

CURRICULUM VITA

DANIELLE SYMONS DOWNS, PH.D.

CONTACT INFORMATION

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DEGREES RECEIVED

- 2002 Doctor of Philosophy in Health & Human Performance, Specialization: Exercise/Sport Psychology
 University of Florida, Gainesville, FL
 Advisor: Dr. Heather A. Hausenblas
- 1998 Master of Arts in Psychology, Specialization: Applied Behavior Change
 State University of New York, College at Brockport, Brockport NY
 Advisor: Dr. David Abwender
- 1995 Bachelor of Arts in Psychology and Sociology (double major)
 Baldwin-Wallace College, Berea, OH

POSITIONS AND EMPLOYMENT

- 2008- Associate Professor Kinesiology and Obstetrics and Gynecology
 The Pennsylvania State University, University Park, PA
- 2006- Assistant Professor of Obstetrics & Gynecology, College of Medicine
 The Pennsylvania State University, University Park, PA
- 2005- Faculty Affiliate, Center for Childhood Obesity Research, College of Health & Human Development
 The Pennsylvania State University, University Park, PA
- 2004- Faculty Affiliate, Penn State Diabetes Center, College of Medicine
 The Pennsylvania State University, University Park, PA
- 2002- Assistant Professor of Kinesiology (Tenure Home), College of Health & Human Development
 The Pennsylvania State University, University Park, PA
- 2002- Faculty Affiliate, Center for Human Development, Family Research in Diverse Contexts
 The Pennsylvania State University, University Park, PA
- 1998-2002 Graduate Teaching Assistant, Exercise & Sport Science Department
 University of Florida, Gainesville, FL

HONORS

- 2008-2009 Fran and Holly Soistman Faculty Development Award, College of Human Development, The
 Pennsylvania State University
- 2008 Distinguished Young Alumni Award, College of Health and Human Performance, University of Florida
- 2000-2001 C.A. Boyd Graduate Scholarship, University of Florida

2000-2001	Department of Exercise Sciences Graduate Student of the Year, University of Florida
2000	Graduate Student Forum, 1 st Place in Health & Exercise Session, University of Florida
2000	American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) Research Consortium 2000 Graduate Student Award
1999-2000	Norma M. Leavitt Academic Graduate Scholarship, University of Florida
1995	Who's Who Among Colleges and Universities, Baldwin-Wallace College
1995	Connie Rebar Leadership Scholarship, Baldwin-Wallace College
1992-1995	NCAA Academic All-Conference for Women's Soccer, Baldwin-Wallace College
1992-1995	NCAA Academic All-Ohio for Women's Soccer, Baldwin-Wallace College

GRANTS

PAST SUPPORT

Pennsylvania State Department of Health (Weisman, C.) PADOH	6/1/04-12/31/08 \$4,978,613	3.0 calendar
<i>Central Pennsylvania Center of Excellence for Research on Pregnancy Outcomes</i>		
The goal of this study is to develop a center of excellence for pregnancy outcomes including adverse pregnancy outcomes (i.e., low birth weight and preterm delivery); intervention promoting healthy lifestyle changes among prepregnancy women.		
Role: Co-Investigator		
RO1HD046567-01 Fund # 51H5 (Davison, K. K.) NIH, NICHD	5/01/04-4/30/08 \$886,144	.15 calendar
<i>Predictors of Adolescent Girls' Physical Activity</i>		
The goal of this study is to examine familial and peer support during childhood as predictors of girls' physical activity across ages 13 to 15 years.		
Role: Co-Investigator		
Pennsylvania State University (Downs, D. Symons) Children, Youth, and Families Consortium	4/1/05-12/29/07 \$20,000	1.2 calendar
<i>Maternal and Child Risk Factors for Type 2 Diabetes</i>		
The goal of this study is to develop a R01 application examining maternal and child risk factors for type 2 diabetes. Collaborators: Birch, L. L., Paul, I. M., & Ulbrecht, J. S.		
Role: PI		
Pennsylvania State University (Downs, D. Symons) Penn State Diabetes Center	7/1/06-12/31/07 \$10,000	1.2 calendar
<i>Preventing Type 2 Diabetes in Women with Prior Gestational Diabetes</i>		
The goal of this study is to develop a NIH R-01 grant proposal for a lifestyle intervention promoting physical activity and healthy eating among pregnant women at risk for high gestational weight gain.		
Collaborators: Birch, L. L., Collins, L. M., Gabbay, R., Miller, C., Rolls, B. J., & Ulbrecht, J. S.		
Role: PI		
Pennsylvania State University (Birch, L. L.) The Huck Institutes of the Life Sciences	5/1/06-6/30/07 \$50,000	.60 calendar
<i>Prevention of Overweight and Obesity in Mothers and their Children</i>		
The goal of this project was to develop a Center of Excellence for preventing and reducing the risk of childhood obesity and weight gain in mothers and their infants.		
Role: Investigator		
Pennsylvania State University (Downs, D. Symons) President's Fund for Research	10/1/2005-6/29/06 \$500	.60 calendar
<i>Pregnancy Exercise Social Support Scale</i>		
The purpose of this study was to develop and validate the Pregnancy Exercise Social Support Scale.		
Collaborators: Tiffany L. Kirner		
Role: PI		
R03MH070389-01 (Hausenblas, H. A.) NIMH	10/1/04-9/30/06 \$145,500	.60 calendar
<i>Eating Disorder Symptoms and the Media: A Meta-Analysis</i>		

The goal of this study was to conduct a meta-analytic review of studies based on eating disorder symptoms and the influence of the mass media.

Role: Consultant

Pennsylvania State University (Le Masurier, G.) 11/1/04-6/29/06 .60 calendar
College of Health and Human Development Faculty Seed Grant **\$14,450**

Establishing the Validity of Self-Reporting Pedometer Data by Youth

The goal of this study was to examine the validity of youth reporting their exercise behavior via pedometers.

Role: Investigator

NIH STTR 1R41HD049151-01 (Hausenblas, H. A.) 1/1/05-6/30/06 1.2 calendar
NICHD **\$99,803**

Multimedia for Exercise During Pregnancy and Postpartum

The goal of this study was to develop multimedia (CD-ROM and print) specific for exercising during pregnancy and postpartum and distributed to patients by physicians' offices.

Role: Consultant

Pennsylvania State University (Downs, D. Symons) 1/17/04-12/31/05 1.8 calendar
College of Health and Human Development Faculty Seed Grant **\$14,995**

Establishing the Validity and Reliability of Exercise Measures During Pregnancy and Postpartum

The purpose of this study was to validate the use of objective monitoring devices (RT3 accelerometer and Yamax pedometer) and self-report assessments in pregnancy and postpartum.

Role: PI

Mid-Atlantic Regional Chapter of the ACSM (Aukerman, M. M.) 12/1/04-12/31/05 .60 calendar
Faculty-Student Award **\$500**

Utility of a Novel Accelerometer Placement in Measuring Energy Expenditure of Walking During the Second and Third Pregnancy Trimesters

The goal of this study was to compare the traditional hip placement with a novel neck placement to examine the validity of the RT3 accelerometer during pregnancy.

Role: Faculty Advisor

Pennsylvania State University (Downs, D. Symons) 3/1/03-6/29/05 1.8 calendar
Center for Human Development Family Research in Diverse Contexts **\$5,000**

Women's Exercise Intention and Behavior in Postpartum: A Prospective Examination of the Theory of Planned Behavior

The purpose of this study was to examine psychosocial and cognitive determinants of exercise among African American women in Harrisburg, PA.

Role: PI

Pennsylvania State University (Downs, D. Symons) 1/1/03-6/29/05 .60 calendar
Children, Youth, and Families Consortium **\$2,000**

Proposal Funding to Support Collaborative Research Meetings on Women's Health Issues

The purpose of this proposal was to facilitate collaborations with the College of Medicine and to host a speaker highlighting women's health research.

Role: PI

Pennsylvania State University (Downs, D. Symons) 5/1/03-5/1/04 .60 calendar
Children, Youth, and Families Consortium **\$4,100**

Examining Children's Exercise Beliefs Using the Framework of the Theory of Planned Behavior

The purpose of this study was to establish a collaboration with Dr. Kirsten Davison, an expert in parental support for children's physical activity and to collect pilot data on children's exercise behaviors.

Role: PI

Pennsylvania State University (Downs, D. Symons) 11/1/2002-6/30/03 .60 calendar
President's Fund for Research **\$500**

Examining the Psychosocial Correlates of Ballerinas' Exercise Behavior

The purpose of this study was to examine psychological correlates of exercise behavior in a college-age sample of ballerina dancers.

Role: PI

CURRENT SUPPORT

PA Department of Health (Weisman, C. PI) CTSA Pilot <i>Central Pennsylvania Women's Health Study (CePAWHS): Extending the Strong Healthy Women Behavior Change Intervention to Urban Areas</i> The purpose of the proposed research is to modify the <i>Strong Healthy Women</i> intervention to include racially and ethnically diverse urban women in Harrisburg, Lancaster, and York. We hope that this will lead to a reduction in risks of adverse pregnancy outcomes, and to the elimination of disparities in these outcomes across geographic and race/ethnic groups. Collaborators: Hillemeier, Feinberg, & Botti Role: Co-Investigator	10/1/08-9/30/09 \$75,000	0.24 calendar
The Pennsylvania State University (Bartok, PI) Children, Youth, and Families Consortium Use of a Gait Mat to Assess Changes in Gait Patterns in Women During the Postpartum and in their Children Across Early Childhood The overall goals of this project is to collect preliminary data on gait patterns of postpartum women and their offspring and children from ages 1-5, and to use these preliminary data to support a NIH program project grant application. Collaborators: Birch, Challis, Gottschall, Newell, & Olson Role: Co-Investigator	11/1/08-6/30/09 \$20,000	0.6 calendar
NIH (Collins, L.) R-21 NIH Roadmap <i>Dynamical Systems and Related Engineering Approaches to Improving Behavioral Interventions</i> The goal of this study is to develop methods to enhance the conduct of research in the area of behavioral intervention development and evaluation. Collaborators: Birch, Rivera, Runze, & Willis Role: Co-Investigator	9/15/07-9/14/11 \$1,133,344	0.6 calendar
R21DK075867-01 (Downs, D. Symons) NIDDK <i>ACTIVE MOMS: A Physical Activity Intervention for Women with Gestational Diabetes</i> The goal of this study is to compare the effectiveness of a lifestyle physical activity intervention and a structured exercise intervention for increasing GDM women's physical activity beliefs and behaviors and decreasing diabetes-related complications. Collaborators: Birch, Chow, Paul, & Ulbrecht Role: PI	09/15/06-06/30/09 \$398,700	4.8 calendar
The Pennsylvania State University (Downs, D. Symons) Social Science Research Institute <i>Lifestyle Modifications Among Women with Prior Gestational Diabetes: An Efficacy Trial</i> The objective of this study is to determine how postpartum women with prior GDM can be motivated to make long-term lifestyle changes within the context of a cost-effective and sustainable intervention. We will obtain pilot data to submit a NIDDK R-01 grant application. Collaborators: Birch, Collins, Paul, & Ulbrecht Role: PI	2/1/07-12/31/09 \$20,000	1.2 calendar
Canadian Diabetes Association (Rhodes, R)* CDA (Family Research) <i>Obesogenic Behaviors of New Parents: An 18 Month Trial</i> The objective of this study is to prospectively study the physical activity and eating behaviors of new parents from the birth of the child through 18 months postpartum. Collaborators: Blanchard, Benoit, Levy Milne, Naylor, & Warburton Role: Co-Investigator * Funding also received from SSRI (below); PI could only accept one award, so the SSHRCC award was declined.	1/1/07-12/31/09 \$191,644	.15 calendar
Penn State Institute for Diabetes and Obesity (PI, Downs & Co-PI, Birch) Program Project Planning Grant <i>Preventing Overweight Among Mothers and their Infants</i>	4/1/08-3/31/10 \$100,000	2.0 calendar

The objective of this research project is to facilitate a NIH Program Project Grant (P01) application supporting the theme of Prevention of Obesity and Diabetes Among Mothers and their Infants, focusing on the transition to motherhood, with three projects focused on the preconception, prenatal/postpartum, and early infancy periods.

Collaborators: Collins (Co-PI), Birch, Rolls, DeSouza, Hillemeier, Weisman, Ulbrecht, Botti, Paul, Bartok, & Feinberg

Role: PI

National Institutes of Health (Albright, C., PI) NIH-STTR #HL091592	9/1/08-8/21/09 \$132,279	1.2 calendar
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A Home Exercise Program (DVD) for Women with Infants and Young Children.

The objective of this study is to determine the feasibility of an exercise DVD that provides advice on how to become more active and demonstrates different types of exercises women can pick and choose to create an exercise session that is personalized to their fitness level, interest in actively exercising with their baby, interest in exercising with another young child, or their interest in having the DVD capture the attention of a young child while they exercise.

Collaborators: Dunn, A.

Role: Consultant

PENDING SUPPORT (UNDER REVIEW)

National Institutes of Health (Downs & Birch, Co-PI) NIDDK R-24	12/1/09-11/30/10 Total: \$445,968, Direct: \$299,766	3.0 calendar
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Preventing Overweight in Mothers and their Infants

The goal of the proposed research is to strengthen collaborations among an existing interdisciplinary group of researchers at PSU and to develop a unified approach to reducing obesity risk among mothers and their infants.

Collaborators: Collins (Co-PI), co-investigators: Bartok, Birch, Botti, De Souza, Feinberg, Paul, Rolls, & Ulbrecht

Role: Co-PI

National Institutes of Health (Downs PI) NIDDK R01 DK082404-01	12/01/09-11/30/14 Total: \$3,758,596, Direct: \$2,499,358	5.4 calendar
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Independent and Combined Effects of Exercise and Healthy Eating Approaches to Prevent High Gestational Weight Gain

The goal of the proposed research is to use novel intervention and methodological approaches to build an efficacious prenatal intervention to prevent high GWG in normal and overweight women. We will examine the independent and combined effects of exercise and healthy eating interventions for preventing high GWG. We will also examine the intervention effects on maternal and infant health outcomes.

Collaborators: Collins (Co-PI), co-investigators: Bartok, Birch, Botti, De Souza, Mitchell, Paul, Rolls, & Ulbrecht

Role: PI

NIH (Hausenblas, H., PI) R03	1/1/09-6/30/11 \$139,722	1.5 calendar
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Physical Activity Predictors During Postpartum

The objective of this longitudinal study is to understand the determinants of exercise during postpartum.

Role: Consultant

PENDING RESUBMISSION

National Institutes of Health (Hillemeier, PI) NICHD	6/1/09-12/31/13 Total: \$5,324,332, Direct: \$3,589,722	3.0 calendar
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Promoting Preconceptional Health in At-Risk Women: The Strong Healthy Women Program

The goal of the proposed research is to assess whether a modified version of the Strong Health Women intervention is effective in improving health behaviors in a more definitive field test using both self-report and biomarker measures of key outcomes and a more diverse sample of high risk women in low-income communities.

Collaborators: Feinberg, M., Weisman, C., Chinchilli, V., Francis, L., Hartman, T., Birch, L., & Atrash, H.

Role: Co-PI

National Institutes of Health (Hillemeier, M, PI) 1R18DD000456-01	1/1/09-6/30/12 \$1,339,942	3.0 calendar
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A Clinic-Based Intervention to Reduce Disparities in Preconception Health

The objective of this study is to determine the feasibility of a preconception health intervention, *Strong Healthy Women*, delivered through the clinic setting on health risk factors among preconceptional women.

Collaborators: Weisman, C., Feinberg, M., Chuang, C., Chinchilli, V., & Francis, L.

Role: Co-Investigator

NIH (Hausenblas, H. & Downs, D. S., Co-PI)
R-21

4/1/09-3/31/10 2.4 calendar
\$391,594 total (Y1 \$211,348, Y2 \$180,246)

PregXercise: Physical Activity Intervention During Pregnancy and Postpartum

The objective of this study is to conduct a randomized controlled trial to test the effects of a multimedia CD-ROM developed to increase women's physical activity knowledge and behaviors in pregnancy and postpartum.

Role: Co-PI

DECLINED

*SSHRC (Rhodes, R.)

1/1/08-6/30/11 0.6 calendar

Social Sciences and Humanities Research Council of Canada

\$249,419

Health Behaviours During Early Parenthood: Exploring the Effect of Multiple Children

The objective of this study is to prospectively study the physical activity and eating behaviors of new parents from the birth of the child through 24 months postpartum.

Collaborators: Benoit, C., Blanchard, C., Levy-Milne, R., Naylor, P., & Warburton, D., & Warburton, D.E.R.

Role: Co-Investigator

PUBLICATIONS

Peer Reviewed Journal Publications

1. Paul, I. M., Bartok, C. J., **Symons Downs, D.**, Stifter, C. A., Ventura, A. K., & Birch, L. L. (in press). Opportunities for the primary prevention of obesity during infancy. *Advances in Pediatrics*. (Accepted October, 2008).
2. Hillemeier, M. M., **Symons Downs, D.**, Feinberg, M. E., Weisman, C. S., Chuang, C. H., Parrott, R., Velott, D., Francis, L. A., Baker, S. A., Dyer, A., & Chinchilli, V. M. (in press). Improving women's preconceptional health: Findings from a randomized trial of the *Strong Healthy Women* intervention in the Central Pennsylvania Women's Health Study. *Women's Health Issues*, 18S, S87-S96.
3. **Symons Downs, D.**, DiNallo, J. M., & Le Masurier, G. C. (2009). Baby steps: Pedometer-determined and self-reported physical activity behaviors of pregnant women. *Journal of Physical Activity and Health*, 6(1), 63-72.
4. **Symons Downs, D.**, Feinberg M., Hillemeier, M. H., Weisman, C. S., Chase, G. A., Chuang, C. H., Parrott, R., & Francis, L. A. (2009). Design of the Central Pennsylvania Women's Health Study (CePAWHS) strong healthy women intervention: Improving preconceptional health. *Maternal and Child Health Journal*, 13(1), 18-28.
5. **Symons Downs, D.**, DiNallo, J. M., & Kirner, T. L. (2008). Pregnancy and postpartum psychological health: Protective effects of pre-pregnancy exercise. *Annals of Behavioral Medicine*, 36, 54-63.
6. Hausenblas, H. A., **Symons Downs, D.**, Giacobbi, P., Tuccitto, D., & Cook, B. (2008). A multi-level examination of exercise intention and behavior during pregnancy. *Social Science & Medicine*, 66, 2555-2561.
7. DiNallo, J., & **Symons Downs, D.** (2008). The role of exercise in preventing and treating gestational diabetes: A comprehensive review and recommendations for future research. *Journal of Applied Biobehavioral Research*, 12, 141-177.
8. DiNallo, J., Le Masurier, G. C., Williams, N. I., & **Symons Downs, D.** (2008). Walking for health during pregnancy: How much is enough? *Research Quarterly for Exercise & Sport*, 79(1), 28-35.
9. Hausenblas, H. A., Brewer, B. W., Van Raalte, J. L., Cook, B., **Symons Downs, D.**, Weis, C. A., Nigg, C., & Cruz, A. (2008). Development and evaluation of a multimedia CD-ROM for exercise during pregnancy and postpartum. *Patient Education and Counseling*, 70, 215-219.
10. Savage, J.S., Mitchell, D.C., Smiciklas-Wright, H, **Symons Downs, D.**, & Birch, L.L. (2008). Plausible reports of energy intake may predict body mass index in pre-adolescent girls. *Journal of the American Dietetic Association*, 108, 131-135.

11. Hausenblas, H. A., Gauvin, L., **Symons Downs, D.**, & Duley, A. R. (2008). Effects of abstinence from habitual involvement in regular exercise on feeling states: An ecological momentary assessment study. *British Journal of Health Psychology*, *13*, 237-255.
12. **Symons Downs, D.**, DiNallo, J., M., Savage, J., S., & Davison, K. K. (2007). Determinants of eating attitudes among overweight and non-overweight adolescents. *Journal of Adolescent Health*, *41*, 138-145.
13. **Symons Downs, D.**, & Hausenblas, H. A. (2007). Pregnant women's third trimester exercise intention and behavior: Application of the theory of planned behavior. *Psychology and Health*, *22*, 545-559.
14. **Symons Downs, D.** (2006). Understanding exercise intention in an ethnically diverse sample of postpartum women. *Journal of Sport & Exercise Psychology*, *28*, 159-170.
15. **Symons Downs, D.**, & Ulbrecht, J. (2006). Exercise and gestational diabetes: An elicitation study based on the theory of planned behavior. *Diabetes Care*, *29*, 236-240.
16. **Symons Downs, D.**, Graham, G. M., Bargainnier, S., Yang, S., & Vasil, J. (2006). Examining exercise intention and behavior among youth meeting and not meeting current activity recommendations: Application of the theory of planned behavior. *Research Quarterly for Exercise and Sport*, *77*, 91-99.
17. Weisman, C. S., Hillemeier, M. M., Chase, G. A., Dyer, A. M., Baker, S. A., Feinberg, M. **Symons Downs, D.**, Parrott, R. L., Cecil, H. K., Botti, J. J., MacNeill, C., Chuang, C. H., & Yost, B. (2006). Preconceptional health: Risks of adverse pregnancy outcomes by reproductive life stage in the Central Pennsylvania women's health study (CePAWHS). *Women's Health Issues*, *16*(4), 216-226.
18. Krahnstoever Davison, K., **Symons Downs, D.**, & Birch, L. L. (2006). Perceived athletic competence and parental support as predictors of girls' physical activity: What comes first? *Research Quarterly for Exercise and Sport*, *77*, 23-31.
19. Hausenblas, H. A., & **Symons Downs, D.** (2005). Moving to the beat: Examining leisure-time exercise behavior and pregnancy. *Journal of Applied Sport Psychology*, *17*, 240-246.
20. **Symons Downs, D.**, & Hausenblas, H. A. (2005). Applying the theories of reasoned action and planned behavior to exercise: A meta-analytic update. *Journal of Physical Activity and Health*, *2*, 76-97.
21. **Symons Downs, D.**, & Hausenblas, H. A. (2005). Elicitation studies and the theory of planned behavior: A systematic review of exercise beliefs. *Psychology of Sport and Exercise*, *6*, 1-31.
22. **Symons Downs, D.**, Hausenblas, H. A., Nigg, C. A. (2004). Factorial validity and psychometric examination of the exercise dependence scale-revised. *Measurement in Physical Education and Exercise Science*, *8*, 183-201.
23. Hausenblas, H. A., & **Symons Downs, D.** (2004). Prospective examination of the theory of planned behavior applied to exercise behavior during women's first trimester of pregnancy. *Journal of Reproductive and Infant Psychology*, *22*, 199-210.
24. **Symons Downs, D.**, & Singer, R. N. (2004). Goal setting and implementation intentions: Preliminary support for increasing exercise behavior. *Journal of Human Movement Studies*, *45*, 419-432.
25. **Symons Downs, D.**, & Hausenblas, H. A. (2004). I can't stop: The relationship among primary exercise dependence symptoms, injury/illness behaviors, and motives for exercise continuance. *Journal of Human Movement Studies*, *45*, 359-375.
26. **Symons Downs, D.**, & Hausenblas, H. A. (2004). Exercising during pregnancy and postpartum: An elicitation study using the framework of the theory of planned behavior. *Journal of Midwifery and Women's Health*, *49*, 138-144.
27. **Symons Downs, D.**, & Hausenblas, H. A. (2003). Pregnant women's exercise intention and behavior: A prospective examination of the theory of planned behavior. *Women's Health Issues*, *13*, 222-228.
28. Hausenblas, H. A., Dannecker, E. A., & **Symons Downs, D.** (2003). Validity of the leisure-time exercise questionnaire and stages of exercise change construct. *Journal of Applied Social Psychology*, *33*, 1179-1189.

29. **Symons Downs, D.**, & Abwender, D. A. (2002). Evidence of neuropsychological impairment in soccer athletes. *Journal of Sports Medicine and Physical Fitness*, *42*, 103-107.
30. Hausenblas, H. A., Nigg, C. R., **Symons Downs, D.**, Fleming, D. S., & Connaughton, D. P. (2002). Perceptions of exercise, barrier self-efficacy, and decisional balance for middle-level school students. *Journal of Early Adolescence*, *22*, 436-454.
31. Hausenblas, H. A., **Symons Downs, D.**, Fleming, D. S., & Connaughton, D. P. (2002). Body image in middle school children. *The Journal of Eating and Weight Disorders*, *7*, 244-248.
32. Hausenblas, H. A., & **Symons Downs, D.** (2002). A review of exercise dependence. *Psychology of Sport and Exercise*, *3*, 89-123.
33. Hausenblas, H. A., & **Symons Downs, D.** (2002). How much is too much? The development and validation of the exercise dependence scale. *Psychology and Health*, *17*, 387-404.
34. Hausenblas, H. A., & **Symons Downs, D.** (2002). Relationship among sex, imagery, and exercise dependence symptoms. *Psychology of Addictive Behaviors*, *16*, 169-172.
35. Hausenblas, H. A., & **Symons Downs, D.** (2001). Comparison of body image between athletes and non-athletes: A meta-analytic review. *Journal of Applied Sport Psychology*, *13*, 323-339.
36. Hausenblas, H. A., Nigg, C. R., Dannecker, E. A., **Symons, D. A.**, Ellis, S. R., Fallon, E. A., Focht, B. C., & Loving, M. G. (2001). A missing piece of the transtheoretical model applied to exercise: Development and validation of the temptation to not exercise scale. *Psychology and Health*, *16*, 381-390.
37. Singer, R. N., **Symons Downs, D.**, Bouchard, L., & de la Pena, D. (2001). The influence of a process versus outcome orientation on tennis performance and knowledge. *Journal of Sport Behavior*, *24*, 213-222.

Published Abstracts

1. Rauff, E. L., **Symons Downs, D.**, DiNallo, J. M. (2008). Prospective examination of physical activity and gestational weight gain in pregnancy. *Journal of Sport & Exercise Psychology*, *30*, S194.
2. **Symons Downs, D.**, DiNallo, J. M., & Kirner, T. L. (2007). Pregnant women's exercise motivation and behavior: The moderating influence of parental status. *Journal of Sport & Exercise Psychology*, *29*, S160.
3. DiNallo, J. M., Savage, J. F., & **Symons Downs, D.** (2007). Adolescent body satisfaction: The role of perceived parental encouragement for physical activity. *Journal of Sport & Exercise Psychology*, *29*, S158.
4. **Symons Downs, D.**, DiNallo, J. M., & Kirner, T. L. (2007). Prospective examination of women's exercise behavior and psychological correlates before, during, and after pregnancy. *Annals of Behavioral Medicine*, *33*, S116.
5. **Symons Downs, D.**, DiNallo, J. M., & Rhodes, R. E. (2007). Youth exercise intention: Does age moderate the associations among the TPB constructs? *Annals of Behavioral Medicine*, *33*, S189.
6. Hausenblas, H. A., **Symons Downs, D.**, Giacobbi, P., Tuccitto, D., & Cook, B. (2007). Longitudinal examination of exercise motivation during pregnancy using the theory of planned behavior. *Annals of Behavioral Medicine*, *33*, S197.
7. Cook, B., Hausenblas, H. A., Brewer, B., Van Raalte, J., **Symons Downs, D.**, Weis, C. A., Nigg, C., & Cruz, A. (2007). Development and testing of a multimedia CD-ROM for exercise during pregnancy and postpartum. *Annals of Behavioral Medicine*, *33*, S046.
8. Davison, K. K., **Symons Downs, D.**, & Schmaltz, D. (2006). Why do adolescent girls disengage from physical activity? Development and validation of the Physical Activity Attrition Scale. North American Association for the Study of Obesity. *Obesity*, *14* (suppl), 686-P, A217.
9. **Symons Downs, D.**, & Le Masurier, G. (June, 2006). Pedometer-determined physical activity indices of pregnant women at 20 and 32 weeks gestation. *Medicine & Science in Sports & Exercise*, *38*, S539.

10. DiNallo, J. M., Le Masurier, G., & **Symons Downs, D.** (June, 2006). Preliminary examination of triaxial accelerometer activity counts with pregnant women. *Medicine & Science in Sports & Exercise*, 38, S558.
11. **Symons Downs, D.**, & Kirner, T. L. (June, 2006). A helping hand: Development and validation of the pregnancy exercise social support scale. *Journal of Sport & Exercise Psychology*, 28, S180.
12. **Symons Downs, D.**, & Shevchik, H. A. (June, 2006). Leisure-time exercise behavior and exercise motivation in youth: Links to exercise dependence symptoms? *Journal of Sport & Exercise Psychology*, 28, S180.
13. **Symons Downs, D.**, & Gardner, R. E. (June, 2006). Youth exercise intention and behavior: Does race moderate the theory of planned behavior contributions? *Journal of Sport & Exercise Psychology*, 28, S179.
14. DiNallo, J. M., **Symons Downs, D.**, & Le Masurier, G. (June, 2006). Walking for health during pregnancy: How much is enough? *Journal of Sport & Exercise Psychology*, 28, S58.
15. Paul, K. C., Gardner, R. E., Kosma, M., Solmon, M., & **Symons Downs, D.** (June, 2006). Psychological correlates of youth exercise behavior. *Journal of Sport & Exercise Psychology*, 28, S145.
16. **Symons Downs, D.**, DiNallo, J., Kirner, T., & Shevchik, H. (2006). Baby steps: Prospective examination of pregnancy physical activity behaviors. *Annals of Behavioral Medicine*, 31, S154.
17. Cook, B., Hausenblas, H., & **Symons Downs, D.** (2006). Longitudinal examination of exercise beliefs during pregnancy. *Annals of Behavioral Medicine*, 31, S054.
18. **Symons Downs, D.** (2005). Ethnicity and exercise intention during postpartum: Application of the theory of planned behavior. *Journal of Sport & Exercise Psychology*, 27, S63.
19. **Symons Downs, D.**, Hausenblas, H. A., Davison, K. K., Acharya, J. (2005). Ethnocultural and sex differences in exercise dependence symptoms. *Journal of Sport & Exercise Psychology*, 27, S64.
20. **Symons Downs, D.**, Graham, G. M., Bargainnier, S. S., Yang, S. P., & Vasil, J. J. (2004). Examining psychosocial and cognitive determinants of youth physical activity intention and behavior. *Research Quarterly for Exercise and Sport*, 75, S89.
21. **Symons Downs, D.**, Buckley, W. E., Ricketts, R., & Mitchell, K. (2004). Correlates of exercise behavior in a sample of deputy sheriffs. *Research Quarterly for Exercise and Sport*, 75, S89.
22. Yang, S. P., **Symons Downs, D.**, Graham, G. M., Vasil, J. J., & Bargainnier, S. S. (2004). Baseline measures of screen time and physical activity in a PEP school: Mutually exclusive? *Research Quarterly for Exercise and Sport*, 75, S77.
23. Davison, K. K., **Downs, D. S.**, & Birch, L. L. (2004). Girls' elicited support from their parents which in turn predicts their physical activity. *Medicine & Science in Sports & Exercise*, 36, S298.
24. **Symons Downs, D.**, & Hausenblas, H., A. (2003). I can't stop! Further validation of the exercise dependence scale-revised. *Journal of Sport & Exercise Psychology*, 25, S52-S53.
25. **Symons Downs, D.**, Conroy, D. E., & Hausenblas, H. A. (2003). Examining the factorial invariance of the Exercise Dependence Scale. *Journal of Sport & Exercise Psychology*, 25, S52.
26. Hausenblas, H. A., & **Symons Downs, D.** (2003). Exercising and the first pregnancy trimester: A prospective examination of the theory of planned behavior. *Journal of Sport & Exercise Psychology*, 25, S67-S68.
27. **Symons Downs, D.**, & Hausenblas, H. A. (2003). Examining pregnant women's exercise intention and behavior: A prospective investigation of the theory of planned behavior. *Research Quarterly for Exercise and Sport*, 74, A69.
28. **Symons Downs, D.**, & Hausenblas, H. A. (2003). Elicitation studies and the theory of planned behavior: A systematic review of exercise beliefs. *Research Quarterly for Exercise and Sport*, 74, A-68-A69.
29. **Symons, D. A.**, Hausenblas, H. A., & Stuart, M. E. (2000). Relationship between pre-competitive anxiety and flow experiences in college swimmers and divers. *Research Quarterly for Exercise and Sport*, 71, A-95.

30. **Symons, D. A.**, & Hausenblas, H. A. (2000). Development and validation of the exercise dependence inventory. *Research Quarterly for Exercise and Sport*, 71, A-96.
31. Hausenblas, H. A., **Symons, D. A.**, Fleming, D. S., & Connaughton, D. P. (2000). Examination of the stages of change with middle school children. *Research Quarterly for Exercise and Sport*, 71, A-90.
32. Dannecker, E. A., Hausenblas, H. A., Nigg, C. R., **Symons, D. A.**, Ellis, S. R., Fallon, E. A., Focht, B. C., & Loving, M. G. (2000). The missing piece of the transtheoretical model: Development and validation of the exercise temptation scale. *Research Quarterly for Exercise and Sport*, 71, A-87.
33. Singer, R. N., Bouchard, L., de la Pena, D., & **Symons, D. A.** (1999). The influence of a process versus outcome orientation on tennis performance and knowledge. *Journal of Sport & Exercise Psychology*, 21, S99.
34. **Symons, D. A.**, & Abwender, D. A. (1999). Neuropsychological impairment in soccer athletes. *The Clinical Neuropsychologist*, 13, 220.

Conference Proceeding Publications

1. **Symons Downs, D.**, Perna, F., Craft, L., & Gardner, R. E. (2003, October). *Symposium: Physical activity and women with physical and psychological limitations: Pre-intervention and intervention perspectives*. Association for the Advancement of Applied Sport Psychology Conference Proceedings, Philadelphia, PA.
2. Hlavaty, N., & **Symons Downs, D.** (2003, October). *Bodies on display: Examining body dissatisfaction and exercise dependence symptoms in college ballet dancers*. Association for the Advancement of Applied Sport Psychology Conference Proceedings, Philadelphia, PA.
3. **Symons Downs, D.**, & Hausenblas, H. A. (October, 2001). *Applying the theories of reasoned action and planned behavior to exercise: A meta-analytic update*. Association for the Advancement of Applied Sport Psychology Conference Proceedings, Orlando, FL.
4. **Symons Downs, D.**, & Singer, R. N. (October, 2001). *The application of goal setting and implementation intentions to exercise*. Association for the Advancement of Applied Sport Psychology Conference Proceedings, Orlando, FL.
5. Shepperd, J. A., **Symons Downs, D.**, & Hausenblas, H. A. (October, 2001). *Does every cloud have a silver lining? Examining the optimistic bias and jogging performance*. Association for the Advancement of Applied Sport Psychology Conference Proceedings, Orlando, FL.
6. **Symons Downs, D.**, & Hausenblas, H. A. (2000, October). *Exercise dependence and injury: Is there a risk?* Association for the Advancement of Applied Sport Psychology Conference Proceedings, Nashville, TN.
7. Hausenblas, H. A., & **Symons Downs, D.** (2000, October). *Body image and athletes: A meta-analytic review*. Association for the Advancement of Applied Sport Psychology Conference Proceedings, Nashville, TN.
8. **Symons, D. A.**, & Hausenblas, H. A. (2000, April). Just can't get enough: The development and validation of the exercise dependence scale. *Graduate Student Forum Publication*, 67.

WORK IN PROGRESS

Manuscripts in Review

1. Scott, F., Rhodes, R. E., & **Symons Downs, D.** (in review). Does physical activity intensity moderate social cognition and behavior relationships? *Journal of American College Health*. (Revise and Resubmit, Dec, 2008).
2. Weisman, C. A., Hillemeier, M. M., Misra, D. P., Camacho, F. T., Chuang, C. H., **Symons Downs, D.**, Baker, S. A., & Dyer, A. M. (in review). Preconception predictors of birth outcomes: Prospective findings from the Central Pennsylvania Women's Health Study. (Submitted December, 2008).

BOOK CHAPTERS

1. Rhodes, R.E., **Symons Downs, D.**, & Riecken, K.H.B. (2008). Delivering inactivity: A review of physical activity and the transition to motherhood. In L.T. Allerton & G.P. Rutherford (Eds.) *Exercise and Women's Health: New Research* (pp. 105-127). Earthlink Science Press: Hauppauge, N.Y.

BOOK REVIEWS

1. Ussher, M. (October 24, 2006). **Theories of exercise**. Abingdon, Oxford, UK: Routledge Books. *Reviewed an abbreviated draft of the manuscript, provided significant comments related to the theory of planned behavior and intervention chapters, provided suggestions to the editors to improve the overall framework of the textbook.*
2. Lox, C. L., Martin Ginis, K. A., & Petruzzello, S. J. (June 1, 2005). **The psychology of exercise: Integrating theory and practice, second edition**. Scottsdale, AZ: Holcomb Hathaway Publishers. *Reviewed the entire second edition draft of the textbook, provided edits for the theory chapter, addictive behaviors chapter, and intervention chapter, provided suggestions to the authors for improving the overall utility of the textbook for undergraduate student populations.*

PRESENTATIONS

Accepted Presentations to National and International Conferences

1. **Symons Downs, D.**, DiNallo, J. M., Rauff, E. L., & Minogue, A. C. (May, 2009). Perceived control and physical activity determinants and behaviors among pregnant women with gestational diabetes. *Poster submitted for presentation at the American College of Sports Medicine Annual Conference*. Seattle, Washington.
2. DiNallo, J. M., **Symons Downs, D.**, & Le Masurier, G. (May, 2009). Examining the stability of activity monitors in pregnancy. *Poster submitted for presentation at the American College of Sports Medicine Annual Conference*. Seattle, Washington.
3. Rauff, E. L., **Symons Downs, D.**, & DiNallo, J. M. (May, 2009). Relationship between prepregnancy BMI, psychological health, and physical activity during the second trimester of pregnancy. *Poster submitted for presentation at the American College of Sports Medicine Annual Conference*. Seattle, Washington.
4. Davison, K. K., **Symons Downs, D.**, & Schmaltz, D. L. (April, 2009). Hop, skip... no! Reasons adolescent girls disengage from physical activity. *Paper to be presented at the Society of Behavioral Medicine*. Montreal, Quebec, Canada.
5. Rhodes, R. E., Scott, F., & **Symons Downs, D.** (April, 2009). Does physical activity intensity moderate social cognition and behavior relationships? *Poster to be presented at the Society of Behavioral Medicine*. Montreal, Quebec, Canada.

Refereed Presentations at National and International Conferences

See also Published Abstracts and Conference Proceedings

6. Rauff, E., **Symons Downs, D.**, & DiNallo, J. M. (June, 2008). Prospective examination of physical activity and gestational weight gain in pregnancy. *Paper presented at the North American Society for the Psychology of Sport and Physical Activity*. Niagara Falls, Ontario, Canada.
7. Carter, R. M., **Symons Downs, D.**, Bascom, R., Weisman, C. S., & Chase, G. A. (2007). Examining the moderating influence of asthma on biobehavioral characteristics of rural, preconceptional women categorized as asthmatic or non-asthmatic. *Paper presented at the American Thoracic Society National Conference*.
8. DiNallo, J. M., **Symons Downs, D.**, Rauff, E. L., & Ulbrecht, J. S. (November, 2007). *Effects of structured exercise on blood glucose in GDM women*. Paper presented at the Mid-Atlantic Regional Chapter for the American College of Sports Medicine, Harrisburg, PA.
9. Rauff, E. L., DiNallo, J. M., & **Symons Downs, D.** (November, 2007). *Gestational weight gain and physical*

Activity. Paper presented at the Mid-Atlantic Regional Chapter for the American College of Sports Medicine, Harrisburg, PA.

10. Hillemeier, M. M., Weisman, C. S., Botti, J. J., **Symons Downs, D.**, Feinberg, M., & Chase, G. A. (October, 2007). *Preconceptional health promotion in low-income rural communities: Randomized trial results from the Central Pennsylvania Women's Health Study (CePAWHS)*. Paper presented at the Centers for Disease Control (CDC) 2007 Preconception Care Summit.
11. **Symons Downs, D.**, DiNallo, J. M., & Kirner, T. L. (June, 2007). *Pregnant women's exercise motivation and behavior: The moderating influence of parental status*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity, San Diego, CA.
12. DiNallo, J. M., Savage, J. F., & **Symons Downs, D.** (June, 2007). *Adolescent body satisfaction: The role of perceived parental encouragement for physical activity*. Poster presented at the North American Society for the Psychology of Sport and Physical Activity, San Diego, CA.
13. **Symons Downs, D.**, DiNallo, J. M., & Kirner, T. L. (March, 2007). *Prospective examination of women's exercise behavior and psychological correlates before, during, and after pregnancy*. Paper presented at the Society of Behavioral Medicine, Washington, D.C.
14. **Symons Downs, D.**, DiNallo, J. M., & Rhodes, R. E. (March, 2007). *Youth exercise intention: Does age moderate the associations among the TPB constructs?* Poster presented at the Society of Behavioral Medicine, Washington, D.C.
15. Hausenblas, H. A., **Symons Downs, D.**, Giacobbi, P., Tuccitto, D., & Cook, B. (March, 2007). *Longitudinal examination of exercise motivation during pregnancy using the theory of planned behavior*. Poster presented at the Society of Behavioral Medicine, Washington, D.C.
16. Cook, B., Hausenblas, H. A., Brewer, B., Van Raalte, J., **Symons Downs, D.**, Weis, C. A., Nigg, C., & Cruz, A. (March, 2007). *Development and testing of a multimedia CD-ROM for exercise during pregnancy and postpartum*. Poster presented at the Society of Behavioral Medicine, Washington, D.C.
17. Davison, K. K., **Symons Downs, D.**, & Schmaltz, D. (October, 2006). *Why adolescent girls disengage from physical activity: The Development of the Physical Activity Attrition Scale*. NAASO: Poster presented at the Obesity Society, Boston, MA.
18. **Symons Downs, D.**, & Le Masurier, G. (June, 2006). *Pedometer-determined physical activity indices of pregnant women at 20 and 32 weeks gestation*. Poster presented at the American College of Sports Medicine, Denver, CO.
19. DiNallo, J. M., Le Masurier, G., & **Symons Downs, D.** (June, 2006). *Preliminary examination of triaxial accelerometer activity counts with pregnant women*. Poster presented at the American College of Sports Medicine, Denver, CO.
20. **Symons Downs, D.**, & Kirner, T. L. (June, 2006). *A helping hand: Development and validation of the pregnancy exercise social support scale*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity, Denver, CO.
21. **Symons Downs, D.**, & Shevchik, H. A. (June, 2006). *Leisure-time exercise behavior and exercise motivation in youth: Links to exercise dependence symptoms?* Poster presented at the North American Society for the Psychology of Sport and Physical Activity, Denver, CO.
22. **Symons Downs, D.**, & Gardner, R. E. (June, 2006). *Youth exercise intention and behavior: Does race moderate the theory of planned behavior contributions?* Poster presented at the North American Society for the Psychology of Sport and Physical Activity, Denver, CO.
23. DiNallo, J. M., **Symons Downs, D.**, & Le Masurier, G. (June, 2006). *Walking for health during pregnancy: How much is enough?* Paper presented at the North American Society for the Psychology of Sport and Physical Activity, Denver, CO.
24. Paul, K. C., Gardner, R. E., Kosma, M., Solmon, M., & **Symons Downs, D.** (June, 2006). *Psychological*

correlates of youth exercise behavior. Poster presented at the North American Society for the Psychology of Sport and Physical Activity, Denver, CO.

25. **Symons Downs, D.**, DiNallo, J. M., Kirner, T. L., & Shevchick, H. A. (March, 2006). *Baby steps: Prospective examination of pregnancy physical activity behaviors.* Poster presented at the Society of Behavioral Medicine, San Francisco, CA.
26. Cook, B., Hausenblas, H. A., **Symons Downs, D.**, & DiNallo, J. M. (March, 2006). *Longitudinal examination of exercise beliefs during pregnancy.* Poster presented at the Society of Behavioral Medicine, San Francisco, CA.
27. **Symons Downs, D.**, & Ulbrecht, J. S. (November, 2005). *Exercise beliefs and behaviors of women with gestational diabetes.* Poster presented at the American Diabetes Association 5th International Congress on Gestational Diabetes, Chicago, IL.
28. DiNallo, J. M., & **Symons Downs, D.** (November, 2005). *Perceived parental exercise and adolescent leisure-time exercise.* Poster presented at the Mid-Atlantic Regional Conference, American College of Sports Medicine, Harrisburg, PA.
29. Kirner, T. L., & **Symons Downs, D.** (November, 2005). *Leisure-time exercise, perceived barriers, and social support during pregnancy and postpartum.* Poster presented at the Mid-Atlantic Regional Conference, American College of Sports Medicine, Harrisburg, PA.
30. Shevchik, H. A., & **Symons Downs, D.** (November, 2005). *Leisure-time exercise behavior and exercise motivation in youth: Links to exercise dependence.* Poster presented at the Mid-Atlantic Regional Conference, American College of Sports Medicine, Harrisburg, PA.
31. **Symons Downs, D.**, Hausenblas, H. A., DiNallo, J. M., & Cook, B. (October, 2005). *Physical activity recommendations during pregnancy: Is walking enough?* Poster presented at the American College of Sports Medicine, Walking for Health, Measurement and Research Issues and Challenges, University of Illinois, Urbana-Champaign.
32. **Symons Downs, D.**, & Ulbrecht, J. S. (August, 2005). *Gestational diabetes and exercise beliefs: An elicitation study.* Paper presented at the 113th Annual Convention of the American Psychological Association, Washington, DC.
33. **Symons Downs, D.**, & Aukerman, M. M. (August, 2005). *Adolescent eating attitudes: Influences of BMI, exercise, body satisfaction, and depression.* Paper presented at the 113th Annual Convention of the American Psychological Association, Washington, DC.
34. DiNallo, J., & **Symons Downs, D.** (2005). *After-school activity program improves overweight children's body composition.* Poster presented at the 113th Annual Convention of the American Psychological Association, Washington, D. C.
35. **Symons Downs, D.** (June, 2005). *Ethnicity and exercise intention during postpartum: Application of the theory of planned behavior.* Poster presented at the North American Society for the Psychology of Sport and Physical Activity, St. Petersburg, FL.
36. **Symons Downs, D.**, Hausenblas, H. A., Davison, K. K., & Acharya, J. (June, 2005). *Ethno-cultural and sex differences in exercise dependence symptoms.* Poster presented at the North American Society for the Psychology of Sport and Physical Activity, St. Petersburg, FL.
37. Krahnstoever Davison, K., **Symons Downs, D.**, & Birch, L. L. (2004, June). *Girls elicit support from their parents which predicts their physical activity.* Poster presented at the American College of Sports Medicine, Indianapolis, Indiana.
38. **Symons Downs, D.**, Graham, G. M., Bargainnier, S. S., Yang, S. P., & Vasil, J. J. (2004, April). *Examining psychosocial and cognitive determinants of youth physical activity intention and behavior.* Paper presented at the American Alliance for Health, Physical Education, Recreation, and Dance, New Orleans, LA.

39. **Symons Downs, D.**, Buckley, W. E., Ricketts, R., & Mitchell, K. (2004, April). *Correlates of exercise behavior in a sample of deputy sheriffs*. Poster presented at the American Alliance for Health, Physical Education, Recreation, and Dance, New Orleans, LA.
40. Yang, S. P., **Symons Downs, D.**, Graham, G. M., Vasil, J. J., & Bargainnier, S. S. (2004, April). *Baseline measures of screen time and physical activity in a PEP school: Mutually exclusive?* Poster presented at the American Alliance for Health, Physical Education, Recreation, and Dance, New Orleans, LA.
41. **Symons Downs, D.**, Perna, F., Craft, L., & Gardner, R. E. (2003, October). *Symposium: Physical activity and women with physical and psychological limitations: Pre-intervention and intervention perspectives*. Association for the Advancement of Applied Sport Psychology, Philadelphia, PA.
42. Hlavaty, N., & **Symons Downs, D.** (2003, October). *Bodies on Display: Examining Body Dissatisfaction and Exercise Dependence Symptoms in College Ballet Dancers*. Poster presented at the Association for the Advancement of Applied Sport Psychology, Philadelphia, PA.
43. **Symons Downs, D.**, & Hausenblas, H., A. (2003, August). *Moving to the beat: A prospective examination of pregnant women's exercise behavior and body mass index*. Poster presented at the 111th Annual Convention of the American Psychological Association, Toronto, Canada.
44. **Symons Downs, D.**, & Hausenblas, H. A. (2003, August). *The theory of planned behavior and exercise during pregnancy and postpartum*. Poster presented at the 111th Annual Convention of the American Psychological Association, Toronto, Canada.
45. Hausenblas, H. A., & **Symons Downs, D.** (2003, August). *Prospective examination of social physique anxiety and exercise during pregnancy*. Poster presented at the 111th Annual Convention of the American Psychological Association, Toronto, Canada.
46. **Symons Downs, D.**, & Hausenblas, H., A. (2003, June). *I can't stop! Further validation of the exercise dependence scale-revised*. Poster presented at the North American Society for the Psychology of Sport and Physical Activity, Savannah, GA.
47. **Symons Downs, D.**, Conroy, D. E., & Hausenblas, H. A. (2003, June). *Examining the factorial invariance of the Exercise Dependence Scale*. Poster presented at the North American Society for the Psychology of Sport and Physical Activity, Savannah, GA.
48. Hausenblas, H. A., & **Symons Downs, D.** (2003, June). *Exercising and the first pregnancy trimester: A prospective examination of the theory of planned behavior*. Poster presented at the North American Society for the Psychology of Sport and Physical Activity, Savannah, GA.
49. **Symons Downs, D.**, & Hausenblas, H. A. (2003, April). *Elicitation studies and the theory of planned behavior: A systematic review of exercise beliefs*. Poster presented at the American Alliance for Health, Physical Education, Recreation, and Dance, Philadelphia, PA.
50. **Symons Downs, D.**, & Hausenblas, H. A. (2003, April). *Pregnant women's exercise intention and behavior: A prospective examination of the theory of planned behavior*. Paper presented at the American Alliance for Health, Physical Education, Recreation, and Dance, Philadelphia, PA.
51. **Symons Downs, D.**, & Hausenblas, H. A. (October, 2001). *Applying the theories of reasoned action and planned behavior to exercise: A meta-analytic update*. Paper presented at the Association for the Advancement of Applied Sport Psychology, Orlando, FL.
52. **Symons Downs, D.**, & Singer, R. N. (October, 2001). *To intend or not to intend: Application of goal setting and implementation intentions to exercise*. Poster presented at the Association for the Advancement of Applied Sport Psychology, Orlando, FL.
53. Shepperd, J. A., **Symons Downs, D.**, & Hausenblas, H. A. (October, 2001). *Does every cloud have a silver lining? Examining the optimistic bias and jogging performance*. Poster presented at the Association for the Advancement of Applied Sport Psychology, Orlando, FL.
54. **Symons Downs, D.**, & Hausenblas, H. A. (August, 2001). *The price of persistence: Injury, illness, and exercise*

dependence. Paper presented at the 109th Annual Convention of the American Psychological Association, San Francisco, CA.

55. **Symons Downs, D.**, & Hausenblas, H. A. (August, 2001). *Exercise the ego? The relationship between self-esteem and exercise dependence*. Poster presented at the 109th Annual Convention of the American Psychological Association, San Francisco, CA.
56. Hausenblas, H. A., Nigg, C., & **Symons Downs, D.** (August, 2001). *How much is too much? A factor analysis of the exercise dependence scale*. Poster presented at the 109th Annual Convention of the American Psychological Association, San Francisco, CA.
57. **Symons Downs, D.**, & Hausenblas, H. A. (October, 2000). *Exercise dependence and injury: Is there a risk?* Paper presented at the Association for the Advancement of Applied Sport Psychology, Nashville, TN.
58. Hausenblas, H. A., & **Symons Downs, D.** (October, 2000). *Body image and athletes: A meta-analytic review*. Poster presented at the Association for the Advancement of Applied Sport Psychology, Nashville, TN.
59. Hausenblas, H. A., **Symons, D. A.**, Fleming, D. S., & Connaughton, D. P. (May, 2000). *Body dissatisfaction in male and female middle school children*. Poster presented at the Academy for Eating Disorders: Ninth International Conference on Eating Disorders, New York, NY.
60. Hausenblas, H. A., & **Symons, D. A.** (May, 2000). *Body image and athletes: A meta-analysis*. Paper presented at the Academy for Eating Disorders: Ninth International Conference on Eating Disorders, New York, NY.
61. **Symons, D. A.**, Hausenblas, H. A., & Stuart, M. E. (March, 2000). *Relationship between pre-competitive anxiety and flow experiences in college swimmers and divers*. Poster presented at the American Alliance for Health, Physical Education, Recreation, and Dance, Orlando, FL.
62. **Symons, D. A.**, & Hausenblas, H. A. (March, 2000). *Development and validation of the exercise dependence scale*. Paper presented at the American Alliance for Health, Physical Education, Recreation, and Dance, Orlando, FL.
63. Hausenblas, H. A., **Symons, D. A.**, Fleming, D. S., & Connaughton, D. P. (March, 2000). *Examination of the stages of change with middle school children*. Poster presented at the American Alliance for Health, Physical Education, Recreation, and Dance, Orlando, FL.
64. Dannecker, E. A., Hausenblas, H. A., Nigg, C. R., **Symons, D. A.**, Ellis, S. R., Fallon, E. A., Focht, B. C., & Loving, M. G. (March, 2000). *The missing piece of the transtheoretical model: Development and validation of the exercise temptation scale*. Poster presented at the American Alliance for Health, Physical Education, Recreation, and Dance, Orlando, FL.
65. Singer, R. N., Bouchard, L., de la Pena, D., & **Symons, D. A.** (1999, June). *The influence of a process versus outcome orientation on tennis performance and knowledge*. Poster presented at the North American Society for the Psychology of Sport and Physical Activity, Clearwater FL.
66. **Symons, D. A.**, & Abwender, D. A. (August, 1999). *Neuropsychological impairment in soccer athletes*. Paper presented at the 107th Annual Convention of the American Psychological Association, Boston, MA.

Refereed Local Presentations

1. **Symons Downs, D.**, DiNallo, J. M., Rauff, E. L., Ulbrecht, J. S., Klees, L. P., Birch, L. L., & Paul, I. M. (April, 2008). *Active MOMS: Physical activity intervention for women with gestational diabetes*. Fourth Annual Research Congress, Penn State Institute of Obesity and Diabetes, The Pennsylvania State University.
2. DiNallo, J. M., **Symons Downs, D.**, Rauff, E. L., & Ulbrecht, J. S. (April, 2008). *Effects of structured exercise on blood glucose in GDM women*. Fourth Annual Research Congress, Penn State Institute of Obesity and Diabetes, The Pennsylvania State University.
3. Rauff, E. L., **Symons Downs, D.**, & DiNallo, J. M. (April, 2008). *Gestational weight gain and physical activity*. Fourth Annual Research Congress, Penn State Institute of Obesity and Diabetes, The Pennsylvania State University.

4. **Symons Downs, D.** (2007, May). *Preventing type 2 diabetes in women with prior gestational diabetes mellitus*. Third Annual Diabetes Research Congress, The Pennsylvania State University.
5. **Symons Downs, D.**, Birch, L., Collins, L., Paul, I., Rolls, B., & Ulbrecht, J. (2007, May). *Lifestyle intervention for the prevention of gestational diabetes: Application of MOST*. Third Annual Diabetes Research Congress, The Pennsylvania State University.
6. DiNallo, J., M., Savage, J. F., & **Symons Downs, D.** (2007, May). *Adolescent body satisfaction: The role of perceived parental encouragement for physical activity*. Third Annual Diabetes Research Congress, The Pennsylvania State University.
7. DiNallo, J. M. & **Symons Downs, D.** (2007, April). Walking for health: activity recommendations in pregnancy. **Poster** presented at the 2007 Graduate Research Exhibition, The Pennsylvania State University. **DiNallo took third place in the Behavioral Medicine and Psychology Category.**
8. **Symons Downs, D.**, & Ulbrecht, J. S. (2006, April). *Motivating women with gestational diabetes: A theoretical framework*. Second Annual Diabetes Research Congress, The Pennsylvania State University.
9. DiNallo, J. M., & **Symons Downs, D.** (2006, April). *Gestational diabetes and physical activity: A comprehensive review*. Second Annual Diabetes Research Congress, The Pennsylvania State University.
10. Weisman, C. S., Baker, S. A., **Symons Downs, D.**, Hillemeier, M. M., & Botti, J. J. (2006, April). *Diabetes prevention-related interventions in the Central Pennsylvania Women's Health Study (CePAWHS)*. Second Annual Diabetes Research Congress, The Pennsylvania State University.
11. DiNallo, J. M., & **Symons Downs, D.** (2006, April). Preliminary examination of triaxial accelerometer activity counts with pregnant women. Poster presented at the 2006 Graduate Research Exhibition, The Pennsylvania State University. **DiNallo took third place in the Behavioral Medicine and Psychology Category.**
12. **Symons Downs, D.**, Weisman, C., Hillemeier, M., & Botti, J. (2005, May). *Diabetes prevention: Targeting preconceptional women*. First Annual Diabetes Research Congress, The Pennsylvania State University.
13. **Symons Downs, D.**, & Ulbrecht, J. (2005, May). *Gestational diabetes and exercise beliefs: An elicitation study*. First Annual Diabetes Research Congress, The Pennsylvania State University.
14. **Symons Downs, D.**, Ulbrecht, J., Paul, I., & Birch, L. L. (2005, May). *Maternal and child risk factors for type 2 diabetes*. First Annual Diabetes Research Congress, The Pennsylvania State University.
15. DiNallo, J. M., & **Symons Downs, D.** (2005, May). *Physical activity, diabetes, and obesity in children: A social-ecological perspective*. First Annual Diabetes Research Congress, The Pennsylvania State University.
16. McManama Aukerman, M., & **Symons Downs, D.** (2005, May). *Physical activity and type 2 diabetes in pediatric populations: Are we on the right track?* First Annual Diabetes Research Congress, The Pennsylvania State University.
17. McManama Aukerman, M., & **Symons Downs, D.** (2005, May). *The role of partner support in influencing prenatal and postpartum exercise behaviors in women with gestational diabetes mellitus*. First Annual Diabetes Research Congress, The Pennsylvania State University.
18. DiNallo, J.M., & **Symons Downs, D.** (2005, April). *After-school Activity Program Improves Overweight Children's Body Composition*. Poster presented at the 2005 Graduate Research Exhibition, The Pennsylvania State University.
19. Hlavaty, N., & **Symons Downs, D.** (2003, April). *Moving to the beat: Examining the psychosocial correlates of ballerinas' exercise behavior*. Poster presented at the 2003 Undergraduate Research Exhibition, The Pennsylvania State University.

Non-Refereed Presentations

1. DiNallo, J. M., **Symons Downs, D.**, Rauff, E., & Ulbrecht, J. S. (2007). *Effects of structured exercise on blood glucose in GDM women*. Poster presented at the Penn State Institute of Diabetes and Obesity Fall Research Retreat.
2. Rauff, E. L., **Symons Downs, D.**, & DiNallo, J. M. (2007). *Gestational weight gain and physical activity*. Poster presented at the Penn State Institute of Diabetes and Obesity Fall Research Retreat.

Invited Presentations/Discussions

1. **Symons Downs, D.** College of Health and Human Development, Pottstown, PA Foundation Meeting. Title Of Presentation: *Exercise, pregnancy, and health outcomes*. (November 6, 2006).
2. **Symons Downs, D.** Department of Kinesiology, Kinesiology Staff Seminar. Title of Presentation: *Exercise and pregnancy: Psychological and measurement issues*. (July 18, 2006).
3. **Symons Downs, D.** College of Health and Human Development, GCRC Staff Seminar. Title of Presentation: *Validity of exercise measures during pregnancy (VEMP; July 18, 2006)*.
4. **Symons Downs, D.** *Exercise beliefs and behaviors during pregnancy and postpartum*. General Clinical Research Center Alumni Day, The Pennsylvania State University. (June 3, 2005).
5. **Symons Downs, D.** Diabetes Research Congress. Speaker Moderator: *Physical activity and nutrition in preventing diabetes* (May 6, 2005).
6. **Symons Downs, D.** Diabetes Research Seminar Series. Title of Presentation: *Gestational diabetes and exercise*. (April 7, 2005).
7. **Symons Downs, D.** Department of Biobehavioral Health Colloquium. Title of presentation: *Examining psychosocial and cognitive determinants of women's pregnancy and postpartum exercise behaviors*. (November 10, 2003).
8. **Symons Downs, D.** Department of Agriculture, In-service for Outreach Agents. Title of presentation: *Youth physical activity*. (October 29, 2003).
9. McKenzie, T., Elliot, E., & **Symons Downs, D.** Penn State Physical Activity and Teacher Education Seminar, Panel Speaker (March 31, 2003).
10. **Symons Downs, D.**, & Davison, K. K. College of Health and Human Development, New Faculty Seminar Speaker, The Pennsylvania State University (November 18, 2002).
11. **Symons, D. A.**, & Hausenblas, H. A. (2000). *Just can't get enough: The development and validation of the exercise dependence scale*. Paper presented at the Graduate Forum, University of Florida.

TEACHING

Semester	Prefix	Course	Credits
Fall, 2008	KINES 421	Exercise Psychology SRTE Course: 6.29, SRTE Instructor: 6.79, Enrollment: 34	3
Spring, 2008	---	Did not teach – maternity leave	0
Fall, 2007	KINES 497C	Exercise Psycholog SRTE Course: 6.04, SRTE Instructor: 6.56, Enrollment: 26	3
Spring, 2007	KINES 497C	Exercise Psychology SRTE Course: 6.16, SRTE Instructor: 6.60, Enrollment: 25	3
Fall, 2006	KINES 497C	Exercise Psychology SRTE Course: 6.00, SRTE Instructor: 6.71, Enrollment: 16	3
Sum, 2006	KINES 321	Psychology of Movement Behavior SRTE Course: 6.07, SRTE Instructor: 6.29, Enrollment: 14	3
Spring, 2006	KINES 497C	Exercise Psychology SRTE Course: 6.00, SRTE Instructor: 6.75, Enrollment: 20	3
Fall, 2005	KINES 321	Psychology of Movement Behavior	3

		SRTE Course: 4.93, SRTE Instructor: 5.52, Enrollment: 123	
Spring, 2005	KINES 321	Psychology of Movement Behavior SRTE Course: 5.36, SRTE Instructor: 6.00, Enrollment: 107	3
Spring, 2005	KINES 497C	Exercise Psychology SRTE Course: 6.14, SRTE Instructor: 6.48, Enrollment: 22	3
Fall, 2004	KINES 597J	Seminar in Physical Activity Intervention, Co-Taught with George Graham SRTE Course: 6.50, SRTE Instructor: 6.83, Enrollment: 6	1
Sum, 2004	KINES 321	Psychology of Movement Behavior SRTE Course: 5.44, SRTE Instructor: 5.60, Enrollment: 21	3
Spring, 2004	KINES 497C	Exercise Psychology SRTE Course: 6.17, SRTE Instructor: 6.44, Enrollment: 20	3
Fall, 2003	KINES 497C	Exercise Psychology SRTE Course: 6.30, SRTE Instructor: 6.60, Enrollment: 20	3
Fall, 2003	KINES 321	Psychology of Movement Behavior SRTE Course: 5.20, SRTE Instructor: 5.66, Enrollment: 123	3
Fall, 2003	KINES 597G	Seminar in Physical Activity Intervention, Co-Taught with George Graham SRTE Course: 6.50, SRTE Instructor: 6.83, Enrollment: 6	1
Sum, 2003	KINES 321	Psychology of Movement Behavior SRTE Course: 6.24, SRTE Instructor: 6.59, Enrollment: 19	3
Spring, 2003	KINES 321	Psychology of Movement Behavior SRTE Course: 5.54, SRTE Instructor: 5.91, Enrollment: 147	3
Fall, 2002	KINES 321	Psychology of Movement Behavior SRTE Course: 5.53, SRTE Instructor: 6.02, Enrollment: 68	3

New Course Development

Spring 2007	Exercise Psychology (KINES 421), The Pennsylvania State University
Spring 2007	Physical Activity Interventions (KINES 422), The Pennsylvania State University
Fall 2003	Exercise Psychology (KINES 497C), The Pennsylvania State University
Fall 2003	Measurement in Physical Activity Seminar (KINES 597G), The Pennsylvania State University
Summer 2003	Sociology of Physical Activity (KINES 497D), The Pennsylvania State University

ADVISING AND COMMITTEES

Department of Kinesiology, The Pennsylvania State University

Doctoral Dissertation Committees

In Progress

2006-present Jennifer M. DiNallo, Department of Kinesiology
Dr. Danielle Downs, Chair

Completed

2009 Miranda Kaye, Department of Kinesiology
Dr. Scott Kretchmar, Chair

2006-2007 Po-Ju Lin, Department of Nutrition
Sibylle Krantz, Chair

2006-2007 James Thompson, Department of Kinesiology
Dr. Semyon Slobounov, Chair

2005 Christie Bautista, CAS, College of Liberal Arts
Dr. Roxanne Parrott, Chair

Master's Theses Committees

In Progress

2007- Erica L. Rauff, Department of Kinesiology

Dr. Danielle Downs, Chair

Completed

- 2005, Fall
Lindsey Schantz, Department of Kinesiology
Title: *The dynamic nature of achievement goals: An examination of within-person variability in goal involvement*
Dr. David Conroy, Chair
- 2005, Spring
Jennifer Savage, Department of Nutrition
Title: *Plausible reports of energy intake and cardio-respiratory fitness predict BMI in girls*
Dr. Leann L. Birch, Chair
- 2003, Summer
Camille Cassidy, Department of Kinesiology
Title: *Influences on children's self-esteem: The role of children's perceived competence, maternal involvement, and autonomy support*
Dr. David Conroy, Chair
- 2003, Summer
Sarah Gates, Department of Kinesiology
Title: *The relationship of health-related quality of life to exercise and alcohol dependences among adult children of alcoholics*
Dr. Dolores Maney, Chair

Schreyer Honor's College Thesis Advisees

Completed

- 2008, Spring
Peter L. Kandushin, B. A., Department of Psychology, Honor's in Kinesiology
Thesis title: *Pregnancy Physical Activity Behaviors: Self-Report and Objective Indices*
- 2006, Fall
Heather A. Shevchik, B. S., Department of Kinesiology
Thesis supported by the Department of Kinesiology and the Noll Endowment Scholarship for Undergraduate Research
Thesis title: *Youth motivation in physical activity and its association with exercise dependence symptoms: Application of self-determination theory*
- 2005, Spring
Tamyra L. Toth, B.S., Department of Kinesiology
Thesis supported by the Schreyer Honors College Fund for Undergraduate Thesis Research, the Department of Kinesiology, and the Noll Endowment Scholarship for Undergraduate Research
Thesis title: *Examining the contributions Of body mass index, leisure-time exercise behavior, and primary exercise dependence symptoms for predicting body dissatisfaction among college men and women*
- 2003, Fall
Nicole E. Hlavaty, B. S., Department of Kinesiology
Thesis supported by the Schreyer Honors College Fund for Undergraduate Thesis Research, the Department of Kinesiology, and the Noll Endowment Scholarship for Undergraduate Research
Thesis title: *Moving to the beat: Examining the psychosocial correlates of ballerinas' exercise behavior and body image*
- 2002, Fall
Cory Rideout, B. S., Department of Kinesiology
Thesis title: *Examining deputy sheriffs' exercise behavior using the framework of the theory of planned behavior*

SERVICE

2008-2009

Department of Kinesiology

Member, Diversity Committee

Member, Physical Activity and Fitness Search Committee

Member, Dorothy V. Harris Lecture Series in Sport Psychology
 Member, Advisory Committee to the Department of Kinesiology Chair

College of Health and Human Development

Member, Obesity Initiative
 Member and Chair, Lifestyle and Behavioral Medicine Area, Penn State Institute for Diabetes and Obesity
 Member, General Clinical Research Center Advisory Committee
 Member, Women's Leadership Initiative Advisory Committee

2007-2008

Department of Kinesiology

Member, Diversity Committee
 Member, Co-Sponsored Kinesiology-CYFC Exercise Physiology Committee
 Member, Dorothy V. Harris Lecture Series in Sport Psychology
 Member, Advisory Committee to the Department of Kinesiology Chair

College of Health and Human Development

Member, CHHD Themes Committee
 Member, Obesity Initiative
 Member and Chair, Lifestyle and Behavioral Medicine Area, Penn State Institute of Diabetes and Obesity
 Member, General Clinical Research Center Advisory Committee
 Member, Women's Leadership Initiative Advisory Committee

2006-2007

Department of Kinesiology

Chair, Diversity Committee
 Member, Co-Sponsored Kinesiology-CYFC Exercise Physiology Committee
 Member, Dorothy V. Harris Lecture Series in Sport Psychology

College of Health and Human Development

Member, College Diversity Committee
 Member, Obesity Initiative
 Member and Chair, Lifestyle and Behavioral Medicine Area, Penn State Diabetes Center

Professional Organizations

NASPSPA Conference Program Committee
 APA Division 47 Sport and Exercise Psychology Science Committee
 Society of Behavioral Medicine Conference Abstracts Committee, Prevention Track

2005-2006

Department of Kinesiology

Chair, Diversity Committee
 Chair, Dorothy V. Harris Lecture Series in Sport Psychology
 Member, Co-Sponsored Kinesiology-CYFC Exercise Physiology Committee
 Women's Leadership Initiative Kinesiology Representative of Executive Committee (2006 only)

College of Health and Human Development

Member, College Diversity Committee
 Member, Obesity Initiative
 Member and Chair, Lifestyle and Behavioral Medicine Area, Penn State Diabetes Center

Professional Organizations

APA Division 47 Sport and Exercise Psychology Science Committee
 Society of Behavioral Medicine Conference Abstracts Committee, Prevention Track

2004-2005

Department of Kinesiology

Chair, Diversity Committee
 Chair, Dorothy V. Harris Lecture Series in Sport Psychology
 Member, Pedagogy Search Committee

College of Health and Human Development

Member, College Diversity Committee
 Member, Obesity Initiative
 Member, Rural Women's Health Initiative
 Member and Chair, Lifestyle and Behavioral Medicine Area, Penn State Diabetes Center

2003-2004

Department of Kinesiology

Member, Dorothy V. Harris Lecture Series in Sport Psychology
 Member, Advisory Committee to the Department Head for Psychology Area
 Member, Pedagogy Search Committee

College of Health and Human Development

Member, College Diversity Committee
 Member, Rural Women's Health Initiative
 Member, College Faculty Council (Department of Kinesiology)
 Member, Penn State Diabetes Center

2002-2003

Department of Kinesiology

Member, Dorothy V. Harris Lecture Series in Sport Psychology

PROFESSIONAL MEMBERSHIPS

American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) Member (1999-present)
 American College of Sports Medicine Member (2003-present)
 American Diabetes Association Member (2005-present)
 American Psychological Association (APA) Member (1998-present)
 APA Division 47 Sport and Exercise Psychology Member (2002-present)
 Association for the Advancement of Applied Sport Psychology (AAASP) Member (1999-present)
 North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Member (1999-present)
 Society of Behavioral Medicine Member (2005-present)
 Alpha Kappa Delta, International Sociology Honor Society (1994-1995)
 Psychology and Sociology Clubs, Baldwin-Wallace College (1991-1995)
 Alpha Lambda, Academic Honor Society (1991-1995)
 Omicron Delta Kappa, National Leadership Honor Society (1991-1995)
 Pi Gamma Mu, Social Sciences Honor Society (1991-1995)
 Psi-Chi, National Psychology Honor Society (1991-1995)

GRANT REVIEWS

2009

American Diabetes Association Scientific Grant Review Panel
 NIH Special Emphasis Panel ZRG1 HOP-J 03, Member Applications for Nursing Sciences

2008

American Diabetes Association Scientific Grant Review Panel

2007

American Diabetes Association – Ad hoc reviewer

JOURNAL REVIEWS

2009

American Journal of Preventive Medicine
 Diabetes Care
 Gender Issues
 Journal of Physical Activity and Health

2008

Annals of Behavioral Medicine
American Journal of Preventive Medicine
Diabetes Care
Maternal and Child Health Journal
Psychology of Sport & Exercise
Scandinavian Journal of Medicine and Science in Sports

2007

American Journal of Preventive Medicine
Diabetes Care
Journal of Sport & Exercise Psychology
Preventive Medicine
Psychology & Health
Social Behavior and Personality
Social Science and Medicine

2006

British Journal of Health Psychology
Journal of Applied Sport Psychology
Journal of Sport & Exercise Psychology
Medicine & Science in Sports & Exercise
Perceptual and Motor Skills
Preventive Medicine
Psychology of Sport & Exercise
Research Quarterly for Exercise and Sport
Women's Health Issues

2005

British Journal of Health Psychology
Journal of Applied Sport Psychology
Journal of Physical Activity and Health
Journal of Sport & Exercise Psychology
Psychology of Sport & Exercise
Research Quarterly for Exercise and Sport

2004

British Journal of Health Psychology
Journal of Physical Activity and Aging
Journal of Sport & Exercise Psychology
Psychology of Sport & Exercise
Research Quarterly for Exercise and Sport
Women's Health Issues

2003

Journal of Sport & Exercise Psychology
Research Quarterly for Exercise and Sport

2002

Journal of Sport & Exercise Psychology