meeting of The Obesity Society. Las Vegas, Nevada. November 3-7.*
- Symons Downs, D., Rivera, D. E., Savage, J. S., Stetter, C., Kunselman, A., **Pauley, A. M.**, Leonard, K. S., Guo, P., & Hohman, E. E. (2019). Optimizing an individually-tailored, adaptive intervention to manage weight in overweight and obese pregnant women. *Symposium presented at the 2019 Annual Meeting of The Society of Behavioral Medicine, Washington, D.C.*
- Hohman, E. E., McNitt, K. M., **Pauley, A. M.**, Leonard, K. S., Pauli, J. M., Gernand, A. D., Rivera, D. E., Turner, T., Smyth, J. M., Symons Downs, D., & Savage, J. S. (2018). Urinary control is associated with fetal growth in pregnant women across the BMI spectrum. *Poster presented at The Obesity Society, Nashville, TN, November 11-November 15, 2018.*
- Leonard, K. S., **Pauley, A. M.**, Guo, P., Hohman, E. E., Rivera, D. E., Savage, J. S., & Symons Downs, D. (2018). Change in mobile resting metabolism and gestational weight gain guideline classification. *Poster presented at The Obesity Society, Nashville, TN, November 11-November 15, 2018.*
- Symons Down, D. & **Pauley, A. M.** (2018). Psychobehavioral correlates of sleep among pregnant women with overweight and obesity. *NHLBI 2018 Research Conference on Sleep and the Health of Women, NIH, Bethesda, Maryland, October 16-17.*
- Leonard, K. S., **Pauley, A. M.**, Guo, P., Rivera, D. E., Hohman, E. E., Savage, J. S., Symons Downs, D. (2017). Feasibility & validity of assessing resting metabolic rate with mobile Metabolism in Pregnant Women. *Poster presented at The Obesity Society, Oxon Hill, MD, October 30-November 2.*
- Symons Downs, D., Savage, J. S., Rivera, D. E., Leonard, K. S., **Pauley, A. M.**, Hohman, E. E., & Guo, P. (2017). Using mHealth and eHealth methods to promote weight control among women. *Symposium presented at the 38th annual meeting of the Society of Behavioral Medicine. San Diego, CA, March 29-April 1.*
- Symons Downs, D., Savage, J. S., Rivera, D. E., Leonard, K.S, **Pauley, A. M.**, Hohman, E. E., & Guo, P (2017). Influence of a feasibility study on the design of an individually-tailored, adaptive intervention to manage weight in overweight and obese pregnant women. *Symposium presented at the 38th annual meeting of the Society of Behavioral Medicine. San Diego, CA, March 29-April 1.*
- Freigoun, M., Guo, P., Rivera, D. E., Hohman, E. E., **Pauley, A.**, Symons Downs, D., & Savage, J. S. (2017). A dynamical systems model for understanding how the intrauterine environment affects fetal growth in an intervention context. *Poster presented at the 38th annual meeting of the Society of Behavioral Medicine. San Diego, CA, March 29-April 1.*

- Symons Downs D., Savage J. S., Rivera, D. E., **Pauley, A. M.**, Hess, L., & Guo, P. (2016). Preliminary findings of an individually-tailored, “just-in-time” adaptive intervention to manage prenatal weight gain. *Symposium presented at the 2016 Annual Meeting of The Society of Behavioral Medicine, Washington, DC.*
- Guo, P., Rivera, D. E., Symons Downs, D., Savage, J. S., **Pauley, A. M.**, Hess, L. B., & Stetter, C. (2016). Semi-physical identification and state estimation of energy intake for interventions to manage gestational weight gain. *Paper presented at the American Control Conference, Boston, MA, July 6-8, 2016.*
- Romanowski, K., Charney, S., **Pauley, A.**, Dixon, C. B., Andreacci, J. L. (2014). Effect of an acute bout of exercise on body composition measures using the Inbody 520 Bioelectrical Impedance Analyzer in adults. *Poster presented at the 61st National ACSM Meeting. Orlando, FL.*

PRESENTATIONS AT LOCAL RESEARCH MEETINGS

- **Pauley, A. M.**, Sassaman, J., Ostlund, B., Bailey-Davis, L., Makeen, A. D., Eiden, R. D., Neiderhiser, J. M., & Symons Downs, D. (2022). Promoting recruitment of vulnerable women and families with health disparities using geotargeting and mapping strategies. *Oral presentation, Women’s Health Research Day, Hershey, PA October 20, 2022.*
- **Pauley, A. M.**, Hohman, E. E., Savage, J. S., Leonard, K. S., Symons Downs, D. (2017). Poor Psychological health & control in overweight pregnant women: Possible barriers to exercise/healthy eating self-regulation. *Poster presented at Women’s Health Research Day, University, PA, November 6.*
- **Pauley, A. M.**, Hohman, E. E., Savage, J. S., Rivera, D. E., Guo, P., Leonard, K. S., Symons Downs, D. (2017). Determinants of healthy eating and exercise in overweight/obese pregnant women and the impact of intensive, individually-tailored adaptive gestational weight gain intervention. *Poster presented at Women’s Health Research Day, University, PA, November 6.*
- Leonard, K. S., **Pauley, A. M.**, Guo, P., Rivera, D. E., Hohman, E., Savage, J. S., & Symons Downs, D. (2017). Feasibility & validity of assessing resting metabolic rate with mobile metabolism in pregnant women. *Poster presented at Women’s Health Research Day, University, PA, November 6, 2017.*
- Symons Downs, D., Savage, J. S., Rivera, D. E., Guo, P., & **Pauley, A. M.** (2016). Preliminary findings from Healthy Mom Zone: An individually-tailored intervention to manage weight gain in overweight and obese pregnant women. *Poster presented at the 2016 Women’s Health Research Day. Hershey Medical Center, Hershey, PA.*
- Symons Downs, D., Savage, J. S., Rivera, D. E., **Pauley, A. M.**, Balantekin, K., Hess, L., & Devlin, C. A. (2015). A pilot study to design an individually-tailored, adaptive intervention to manage prenatal weight gain. *Poster presented at the 2015 Women’s Health Research Day. Hershey Medical Center, Hershey, PA, April 28.*

TEACHING EXPERIENCE

- **KINES 421: Exercise Psychology** **08/20 – 05/23**
Department of Kinesiology, The Pennsylvania University
Instructor
- **KINES 321: Psychology Movement Behavior** **07/21 – 05/23**
Department of Kinesiology, The Pennsylvania University
Instructor
- **KINES 084: Fitness For Life** **08/18 – 05/22**
Department of Kinesiology, The Pennsylvania University
Instructor

- **KINES 072: Fitness Walking** **08/18 – 05/22**
*Department of Kinesiology, The Pennsylvania University
Instructor*
- **KINES 061: Fitness Theory & Practice: Jogging** **08/18 – 05/22**
*Department of Kinesiology, The Pennsylvania University
Instructor*
- **KINES 321: Psychology Movement Behavior** **01/18 - 05/18**
*Department of Kinesiology, The Pennsylvania University
Teaching Assistant*
- **KINES 202: Functional Anatomy** **08/17 - 12/17**
*Department of Kinesiology, The Pennsylvania University
Teaching Assistant*
- **EXERSCI 360: Sport Nutrition** **01/13 – 05/13**
*Department of Exercise Science, Bloomsburg University
Teaching Assistant*
- **EXERSCI 378: Exercise Physiology** **01/13 – 05/13**
*Department of Exercise Science, Bloomsburg University
Teaching Assistant*
- **EXERSCI 477: Exercise Prescription and Programming** **01/13 – 05/13**
*Department of Exercise Science, Bloomsburg University
Teaching Assistant*

PROFESSIONAL MEMBERSHIPS

- **Society of Behavioral Medicine** **08/18 - Present**
- **The Obesity Society** **08/16 - Present**
- **American College of Sports Medicine** **08/12 – Present**
- **Mid-Atlantic Region of American College of Sports Medicine** **08/12 – Present**

CERTIFICATIONS

- **Adult and Pediatric First Aid/CPR/AED** **02/12 – Present**
American Red Cross