

Jillian A. Johnson

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The Pennsylvania State University • University Park, PA
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EDUCATION

Ph.D., Psychology Sept 2013-Sept 2016
University of Calgary, Calgary, Alberta, Canada
Dissertation Title: Light therapy for post-treatment cancer-related fatigue: An investigation of impact on psychological outcomes and biological mechanisms
Advisor: Tavis Campbell, Ph.D.

M.Sc., Psychology Sept 2011-Aug 2013
University of Calgary, Calgary, Alberta, Canada

B.Sc. (Honors), Psychology Sept 2005-Apr 2010
University of Calgary, Calgary, Alberta, Canada

ACADEMIC APPOINTMENTS

Assistant Research Professor Oct 2018-Present
Department of Biobehavioral Health, Pennsylvania State University

Post-Doctoral Scholar Sept 2016-Oct 2018
Department of Biobehavioral Health, Pennsylvania State University
Stress, Health, and Daily Experiences (SHADE) Laboratory
Mentor: Joshua Smyth, Ph.D.

RESEARCH INTERESTS & OVERVIEW

My research involves broad examination of biopsychosocial influences on health and well-being, integrating digital health, physiology, and intervention work. I have a specific research focus on exploring psychosocial influences on health processes in everyday life using smartphone-based ecological momentary assessment and mobile sensors while also integrating these methods into innovative clinical trial design and evaluation. Most of my work has examined the impact of stress management and psychosocial interventions on psychological outcomes, health behaviors, and physical health indicators in both community samples and chronic illness populations, with a particular focus on cancer survivorship. I have had the opportunity to both collaborate on and lead in the design, implementation, and dissemination of clinical trials of a diverse array of interventions for the improvement of health and wellbeing outcomes, including: a “Just-in-Time” adaptive intervention (JITAI) for stress management, bright light therapy, cognitive behavior therapy for insomnia (CBT-I), mindfulness-based stress reduction (MBSR), expressive writing, and problem solving therapy delivered via voice-based virtual assistant. My goal is to develop a program of research that is innovative, collaborative, and impactful.

FUNDING AWARDED

- 1. UH3 NIA/NIH (PI: Smyth)** **9/30/2018 – 06/30/2023**
Everyday stress response targets in the science of behavior change
Role: Co-Investigator
- 2. UH3 NIA/NIH – Administrative Supplement (PI: Smyth)** **07/01/2019 – 06/30/2023**
Everyday stress response targets in the science of behavior change
Role: Co-Investigator
- 3. R61/R33 NIMH/NIH (MPIs: Ma & Ajilore)** **07/01/2020 – 06/30/2025**
Study of a Problem-Solving Therapy (PST) trained voice-enabled artificial intelligence counselor (SPEAC) for adults with emotional distress
Role: Co-Investigator

FUNDING COMPLETED

- 1. Penn State Internal Seed Grant (PI: Johnson)** **06/01/2019 – 11/31/2021**
(extended due to COVID-19)
An investigation of the daily experiences of cancer survivors preparing for follow-up appointments: An ecological momentary assessment study
Role: Principal Investigator

FUNDING NOT AWARDED

- 1. U24 NHLBI/NIH (PI: Ma)** **Not funded**
PROblem-Solving AuGmented Lifestyle Intervention to AddRESS Obesity and Cardiometabolic Disease (PROGRESS) in Underserved Primary Care Clinics
Role: Co-Investigator
- 2. Columbia Roybal Centre for Fearless Behavior Change (PI: Johnson)** **Not funded**
Evaluating the feasibility and preliminary efficacy of a smartphone-delivered Just-In-Time Adaptive Intervention (JITAI) targeting cancer-related fear and worry in cancer survivors awaiting routine surveillance appointments
Role: Principal Investigator

SELECT HONORS & AWARDS

Conference Support Award	Sept 2022
International Society for Research on Internet Interventions (ISRII)	
Certificate of Academic Excellence for Dissertation Research	May 2017
Canadian Psychological Association	
Young Investigator Colloquium Scholar	Mar 2017
American Psychosomatic Society Annual Meeting, Seville, Spain	
Alberta Innovates-Health Solutions Graduate Studentship	Jan 2012-Aug 2016
Izaak Walton Killam Pre-Doctoral Scholarship	Sept 2014-Aug 2016
Behavioral Medicine Research Award	May 2016
Canadian Psychological Association and International Behavioral Trials Network	
Society for Integrative Oncology Early Investigator Award	Nov 2015
Alberta Cancer Foundation Graduate Studentship	Sept 2013-Aug 2015
Lloyd & Florence Cooper Doctoral Scholarship in Integrative Med.	Sept 2013-Aug 2014
Canadian Institutes of Health Research Master's Scholarship	Sept 2012-Aug 2013

PEER-REVIEWED ARTICLES

- Johnson, J.A.***, Zawadzki, M.J.*, Matera, F.T., White, A.C., & Smyth, J.M. (2022). Efficacy and acceptability of digital stress management micro-interventions. *Procedia Computer Science*, 206, 45-55. doi:10.1016/j.procs.2022.09.084 *Shared first author
- Kannampallil, T., Ronnenberg, C.R., Wittels, N.E., Kumar, V., Lv, N., Smyth, J.M., Gerber, B.S., Kringle, E.A., **Johnson, J.A.**, Yu, P., Steinman, L.E., Ajilore, O.A., & Ma, J. (2022). Design and formative evaluation of a virtual voice-based coach for problem-solving treatment: An observational study. *JMIR: Formative Research*, 6(8), e38092. doi: 10.2196/38092
- Smyth, J.M., Zawadzki, M.J., Marcusson-Clavertz, D., Scott, S.B., **Johnson, J.A.**, Kim, J.K., Toledo, M., Stawski, R.S., Sliwinski, M.J., & Almeida, D.M. (2022). Computing components of everyday stress responses: Exploring conceptual challenges and new opportunities. *Perspectives on Psychological Science*. doi: 10.1177/17456916221082108
- Johnson, J.A.**, Zawadzki, M.J., Jones, D.R., Reichenberger, J., & Smyth, J.M. (2021). Intra-individual variability in momentary cortisol in a sample of working adults: Relationships to perceived stress and affective valence and arousal. *Annals of Behavioral Medicine*. doi: 10.1093/abm/kaab049
- Johnson, J.A.**, Subnis, U., Carlson, L.E., Garland, S.N., Santos-Iglesias, P., Piedalue, K.L., Deleemans, J.M., & Campbell, T.S. (2020). Effects of light therapy intervention on diurnal salivary cortisol in fatigued cancer survivors: A secondary analysis of a randomized controlled trial. *Journal of Psychosomatic Research*, 139. doi:10.1016/j.jpsychores.2020.110266
- Garland, S.N., **Johnson, J.A.**, Carlson, L.E., Savard, J., Rash, J., & Campbell, T.S. (2020). Light therapy for insomnia symptoms in fatigued cancer survivors: A secondary analysis of a randomized controlled trial. *Journal of Psychosocial Oncology Research and Practice*, 2(3), e27. doi:10.1097/OR9.0000000000000027

- Felt, J.M., Russell, M.A., Ruiz, J.M., **Johnson, J.A.**, Uchino, B.N., Allison, M., Smith, T.W., Taylor, D.J., Ahn, C., & Smyth, J.M. (2020). A multimethod approach examining the relative contributions of optimism and pessimism to cardiovascular disease risk markers. *Journal of Behavioral Medicine*, 43(5), 839-849. doi:10.1007/s10865-020-00133-6.
- Zawadzki, M.J., Scott, S.D., Almeida, D.M., Lanza, S.T., Conroy, D.E., Sliwinski, M.J., Kim, J.K., Marcusson-Clavertz, D., Stawski, R.S., Green, P.M., Sciamanna, C.N., **Johnson, J.A.**, & Smyth, J.M. (2019). Understanding stress reports in daily life: A coordinated analysis of factors associated with frequency of reporting stress. *Journal of Behavioral Medicine*, 42(3), 545-560. doi:10.1007/s10865-018-00008-x.
- Smyth, J.M., **Johnson, J.A.**, Auer, B.J., Lehman, E., Talamo, G., & Sciamanna, C.N. (2018). Online positive affect journaling improves mental distress and well-being in general medical patients: Evidence from a preliminary randomized controlled trial. *Journal of Medical Internet Research: Mental Health*, 5(4), e11290. doi:10.2196/11290
- Jones, D., **Johnson, J.A.**, Graham-Engeland, J.E., Park, C.L., Smyth, J.M. (2018). Is perceived growth associated with momentary indicators of health and wellbeing in people with asthma or rheumatoid arthritis? *Applied Psychology: Health and Wellbeing*, 10(2), 254-271. doi:10.1111/aphw.12129
- Johnson, J.A.**, Garland, S.N., Carlson, L.E., Savard, J., Simpson, S.A., Ancoli-Israel, S., & Campbell, T.S. (2017). Bright light therapy improves symptoms of fatigue in cancer survivors: A randomized controlled trial. *Journal of Cancer Survivorship*, 12(2), 206-215. doi:10.1007/s11764-017-0659-3
- Ruiz, J.M., Taylor, D.J., Uchino, B.N., Smith, T.W., Allison, M., Ahn, C., **Johnson, J.A.**, & Smyth, J.M. (2017). Evaluating the longitudinal risk of social vigilance on atherosclerosis. Study protocol for the North Texas Heart Study. *BMJ Open*, 7(8), e017345. doi:10.1136/bmjopen-2017-017345
- Greenlee, H., DuPont-Reyes, M.J., Balneaves, L.G., Carlson, L.E., Cohen, M.R., Deng, G., **Johnson, J.A.**, Mumber, M., Seely, D., Zick, S., & Tripathy, D. (2017). Clinical practice guidelines on the evidence-based use of integrative therapies during and after breast cancer treatment. *CA: A Cancer Journal for Clinicians*, 67(3), 194-232. doi:10.3322/caac.21397
- Johnson, J.A.**, Garland, S.N., Carlson, L.E., Savard, J., Simpson, S.A., Ancoli-Israel, S., & Campbell, T.S. (2016). The LITE Study: Rationale and protocol for a randomized controlled trial of light therapy for cancer-related fatigue in cancer survivors. *Contemporary Clinical Trials*, 49, 166-173. doi:10.1016/j.cct.2016.07.004
- Johnson, J.A.**, Rash, J.A., Campbell, T.S., Savard, J., Gehrman, P., Perlis, M., Carlson, L.E., & Garland, S.N. (2016). A systematic review and meta-analysis of randomized controlled trials of cognitive behavior therapy for insomnia (CBT-I) in cancer survivors. *Sleep Medicine Reviews*, 27, 20-28. doi:10.1016/j.smr.2015.07.001
- Garland, S.N., **Johnson, J.A.**, Savard, J., Gehrman, P., Perlis, M., Carlson, L.E., & Campbell, T.S. (2014). Sleeping well with cancer: A systematic review of cognitive behavioral therapy for insomnia in cancer patients. *Journal of Neuropsychiatric Disease and Treatment*, 10, 1113-1124. doi:10.2147/NDT.S47790
- Johnson, J.A.**, Key, B.L., Routledge, F.S., Gerin, W., & Campbell, T.S. (2014). High trait rumination is associated with blunted nighttime diastolic blood pressure dipping. *Annals of Behavioral Medicine*, 48(3), 384-391. doi:10.1007/s12160-014-9617-

- Sauder, K.A., Skulas-Ray, A.C., Campbell, T.S., **Johnson, J.A.**, Harris, W.S., Kris-Etherton, P.M., & West, S.G. (2013). Effects of omega-3 fatty acid supplementation on heart rate variability at rest and during acute stress in adults with moderate hypertriglyceridemia. *Psychosomatic Medicine*, 75(4), 382-389. doi:10.1097/PSY.0b013e318290a107
- Zernicke, K.A., Campbell, T.S., Blustein, P.K., Fung, T.S., **Johnson, J.A.**, Bacon, S.L., & Carlson, L.E. (2012). Mindfulness-based stress reduction for the treatment of irritable bowel syndrome symptoms: A randomized wait-list controlled trial. *International Journal of Behavioral Medicine*, 20(3), 385-396. doi:10.1007/s12529-012-9241-6
- Johnson, J.A.**, Lavoie, K.L., Bacon, S.L., Carlson, L.E., & Campbell, T.S. (2012). The effect of trait rumination on adaptation to repeated stress. *Psychosomatic Medicine*, 74(3), 258-262. doi:10.1097/PSY.0b013e31824c3ef2
- Campbell, N.R.C., **Johnson, J.A.**, & Campbell, T.S. (2012). Sodium consumption: An individual's choice? *International Journal of Hypertension*, doi:10.1155/2012/860954

MANUSCRIPTS UNDER REVIEW

- Kannampallil, T., Ajilore, O.A., Lv, N., Smyth, J.M., Wittels, N., Ronnenberg, C., Kumar, V., Xiao, L., Dosala, S., Barve, A., Zhang, A., Tan, K., Cao, K.K., Patel, C.R., Gerber, B., **Johnson, J.A.**, Kringle, E., & Ma, J. (Under Review). Effects of a virtual voice-based coach delivering problem-solving treatment on emotional distress and brain function: A pilot RCT on depression and anxiety. *eClinical Medicine*.
- Van Bogart, K., **Johnson, J.A.**, Nayman, S., Nobel, J., & Smyth, J.M. (Revision Requested). Iterative design and feasibility testing for the development of a cooperative card game intervention to reduce loneliness.

MANUSCRIPTS IN PREPARATION

- Johnson, J.A.**, Almeida, D., Sliwinski, M., Buxton, O., Conroy, D., Zawadzki, M., Stawski, R., Scott, S., Sciamanna, C., Marcusson-Calvert, D., Kim, J., Toledo, M., Repka, E., Sturges, N., Green, P., Onken, L., Stoney, C. & Smyth, J.M. (In preparation). The development and testing of a just-in-time intervention to target everyday stress responses: A clinical trial protocol.
- Johnson, J.A.** & Smyth, J.M. (In preparation). Assessing and characterizing cancer-related worry in the days before and after a routine cancer care appointment.
- Toledo, M.J.L., Conroy, D.E., Kim, J., Marcusson-Calvert, D., Almeida, D.M., Sliwinski, M.J., Sciamanna, C.N., **Johnson, J.A.**, O'Brien, E.L., & Smyth, J.M. (In preparation) Variance partitioning of active and sedentary behaviors: Understanding the between-and within-person variations.
- Toledo, M.J.L., Zawadzki, M.J., Scott, S.B., **Johnson, J.A.**, Marcusson-Calvert, D., Kim, J., Lanza, S., Sliwinski, M.J., Almeida, D.M., & Smyth, J.M. (In preparation). A novel approach to capturing within-person fluctuations in everyday stress responses.
- Smyth, J.M., Zawadzki, M.J., Murdock, K., **Johnson, J.A.**, & Sliwinski, M.J. (In preparation). Perseverative cognitions as a common pathway linking stress exposure and multiple health indicators.

- Felt, J.M., Russell, M.A., **Johnson, J.A.**, Ruiz, J.M., Uchino, B.N., Allison, M., Smith, T.W., Taylor, D.J., Ahn, C., & Smyth, J.M. (In preparation). Within-person associations of optimism and pessimism with momentary stress, affect, and ambulatory blood pressure.
- Johnson, J.A.**, Russell, M.A., Felt, J.M., Ruiz, J.M., Taylor, D.J., Smith, T.W., Uchino, B.N., Ahn, C., Allison, M.A., & Smyth, J.M. (In preparation). The impact of perseverative cognition on the covariation of stress and ambulatory blood pressure in everyday life.

PUBLISHED ABSTRACTS

- Johnson, J.A.***, Zawadzki, M.J.*, Materia, F.T., White, A.C., & Smyth, J.M. (2022, September). Efficacy and acceptability of digital stress management micro-interventions. *Procedia Computer Science*, 206, 45-55. doi:10.1016/j.procs.2022.09.084 *Shared first author
- Johnson, J.A.** & Smyth, J.M. (2022, August). Assessing and characterizing cancer-related worry in the days before and after a routine cancer care appointment. *Journal of Psychosocial Oncology Research and Practice*, 4(S1), S6:318
- Johnson, J.A.** & Smyth, J. (2022, June). Cancer-related worry in everyday life: Preliminary findings from an ecological momentary assessment study. *Psychosomatic Medicine*, 84(5).
- Toledo, M.J., Conroy, D.E., Kim, J., Marcusson-Clavertz, D., Almeida, D.M., Sliwinski, M.J., Sciamanna, C., O'Brien, E.L., **Johnson, J.A.**, & Smyth, J.M. (2022, April). Variance partitioning of active and sedentary behaviors: Are we intervening at the right level? *Annals of Behavioral Medicine*, 56(Supplement 1), S673. doi: 10.1093/abm/kaac014
- Johnson, J.A.**, Subnis, U., Carlson, L.E., Garland, S.N., Santos-Iglesias, P., Piedalue, K.L., Deleemans, J., & Campbell, T.S. (2020, March). The influence of light therapy on diurnal cortisol rhythms in a sample of fatigued cancer survivors. *Psychosomatic Medicine*, 82(6), A-4.
- Toledo, M.J.L., Scott, S.B., Marcusson-Calvertz, D., Zawadzki, M.J., Sliwinski, M.J., **Johnson, J.A.**, & Smyth, J.A. (2020, March). A novel approach to capturing within-person fluctuations in everyday stress responses. *Psychosomatic Medicine*, 82(6), A182.
- Johnson, J.A.**, Russell, M.A., Felt, J.M., Ruiz, J.M., Taylor, D.J., Smith, T.W., Uchino, B.N., Ahn, C., Allison, M.A., & Smyth, J.M. (2019, June). Blood pressure responses to stress in everyday life: Exploring time-lagged associations and the role of perseverative cognition. *Society for Ambulatory Assessment*.
- Felt, J.M., Russell, M.A., **Johnson, J.A.**, Ruiz, J.M., Uchino, B.N., Allison, M.A., Smith, T.W., Taylor, D.J., Ahn, C., & Smyth, J.M. (2019, June). Within-person associations of lagged optimism with subsequent stress occurrence, stress appraisals, and ambulatory blood pressure. *Society for Ambulatory Assessment*.
- Johnson, J.A.**, Russell, M.A., Felt, J.M., Ruiz, J.M., Taylor, D.J., Smith, T.W., Uchino, B.N., Ahn, C., Allison, M.A., & Smyth, J.M. (2019, March). Does trait perseverative cognition influence blood pressure responses to stress in everyday life? *Annals of Behavioral Medicine*, 53(Suppl 1), S231. doi:10.1093/abm/kaz007
- Felt, J.M., Russell, M.A., **Johnson, J.A.**, Ruiz, J.M., Uchino, B.N., Smith, T.W., Allison, M.A., Taylor, D.J., Ahn, C., & Smyth, J.M. (2019, March). Within- and between-person associations of momentary outlook, ambulatory blood pressure, negative affect, and perceptions of stress in the North Texas Heart Study. *Annals of Behavioral Medicine*, 53(Suppl 1), S230. doi:10.1093/abm/kaz007

- Deleemans, J.M., Subnis, U., **Johnson, J.A.**, Garland, S.N., Campbell, T.S., & Carlson, L.E. (2018, November). A secondary analysis of the LITE Study: Associations among psychosocial outcomes and inflammatory markers in cancer survivors treated with bright light therapy. *Society for Integrative Oncology*.
- Johnson, J.A.**, Neubauer, A.B., Sliwinski, M.J., & Smyth, J.M. (2018, April). The role of trait and momentary perseverative cognition on negative affect in everyday life. *Annals of Behavioral Medicine*, 52(Suppl 1), S838.
- Jones, D.R., **Johnson, J.A.**, Graham-Engeland, J.E., Park, C.L., Smyth, J.M. (2018, March). Is perceived growth associated with momentary indicators of health and wellbeing? *Psychosomatic Medicine*, 80(3), A-20
- Johnson, J.A.**, Zawadzki, M.J., & Smyth, J.M. (2017, May). Intra-individual variability in momentary cortisol in a sample of working adults: Relationships to perceived stress and affective valence and arousal. *Psychosomatic Medicine*, 79(4), A-3.
- Johnson, J.A.**, Garland, S.N., Carlson, L.E., Savard, J., Simpson, S.A., Ancoli-Israel, S., & Campbell, T.S. (2017, May). Bright light therapy improves symptoms of fatigue in cancer survivors with clinical fatigue: A blinded randomized controlled trial. *Psychosomatic Medicine*, 79(4), A-137.
- Schreier, H., Smyth, J.M., **Johnson, J.A.**, & Sliwinski, M. (2017, May). Persistently high life event severity ratings are associated with physical and psychological well-being across the lifespan. *Psychosomatic Medicine*, 79(4), A-35.
- Johnson, J.A.**, Garland, S.N., Carlson, L.E., Savard, J., Simpson, S.A., Ancoli-Israel, S., Campbell, T.S. (2016). Adherence to a light therapy intervention for cancer-related fatigue. *Health and Fitness Journal of Canada*, 9(2), 9.
- Johnson, J.A.**, Zernicke, K.A., Campbell, T.S., Specia, M., McCabe-Ruff, K., Flowers, S., Tamagawa, R., & Carlson, L.E. (2015). The eCALM Trial: eTherapy for Cancer AppLYing Mindfulness. Exploratory analyses of the effects of an online mindfulness-based cancer recovery program on mood, stress symptoms, mindfulness, posttraumatic growth and spirituality. *Psychosomatic Medicine*, 77(3), A-44.
- Johnson, J.A.**, Specia, M., Wu, J.S.Y., & Carlson, L.E. (2015). A feasibility trial of MINDfulness Meditation and AcuPuncture for the treatment of bone pain in women with metastatic cancer (MINDMAP). *Psychosomatic Medicine*, 77(3), A-88.
- Johnson, J.A.**, Garland, S.N., Carlson, L.E., Simpson, S.A., Savard, J., Ancoli-Israel, S., & Campbell, T.S. (2014). A pilot trial of light therapy for post-treatment cancer-related fatigue. *Psychosomatic Medicine*, 76(3), A-45.
- Johnson, J.A.**, Zernicke, K.A., Campbell, T.S. (2012). Waist-to-hip ratio is associated with nighttime blood pressure dipping. *Canadian Journal of Cardiology*, 28(5), Supplement, pp. S122.
- Evans, J.A.**, Lavoie, K.L., Bacon, S.L., Carlson, L.E., & Campbell, T.S. (2011). The effect of trait rumination on habituation to repeated stress. *Psychosomatic Medicine*, 73(3), A-54.
- Zernicke, K.A., Campbell, T.S., Blustein, P.K., Fung, T.S., **Evans, J.A.**, Carlson, L.E. (2011). Mindfulness-based stress reduction for the treatment of irritable bowel syndrome symptoms: A randomized wait-list controlled trial. *Psychosomatic Medicine*, 73(3), A-19.

PAPER & POSTER PRESENTATIONS

- Johnson, J.A.***, Zawadzki, M.J.*, Materia, F.T., White, A.C., & Smyth, J.M. (2022, September). *Efficacy and acceptability of digital stress management micro-interventions*. Top-rated paper presented at the International Society for Research on Internet Interventions in Pittsburgh, PA. *Shared first author
- Johnson, J.A.** & Smyth, J.M. (2022, August). *Assessing and characterizing cancer-related worry in the days before and after a routine cancer care appointment*. Paper presented as part of “The New Science of ‘Scanxiety’: What is it, how should we study it, and what can we do about it?” symposium at the International Psycho Oncology Society and Canadian Association of Psychosocial Oncology Joint Congress, Toronto, ON, Canada.
- Toledo, M.J., Conroy, D.E., Kim, J., Marcusson-Clavertz, D., Almeida, D.M., Sliwinski, M.J., Sciamanna, C., O’Brien, E.L., **Johnson, J.A.**, & Smyth, J.M. (2022, April). *Variance partitioning of active and sedentary behaviors: Are we intervening at the right level?* Poster to be presented at the Society of Behavioral Medicine Annual Meeting, April 6-9, Baltimore, MD.
- Johnson, J.A.** & Smyth, J. (2022, March). *Cancer-related worry in everyday life: Preliminary findings from an ecological momentary assessment study*. Poster presented at the American Psychosomatic Society Annual Meeting, March 23-26, Long Beach, CA.
- Johnson, J.A.**, Subnis, U., Carlson, L.E., Garland, S.N., Santos-Iglesias, P., Piedalue, K.L., Deleemans, J., & Campbell, T.S. (2020, March). *The influence of light therapy on diurnal cortisol rhythms in a sample of fatigued cancer survivors*. Citation poster to be presented* at the American Psychosomatic Society Annual Meeting, March 11-14, Long Beach, CA. *meeting cancelled due to COVID-19 pandemic (online presentation)
- Toledo, M.J.L., Scott, S.B., Marcusson-Calvertz, D., Zawadzki, M.J., Sliwinski, M.J., **Johnson, J.A.**, & Smyth, J.M. (2020, March). *A novel approach to capturing within-person fluctuations in everyday stress responses*. Oral presentation to be presented* at the American Psychosomatic Society Annual Meeting, March 11-14, Long Beach, CA. *meeting cancelled due to COVID-19 pandemic
- Johnson, J.A.**, Russell, M.A., Felt, J.M., Ruiz, J.M., Taylor, D.J., Smith, T.W., Uchino, B.N., Ahn, C., Allison, M.A., & Smyth, J.M. (2019, June). *Blood pressure responses to stress in everyday life: Exploring time-lagged associations and the role of perseverative cognition*. Paper presented at the Society for Ambulatory Assessment, Syracuse, NY.
- Felt, J.M., Russell, M.A., **Johnson, J.A.**, Ruiz, J.M., Uchino, B.N., Allison, M.A., Smith, T.W., Taylor, D.J., Ahn, C., & Smyth, J.M. (2019, June). *Within-person associations of lagged optimism with subsequent stress occurrence, stress appraisals, and ambulatory blood pressure*. Paper presented at the Society for Ambulatory Assessment, Syracuse, NY.
- Johnson, J.A.**, Russell, M.A., Felt, J.M., Ruiz, J.M., Taylor, D.J., Smith, T.W., Uchino, B.N., Ahn, C., Allison, M.A., & Smyth, J.M. (2019, March). *Does trait perseverative cognition influence blood pressure responses to stress in everyday life?* Paper presented at the Society of Behavioral Medicine Annual Meeting, March 6-9, Washington, DC.
- Felt, J.M., Russell, M.A., **Johnson, J.A.**, Ruiz, J.M., Uchino, B.N., Smith, T.W., Allison, M.A., Taylor, D.J., Ahn, C., & Smyth, J.M. (2019, March). *Within- and between-person associations of momentary outlook, ambulatory blood pressure, negative affect, and perceptions of stress in the North Texas Heart Study*. Paper presented at the Society of Behavioral Medicine Annual Meeting, March 6-9, Washington, DC.

- Johnson, J.A.**, Neubauer, A.B., Sliwinski, M.J., & Smyth, J.M. (2018, April). *The role of trait and momentary perseverative cognition on negative affect in everyday life*. Poster presented at the Society of Behavioral Medicine Annual Meeting, April 11-14, New Orleans, Louisiana.
- Jones, D.R., **Johnson, J.A.**, Graham-Engeland, J.E., Park, C.L., Smyth, J.M. (2018, March). *Is perceived growth associated with momentary indicators of health and wellbeing?* Poster presented at the American Psychosomatic Society Annual Meeting, March 8, Louisville, Kentucky.
- Johnson, J.A.**, Zawadzki, M.J., & Smyth, J.M. (2017, March). *Intra-individual variability in momentary cortisol in a sample of working adults: Relationships to perceived stress and affective valence and arousal*. Citation Poster presented at the American Psychosomatic Society Annual Meeting, March 15-18, Seville, Spain.
- Johnson, J.A.**, Garland, S.N., Carlson, L.E., Savard, J., Simpson, S.A., Ancoli-Israel, S., & Campbell, T.S. (2017, March). *Bright light therapy improves symptoms of fatigue in cancer survivors with clinical fatigue: A blinded randomized controlled trial*. Oral paper presented at the American Psychosomatic Society Annual Meeting, March 15-18, Seville, Spain.
- Schreier, H., Smyth, J.M., **Johnson, J.A.**, & Sliwinski, M. (2017, March). *Persistently high life event severity ratings are associated with physical and psychological well-being across the lifespan*. Poster presented at the American Psychosomatic Society Annual Meeting, March 15-18, Seville, Spain.
- Greenlee, H., DuPont-Reyes, M.J., Balneaves, L.G., Carlson, L.E., Cohen, M.R., Deng, G., **Johnson, J.A.**, Mumber, M., Seely, D., Zick, S., Boyce, L., & Tripathy, D. (2016, November). *Integrative therapies for breast cancer patients and survivors: The latest evidence*. Oral paper presented at the Society for Integrative Oncology's 13th International Conference, November 5-7, Miami, Florida.
- Johnson, J.A.**, Garland, S.N., Carlson, L.E., Savard, J., Simpson, S.A., Ancoli-Israel, S., Campbell, T.S. (2016, May). *Adherence to a light therapy intervention for cancer-related fatigue*. Poster presented at the International Behavioral Trials Network conference in Montreal, Quebec, Canada.
- Johnson, J.A.**, Hare, C.J., Garland, S.N., Carlson, L.E., Simpson, J.S.A., Savard, J., & Campbell, T.S. (2015, November). *The impact of light therapy on diurnal cortisol rhythms in cancer survivors with fatigue*. Poster presented at the Society for Integrative Oncology International Conference in Boston, Massachusetts.
- Johnson, J.A.**, Garland, S.N., Carlson, L.E., Simpson, S.A., Savard, J., Ancoli-Israel, S., & Campbell, T.S. (2015, June). *A feasibility trial of light therapy for post-treatment cancer-related fatigue*. Poster presented at the Canada Student Health Research Forum in the CIHR National Health Research Poster Competition, Winnipeg, Manitoba, Canada.
- Johnson, J.A.**, Specia, M., Wu, J.S.Y., & Carlson, L.E. (2015, March). *A feasibility trial of MINDfulness Meditation and AcuPuncture for the treatment of bone pain in women with metastatic cancer (MINDMAP)*. Poster presented at the 72nd American Psychosomatic Society Annual Meeting, Savannah, Georgia.

- Johnson, J.A.,** Zernicke, K.A., Campbell, T.S., Specia, M., McCabe-Ruff, K., Flowers, S., Tamagawa, R., & Carlson, L.E. (2015, March). *The eCALM Trial: eTherapy for Cancer AppLying Mindfulness Exploratory analyses of the effects of an online mindfulness-based cancer recovery program on mood, stress symptoms, mindfulness, posttraumatic growth and spirituality*. Poster presented at the 72nd American Psychosomatic Society Annual Meeting, Savannah, Georgia.
- Johnson, J.A.,** Garland, S.N., Carlson, L.E., Simpson, S.A., Savard, J., Ancoli-Israel, S., & Campbell, T.S. (2014, March). *A pilot trial of light therapy for post-treatment cancer-related fatigue*. Poster presented at the 71st Annual American Psychosomatic Society Scientific Meeting, San Francisco, California.
- Johnson, J.A.,** Garland, S.N., Carlson, L.E., Simpson, S.A., Savard, J., Ancoli-Israel, S., & Campbell, T.S. (2013, October). *A pilot trial of light therapy on fatigue, mood, sleep quality, and quality of life in individuals with post-treatment cancer-related fatigue*. Poster presented at the Alberta Cancer Foundation Cancer Research Conference, Banff, Alberta, Canada.
- Johnson, J.A.,** Campbell, T.S., Rouleau, C.R., Letourneau, N., & Giesbrecht, G.F. (2013, May). *The association between nighttime heart rate variability and sleep quality across pregnancy*. Poster presented at the Women's Mental Health Day Conference, Calgary, Alberta, Canada.
- Johnson, J.A.,** Zernicke, K.A., & Campbell, T.S. (2012, October). *Waist-to-hip ratio is associated with nighttime blood pressure dipping*. Poster presented at the Canadian Cardiovascular Congress, Toronto, Ontario, Canada.
- Evans, J.A.,** Lavoie, K.L., Bacon, S.L., Carlson, L.E., & Campbell, T.S. (2011, March). *The effect of trait rumination on habituation to repeated stress*. Poster presented at the 69th Annual American Psychosomatic Society Scientific Meeting, San Antonio, Texas.

INVITED TALKS

Introduction to Ecological Momentary Assessment for Biobehavioral Research. Talk for the Biobehavioral Research Collaborative (BRC), University of Pennsylvania Nursing on February 17, 2022.

“Just-In-Time” Intervention on Everyday Stress to Promote Positive Sleep and Physical Activity Engagement. Talk for Movisens GmbH Webinar on “Potential of Just-In-Time Adaptive Interventions (JITAI) to support health behavior changes” on March 2, 2022.

MENTORING AND ADVISING

Assistant supervisor for doctoral students (6 students) Sept 2016-Present
Stress, Health, and Daily Experiences (SHADE) Laboratory, Pennsylvania State University

Honors thesis co-supervision Sept 2014-May 2015
Behavioral Medicine Lab, University of Calgary

Honors thesis co-supervision Sept 2013-May 2014
Behavioral Medicine Lab, University of Calgary

TEACHING EXPERIENCE

Laboratory Instructor (1 section; ~10 students) Sept 2015-Dec 2015
Psychology 430: Psychophysiology, Department of Psychology, University of Calgary

Laboratory Instructor (1 section; ~10 students) Sept 2014-Dec 2014
Psychology 430: Emotions, Stress, & Illness, Department of Psychology, University of Calgary

Teaching Assistant (~30 students) Sept 2013-Dec 2013
Psychology 330: Health Psychology, Department of Psychology, University of Calgary

Laboratory Instructor (2 sections; ~20 students total) Sept 2011-Apr 2012
Psychology 312: Experimental Design & Quantitative Methods, Department of Psychology,
University of Calgary

ACADEMIC SERVICE & COMMITTEE MEMBERSHIP

Research Committee Aug 2020 – Present
Department of Biobehavioral Health, Pennsylvania State University

Reader, Faculty Selection Committee Dec 2019-2022
Schreyer's Honors College, Pennsylvania State University

Judge for BBH Research Forum March 2022
Department of Biobehavioral Health, Pennsylvania State University

Judge for Undergraduate Research Exhibition April 2020, 2021
Pennsylvania State University

Colloquium Committee Aug 2019 – Aug 2020
Department of Biobehavioral Health, Pennsylvania State University

Judge for Outstanding Post-Doc Award June 2017, 2018
Penn State Post-Doctoral Society, Pennsylvania State University

Academic Standing Committee Sept 2013-Apr 2016
Graduate Students' Association, University of Calgary

Awards Committee Sept 2013-Apr 2016
Graduate Students' Association, University of Calgary

Department of Psychology Graduate Representative Sept 2012-Aug 2015
Graduate Representative Council, Graduate Students' Association, University of Calgary

VP Communications Sept 2012-Aug 2013
Psychology Graduate Students' Association (PGSA), University of Calgary

GRANT REVIEW COMMITTEES

Reviewer , Highmark Health/Allegheny Health Network and Penn State CSTI	July 2022
Reviewer , New Jersey Department of Health (NJDOH) Cancer Program	May 2022
Reviewer , Swiss National Science Foundation	May 2022
External Reviewer , Icelandic Research Fund	Nov 2016
Reviewer , Taylor Institute for Teaching and Learning, University of Calgary	Apr 2014

AD HOC PEER REVIEWS

Annals of Behavioral Medicine
Biological Psychology
British Journal of Cancer
Cancers
European Journal of Cancer Care
Health Reports (Statistics Canada)
Journal of Behavioral Medicine
Journal of Clinical Oncology
Journal of Medical Internet Research
Psycho-Oncology

American Psychosomatic Society (Meeting Abstracts)
International Psycho-Oncology Society (Meeting Abstracts)
Society of Behavioral Medicine (Meeting Abstracts)
Society for Personality and Social Psychology (Meeting Abstracts)

MEMBERSHIPS & PROFESSIONAL SOCIETIES

American Psychosomatic Society
International Behavioral Trials Network
International Psycho-Oncology Society
International Society for Research on Internet Interventions
Society for Ambulatory Assessment
Society of Behavioral Medicine
Society for Personality and Social Psychology