

Final Progress Report for Research Projects Funded by Health Research Grants

Instructions: Please complete all of the items as instructed. Do not delete instructions. Do not leave any items blank; responses must be provided for all items. If your response to an item is “None”, please specify “None” as your response. “Not applicable” is not an acceptable response for any of the items. There is no limit to the length of your response to any question. Responses should be single-spaced, no smaller than 12-point type. The report **must be completed using MS Word**. Submitted reports must be Word documents; they should not be converted to pdf format. Questions? Contact Health Research Program staff at 717-783-2548.

1. **Grantee Institution:** Temple University – of the Commonwealth System of Higher Education
2. **Reporting Period (start and end date of grant award period):** 01/1/2009 -12/31/2012
3. **Grant Contact Person (First Name, M.I., Last Name, Degrees):** Germaine Calicat, MLA
4. **Grant Contact Person’s Telephone Number:** 215.204.7655
5. **Grant SAP Number:** 4100047651
6. **Project Number and Title of Research Project:** 22 - *Active Owls: Promoting Active Commuting and Physical Activity at Temple University*
7. **Start and End Date of Research Project:** 11/18/2009 – 12/31/2011
8. **Name of Principal Investigator for the Research Project:** Melissa A. Napolitano, PhD
9. **Research Project Expenses.**

9(A) Please provide the total amount of health research grant funds spent on this project for the entire duration of the grant, including indirect costs and any interest earned that was spent:

\$ 155,000

9(B) Provide the last names (include first initial if multiple individuals with the same last name are listed) of **all** persons who worked on this research project and were supported with health research funds. Include position titles (Principal Investigator, Graduate Assistant, Post-doctoral Fellow, etc.), percent of effort on project and total health research funds expended for the position. For multiple year projects, if percent of effort varied from year to year, report in the % of Effort column the effort by year 1, 2, 3, etc. of the project (x% Yr 1; z% Yr 2-3).

Last Name	Position Title	% of Effort on Project	Cost
Napolitano	Principal Investigator	5%	\$18,205
Hayes	Postdoc Associate	10%	\$20,664
Ives	Graduate student	20%	\$6,545
Brown-Trent	Administrative Coordinator	2%	\$9,684

9(C) Provide the names of **all** persons who worked on this research project, but who *were not* supported with health research funds. Include position titles (Research Assistant, Administrative Assistant, etc.) and percent of effort on project. For multiple year projects, if percent of effort varied from year to year, report in the % of Effort column the effort by year 1, 2, 3, etc. of the project (x% Yr 1; z% Yr 2-3).

Last Name	Position Title	% of Effort on Project
Hoffman	Graduate Student research assistant	Less than 5%
Miyake	Graduate Student research assistant	Less than 5%
Colucci	Undergraduate Student research assistant	Less than 5%
Halkins	Undergraduate Student research assistant	Less than 5%
Howard	Undergraduate Student research assistant	20%
Huang	Undergraduate Student research assistant	Less than 5%
Mullens	Undergraduate Student research assistant	Less than 5%
Kavulich	Undergraduate Student research assistant	Less than 5%
Cronin	Undergraduate Student research assistant	Less than 5%
Quarmley	Undergraduate Student research assistant	Less than 5%
Goldstein	Undergraduate Student research assistant	Less than 5%

9(D) Provide a list of **all** scientific equipment purchased as part of this research grant, a short description of the value (benefit) derived by the institution from this equipment, and the cost of the equipment.

Type of Scientific Equipment	Value Derived	Cost
None		

10. Co-funding of Research Project during Health Research Grant Award Period. Did this research project receive funding from any other source during the project period when it was supported by the health research grant?

Yes _____ No x _____

If yes, please indicate the source and amount of other funds:

11. Leveraging of Additional Funds

11(A) As a result of the health research funds provided for this research project, were you

able to apply for and/or obtain funding from other sources to continue or expand the research?

Yes x No _____

If yes, please list the applications submitted (column A), the funding agency (National Institutes of Health—NIH, or other source in column B), the month and year when the application was submitted (column C), and the amount of funds requested (column D). If you have received a notice that the grant will be funded, please indicate the amount of funds to be awarded (column E). If the grant was not funded, insert “not funded” in column E.

Do not include funding from your own institution or from CURE (tobacco settlement funds). Do not include grants submitted prior to the start date of the grant as shown in Question 2. If you list grants submitted within 1-6 months of the start date of this grant, add a statement below the table indicating how the data/results from this project were used to secure that grant.

A. Title of research project on grant application	B. Funding agency (check those that apply)	C. Month and Year Submitted	D. Amount of funds requested:	E. Amount of funds to be awarded:
Translating social media obesity treatment for delivery to college campus communities	X NIH <input type="checkbox"/> Other federal (specify:_____) <input type="checkbox"/> Nonfederal source (specify:_)	February 2013	\$3.2 Million	\$ pending
Examining delivery channels for obesity treatment among college students	X NIH <input type="checkbox"/> Other federal (specify:_____) <input type="checkbox"/> Nonfederal source (specify:_)	April 2012	\$2.2 Million	\$ Not funded
Using social media for obesity prevention among rural and urban adolescents	<input type="checkbox"/> NIH X Other federal (specify: _USDA) <input type="checkbox"/> Nonfederal source (specify:_)	July 2012	\$3.1 Million	\$ Not funded

11(B) Are you planning to apply for additional funding in the future to continue or expand the research?

Yes x No _____

If yes, please describe your plans:

Given the success of this technology-based program related to weight loss among older adolescents, we plan to extend this approach to younger children and families, as well as for obesity prevention among older adolescents.

12. Future of Research Project. What are the future plans for this research project?

We are still examining some of the data related to cycling and active commuting. We will likely continue surveys and promote this as a lifestyle approach to increasing physical activity.

13. New Investigator Training and Development. Did students participate in project supported internships or graduate or post-graduate training for at least one semester or one summer?

Yes No

If yes, how many students? Please specify in the tables below:

	Undergraduate	Masters	Pre-doc	Post-doc
Male	2	1		
Female	10	3		1
Unknown				
Total	12	4		1

	Undergraduate	Masters	Pre-doc	Post-doc
Hispanic				
Non-Hispanic	11	4		1
Unknown	1			
Total	12	4		1

	Undergraduate	Masters	Pre-doc	Post-doc
White	10	3		1
Black	1			
Asian	1	1		
Other				
Unknown				
Total	12	4		1

14. Recruitment of Out-of-State Researchers. Did you bring researchers into Pennsylvania to carry out this research project?

Yes No

If yes, please list the name and degree of each researcher and his/her previous affiliation:

15. Impact on Research Capacity and Quality. Did the health research project enhance the quality and/or capacity of research at your institution?

Yes No

If yes, describe how improvements in infrastructure, the addition of new investigators, and other resources have led to more and better research.

The resources provided as part of this award enabled the team to conduct a three part investigation: 1) a randomized clinical trial using social media for weight loss among older adolescents; 2) a cross-sectional investigation of active commuting and cycling attitudes; 3) a rich, qualitative investigation of a grassroots effort to promote cycling among urban youth. This funding enhanced both the quality and capacity of researchers at Temple University to conduct innovative research on these topics, as well as to expand the research field in these areas. To our knowledge, our team was the first to publish the successful use of social media for weight loss in college students, as well as to examine the needs, beliefs, and values of youth participating in a cycling program in an urban environment. We believe that future researchers will be able to conduct further studies that build upon our efforts.

16. Collaboration, business and community involvement.

16(A) Did the health research funds lead to collaboration with research partners outside of your institution (e.g., entire university, entire hospital system)?

Yes No

If yes, please describe the collaborations:

Dr. Gary Bennett, from Duke University, who is an expert in using media technologies to deliver obesity interventions was a consultant on this project. His expertise in delivering and disseminating programs, as well as his work with high risk populations was an important partnership for this project. Additionally, we worked with a software vendor team based in California whose expertise and technical capability ensured a successful platform and program delivery.

16(B) Did the research project result in commercial development of any research products?

Yes No

If yes, please describe commercial development activities that resulted from the research project:

16(C) Did the research lead to new involvement with the community?

Yes No

If yes, please describe involvement with community groups that resulted from the research project:

For Phase III of this project, we partnered with a community organization, Neighborhood Bike Works. Neighborhood Bike Works (NBW; neighborhoodbikeworks.org) is a non-profit organization that promotes cycling in four areas of the city of Philadelphia (Neighborhood Bike Works, 2010). In these locations, NBW acquired existing spaces integrated into the community that housed former businesses (e.g., hair salon) and rehabbed the locations to serve as cycling shops and instructional settings. As part of its operations, NBW sponsors a free program, Earn-A-Bike. The program consists of 14 sessions during which children are given the opportunity to refurbish a bike that they can keep after completing all the required courses. Those enrolled learn the basics of bike repair and maintenance, as well as bike laws, safe urban riding, health, and nutrition. Additionally, children regularly cycle with instructors and sightsee to areas around the city. This project established a new partnership between Temple University and NBW.

17. Progress in Achieving Research Goals, Objectives and Aims.

List the project goals, objectives and specific aims (as contained in the grant agreement). Summarize the progress made in achieving these goals, objectives and aims for the period that the project was funded (i.e., from project start date through end date). Indicate whether or not each goal/objective/aim was achieved; if something was not achieved, note the reasons why. Describe the methods used. If changes were made to the research goals/objectives/aims, methods, design or timeline since the original grant application was submitted, please describe the changes. Provide detailed results of the project. Include evidence of the data that was generated and analyzed, and provide tables, graphs, and figures of the data. List published abstracts, poster presentations and scientific meeting presentations at the end of the summary of progress; peer-reviewed publications should be listed under item 20.

This response should be a DETAILED report of the methods and findings. It is not sufficient to state that the work was completed. Insufficient information may result in an unfavorable performance review, which may jeopardize future funding. If research findings are pending publication you must still include enough detail for the expert peer reviewers to evaluate the progress during the course of the project.

Health research grants funded under the Tobacco Settlement Act will be evaluated via a performance review by an expert panel of researchers and clinicians who will assess project work using this Final Progress Report, all project Annual Reports and the project's strategic plan. After the final performance review of each project is complete, approximately 12-16 months after the end of the grant, this Final Progress Report, as well as the Final Performance Review Report containing the comments of the expert review panel, and the grantee's written response to the Final Performance Review Report, will be posted on the CURE Web site.

There is no limit to the length of your response. Responses must be single-spaced below, no smaller than 12-point type. If you cut and paste text from a publication, be sure

symbols print properly, e.g., the Greek symbol for alpha (α) and beta (β) should not print as boxes (□) and include the appropriate citation(s). DO NOT DELETE THESE INSTRUCTIONS.

We made significant progress in meeting our aims. As noted in previous reports, the original aims and hypotheses were modified, in order to better address the research questions in a comprehensive, scientifically sound way.

The three aims of the original project overview were to: 1) Determine the efficacy of a social marketing campaign (Bike Temple) designed to increase active commuting via cycling among members of the Temple community. Participants (1000 faculty/staff, 2000 students) will be recruited to complete pre and post questionnaires online, which will assess use of active commuting, perceptions of cycling, and knowledge of the campaign. 2) Design and evaluate the effect of a social networking intervention (using Facebook) for physical activity (PA) and weight gain prevention among college students who are at risk of weight gain. Research participants will be 180 normal and overweight (BMI: 20-30kg/m²) college students (ages 18-25) who will be randomly assigned to one of two 6-month conditions (Facebook Intervention or Wait-list Control). Participants will complete measures at baseline and follow-ups (months 3 and 6). Intervention participants will complete PA modules based on the existing iOTA program and compete for prizes by uploading their PA stats to the Facebook group over a 12 week period. 3) Assess the usability of ActiPed technology, a novel monitoring strategy that will automatically transmit physical activity data to the Facebook application via a small device worn on a participant's shoe. A subsample of intervention participants will wear an ActiPed. Their data will be compared to participants who are instructed to self-monitor and enter data using a standard pedometer. 4) Evaluate participant knowledge of, and interest and engagement in, the Earn-a-Bike program, as well as interest in having Temple University students volunteer with the program. Qualitative data will be obtained via pre/post focus groups held with Earn-a-Bike participants (n = 10) and a single focus group held with Temple University students (n = 12).

These aims were modified to accomplish three discrete projects in three Phases. The Active Owls project sought to evaluate a multi-pronged project aimed at promoting physical activity, primarily via cycling. Phase I assessed a social marketing campaign ("Bike Temple") designed to promote active commuting via cycling among Temple University community members. Phase II evaluated an intervention aimed at college students using an adapted web-based program that includes both online gaming and social networking through the use of Facebook ("social gaming"). Finally, Phase III assessed child participant perceptions (using focus groups) of a local non-profit neighborhood program designed to promote cycling ("Earn-a-Bike"). We have thus provided a report on these phases below.

Phase I (Survey of cycling attitudes). Aims were accomplished.

The objective of this phase of the project was to examine factors and barriers associated with active commuting (specifically cycling) among members of an urban university. Participants were men and women (employees; n=197 and students; n=263). An online survey was administered to evaluate stage motivational readiness for physical activity, cycling perceptions

and correlates, and interest in a cycling promotion program. Results. Few reported cycling as their typical mode of transportation; however, a majority endorsed interest in having a University-sponsored program to promote cycling. Despite similar rates of cycling behavior between sexes, women endorsed more negative perceptions of cycling and greater concern about cycling barriers than men. Employees endorsed more pro-cycling attitudes than students while students endorsed more negative perceptions of cycling than employees. Employees reported more concerns about cycling safety, but students reported more concerns about barriers to cycling. Conclusions: There may be a great need on urban college campuses to promote active commuting via cycling, and results indicate that such programming has the potential to be well-received and effective. However, given the observed correlates, such public health campaigns should consider targeting general concerns about physical activity and health in addition to cycling-specific barriers. Further data analysis are being conducted and a manuscript is in progress. A conference presentation was made:

1. Napolitano, M.A., & Hayes, S. (April 2011). Examination of cycling perceptions at an urban college campus. Poster presented at the Annual Meeting of the Society of Behavioral Medicine. Washington, DC.

Phase II (Healthy Lifestyles Program for College Students). **Aims were accomplished.**

By June 2011, data collection for Phase II concluded and preliminary analyses were conducted. Participants in the waiting list control condition also were provided with the intervention of their choice. This concluded on July 25, 2011. Since that time, the team was actively conducting data analysis, conference presentations, and manuscript submissions. Results of this study were published in a peer-reviewed journal:

Napolitano, M. A., Hayes, S., Bennett, G., Ives, A., & Foster, G. F. (2013). Using Facebook and text messaging to deliver a weight loss program to college students. *Obesity, 21(1)*, 25-31.

This study examined the feasibility, acceptability, and initial efficacy of a technology-based 8-week weight loss intervention among college students. Students ($N = 52$) were randomly assigned to one of the three arms: Facebook ($n = 17$); Facebook Plus text messaging and personalized feedback ($n = 18$); Waiting List control ($n = 17$), with assessments at 4 weeks and 8 weeks (post-treatment). Participants were 20.47 ± 2.19 years old, 86.45 ± 17.11 kg, with a body mass index of 31.36 ± 5.3 kg/m². Participants were primarily female (86.5%), and the sample was racially diverse (57.7% Caucasian, 30.8% African American, 5.8% Hispanic, and 5.7% other races). The primary outcome was weight loss after 8 weeks (post-treatment); 96.0% of the participants completed this assessment. At 8 weeks, the Facebook Plus group had significantly greater weight loss (-2.4 ± 2.5 kg) than the Facebook (-0.63 ± 2.4 kg) and Waiting List (-0.24 ± 2.6 kg) (both P s < 0.05). Weight change at 8 weeks was not significantly different between the Facebook and Waiting List groups. Results show preliminary efficacy and acceptability of the two active intervention arms (97.0% found the program helpful, 81.3% found the videos/handouts helpful, and 100% would recommend the program to others). Results indicate the potential for an innovative weight loss intervention that uses technology platforms (Facebook and text messaging) that are frequently used and already integrated into the cultural life of college students.

In terms of secondary analyses, we evaluated characteristics of college student respondents ($n=221$; M age = 20.73 [$SD = 2.73$]; 86.4% female) to recruitment for a weight loss study. Respondents completed an online screening survey. More than one-third were *not* overweight or obese (0.8% underweight, 36.7% normal weight, 35.3% overweight, 26.2% obese). Normal/underweight students were *less* likely to report binge eating/loss of control compared with overweight/obese students, $\chi^2(1) = 11.6, p = .001$. Rates of assessed eating disorders, use of compensatory behaviors, depressive symptoms, and smoking status were not significantly different between weight groups. There were significantly fewer normal/underweight students respondents after modifications were made to study advertisements specifying students should be overweight or obese, $\chi^2(1) = 40.61, p < .001$. Although there is a need for weight loss programs on college campuses, interest in weight loss among normal/underweight students might reflect subjective weight and body image dissatisfaction warranting specialized intervention on campuses.

The following oral and poster presentations were presented:

Napolitano, M.A., Hayes, S., Ives, A., & Foster, G.D. (October 2011). Using Facebook and Text Messaging to Deliver a Weight Loss Program to College Students. Paper presented at The Obesity Society's Annual Scientific Meeting, Orlando, FL.

Hayes, S., Napolitano, M.A., & Ives, A., Howard, J., Halkins, M., Huang, K. (October 2011). Who Wants to Lose Weight? Examining Characteristics of Treatment-Seeking College Students. Poster presented at The Obesity Society's Annual Scientific Meeting, Orlando, FL.

Phase III (Qualitative Investigation of the Neighborhood Bike Works Earn-A-Bike Program.

Aims were accomplished.

Data collection for Phase III ended in August 2010. Children (baseline $n=31$; follow-up $n=28$) were recruited from and participated at Neighborhood Bike Works (NBW). All focus group recordings were transcribed and triple checked for accuracy by three independent research assistants, and procedures for qualitative analysis were finalized. Qualitative analysis of the data was conducted by three independent research assistants (these assistants did not transcribe the groups) and a manuscript based on this work was recently accepted for publication:

Hoffman, M., Hayes, S., & Napolitano, M.A. (in press). Urban youths' experiences and perceptions of a community cycling initiative. *Urban Studies*.

This phase qualitatively examined children's experiences with, and perceptions of, an urban community cycling program run by Neighborhood Bike Works (NBW), a non-profit organization with locations in four urban neighborhoods in Philadelphia. Entrance and exit interviews were conducted at the NBW "Bike Salon," located in an underserved and low SES area of Philadelphia. This is the first study to explicitly assess youths' perceptions on cycling and related barriers within urban environments. The analysis revealed several barriers (e.g., Crime, Fear of Injury) and facilitators (e.g., Self-Efficacy, Social Support from Family and Friends) to cycling. During the entrance interviews, participants identified several benefits of cycling, including Environmental, Financial, and Health Benefits. Participants also stated several barriers to cycling including Crime, Fear of Injury, Physical Discomfort from Exercise, and Sedentary Preferences. One of the themes, fear of theft, emerged as a prevalent barrier to active

commuting to school. Participants expressed a need for a quality bike lock so that they would be willing to use their new bikes to actively commute to school. This finding suggests that initiatives based in areas with high rates of crime may need to collaborate with schools to ensure that safe bike parking locations are available to encourage active commuting and reduce concerns related to theft. Related to the Temple community, 76.6% of participants had never heard of Neighborhood Bike Works and 23.9% were interested in volunteering with Neighborhood Bike Works.

18. Extent of Clinical Activities Initiated and Completed. Items 18(A) and 18(B) should be completed for all research projects. If the project was restricted to secondary analysis of clinical data or data analysis of clinical research, then responses to 18(A) and 18(B) should be “No.”

18(A) Did you initiate a study that involved the testing of treatment, prevention or diagnostic procedures on human subjects?

Yes
 No

18(B) Did you complete a study that involved the testing of treatment, prevention or diagnostic procedures on human subjects?

Yes
 No

If “Yes” to either 18(A) or 18(B), items 18(C) – (F) must also be completed. (Do NOT complete 18(C-F) if 18(A) and 18(B) are both “No.”)

18(C) How many hospital and health care professionals were involved in the research project?

 1 Number of hospital and health care professionals involved in the research project

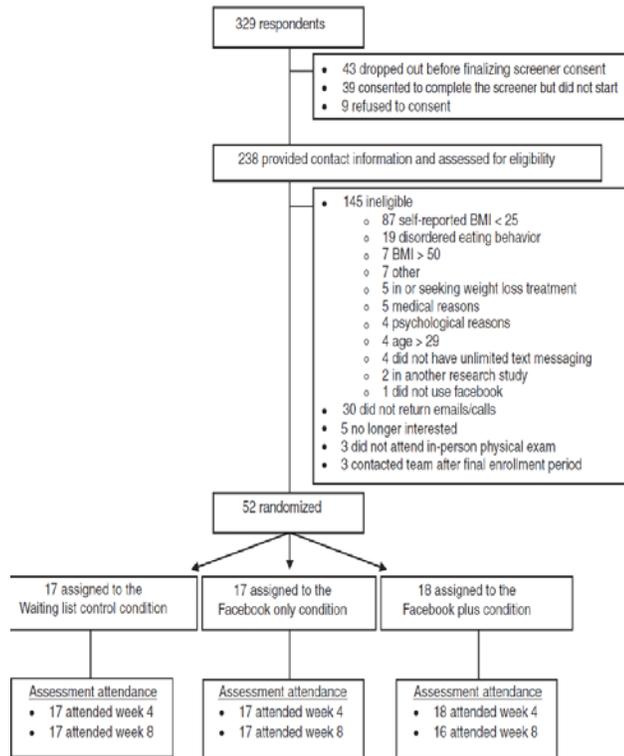
18(D) How many subjects were included in the study compared to targeted goals?

 180 Number of subjects originally targeted to be included in the study
 52 Number of subjects enrolled in the study

Note: Studies that fall dramatically short on recruitment are encouraged to provide the details of their recruitment efforts in Item 17, Progress in Achieving Research Goals, Objectives and Aims. For example, the number of eligible subjects approached, the number that refused to participate and the reasons for refusal. Without this information it is difficult to discern whether eligibility criteria were too restrictive or the study simply did not appeal to subjects.

Our initial proposal for Phase III of the project (the clinical intervention) was for a much less intensive intervention, which could have been delivered on a broad scale.

However, based on initial feedback with Dr. Bennett (consultant) and other experts in the field, we decided it was scientifically prudent to refine and deliver a more intensive intervention to maximize the potential for weight loss in this at-risk population. We conducted recruitment over a 2 semester period, and were successful at enrolling 52 undergraduate students, of which 96% were retained for the 8 week follow-up. The following in-person and electronic recruitment strategies were used: University media outlets (e.g., online newspaper), posting flyers, broadcasting electronic announcements on websites, Facebook, and listservs, and partnering with campus and student organizations. To the right is our flow chart of recruitment.



18(E) How many subjects were enrolled in the study by gender, ethnicity and race?

Gender:

7 Males
45 Females
 Unknown

Ethnicity:

3 Latinos or Hispanics
49 Not Latinos or Hispanics
 Unknown

Race:

 American Indian or Alaska Native
1 Asian
16 Blacks or African American
 Native Hawaiian or Other Pacific Islander
30 White
1 Other, specify: bi-racial _____
4 Unknown

18(F) Where was the research study conducted? (List the county where the research study was conducted. If the treatment, prevention and diagnostic tests were offered in more than one county, list all of the counties where the research study was conducted.)

Philadelphia

19. Human Embryonic Stem Cell Research. Item 19(A) should be completed for all research projects. If the research project involved human embryonic stem cells, items 19(B) and 19(C) must also be completed.

19(A) Did this project involve, in any capacity, human embryonic stem cells?

Yes
 No

19(B) Were these stem cell lines NIH-approved lines that were derived outside of Pennsylvania?

Yes
 No

19(C) Please describe how this project involved human embryonic stem cells:

20. Articles Submitted to Peer-Reviewed Publications.

20(A) Identify all publications that resulted from the research performed during the funding period and that have been submitted to peer-reviewed publications. Do not list journal abstracts or presentations at professional meetings; abstract and meeting presentations should be listed at the end of item 17. **Include only those publications that acknowledge the Pennsylvania Department of Health as a funding source** (as required in the grant agreement). List the title of the journal article, the authors, the name of the peer-reviewed publication, the month and year when it was submitted, and the status of publication (submitted for publication, accepted for publication or published.). Submit an electronic copy of each publication or paper submitted for publication, listed in the table, in a PDF version 5.0.5 (or greater) format, 1,200 dpi. Filenames for each publication should include the number of the research project, the last name of the PI, the number of the publication and an abbreviated research project title. For example, if you submit two publications for PI Smith for the “Cognition and MRI in Older Adults” research project (Project 1), and two publications for PI Zhang for the “Lung Cancer” research project (Project 3), the filenames should be:

- Project 1 – Smith – Publication 1 – Cognition and MRI
- Project 1 – Smith – Publication 2 – Cognition and MRI
- Project 3 – Zhang – Publication 1 – Lung Cancer
- Project 3 – Zhang – Publication 2 – Lung Cancer

If the publication is not available electronically, provide 5 paper copies of the publication.

Note: The grant agreement requires that recipients acknowledge the Pennsylvania Department of Health funding in all publications. Please ensure that all publications listed acknowledge the Department of Health funding. If a publication does not acknowledge the funding from the Commonwealth, do not list the publication.

Title of Journal Article:	Authors:	Name of Peer-reviewed Publication:	Month and Year Submitted:	Publication Status (check appropriate box below):
1. Using Facebook and text messaging to deliver a weight loss program to college students.	Napolitano, M. A., Hayes, S., Bennett, G., Ives, A., & Foster, G.D	Obesity	Dec 2011	<input type="checkbox"/> Submitted <input type="checkbox"/> Accepted <input checked="" type="checkbox"/> Published
2. Urban youths' experiences and perceptions of a community cycling initiative.	Hoffman, M., Hayes, S., & Napolitano, M.A.	Journal of Urban Studies	Aug 2012	<input type="checkbox"/> Submitted <input type="checkbox"/> Accepted <input checked="" type="checkbox"/> Published

20(B) Based on this project, are you planning to submit articles to peer-reviewed publications in the future?

Yes x No

If yes, please describe your plans:

We have a manuscript in progress from Phase III of the project (survey of cycling attitudes). This manuscript is titled, "Active Commuting Perceptions and Patterns at a Large, Urban College Campus"

21. Changes in Outcome, Impact and Effectiveness Attributable to the Research Project.

Describe the outcome, impact, and effectiveness of the research project by summarizing its impact on the incidence of disease, death from disease, stage of disease at time of diagnosis, or other relevant measures of outcome, impact or effectiveness of the research project. If there were no changes, insert "None"; do not use "Not applicable." Responses must be single-spaced below, and no smaller than 12-point type. DO NOT DELETE THESE INSTRUCTIONS. There is no limit to the length of your response.

For Phase II of our project (the clinical intervention), we demonstrated that a low-cost social media based program was able to produce outcomes of approximately 2/3 pound per week, among older adolescents, which mirrors results found in face-to-face programs in this population.

22. Major Discoveries, New Drugs, and New Approaches for Prevention Diagnosis and Treatment. Describe major discoveries, new drugs, and new approaches for prevention, diagnosis and treatment that are attributable to the completed research project. If there were no major discoveries, drugs or approaches, insert “None”; do not use “Not applicable.” Responses must be single-spaced below, and no smaller than 12-point type. **DO NOT DELETE THESE INSTRUCTIONS.** There is no limit to the length of your response.

None

23. Inventions, Patents and Commercial Development Opportunities.

23(A) Were any inventions, which may be patentable or otherwise protectable under Title 35 of the United States Code, conceived or first actually reduced to practice in the performance of work under this health research grant? Yes _____ No x _____

If “Yes” to 23(A), complete items a – g below for each invention. (Do NOT complete items a - g if 23(A) is “No.”)

- a. Title of Invention:
- b. Name of Inventor(s):
- c. Technical Description of Invention (describe nature, purpose, operation and physical, chemical, biological or electrical characteristics of the invention):
- d. Was a patent filed for the invention conceived or first actually reduced to practice in the performance of work under this health research grant?
Yes _____ No _____

If yes, indicate date patent was filed:

- e. Was a patent issued for the invention conceived or first actually reduced to practice in the performance of work under this health research grant?
Yes _____ No _____
If yes, indicate number of patent, title and date issued:
Patent number:
Title of patent:
Date issued:

- f. Were any licenses granted for the patent obtained as a result of work performed under this health research grant? Yes _____ No _____

If yes, how many licenses were granted? _____

- g. Were any commercial development activities taken to develop the invention into a commercial product or service for manufacture or sale? Yes___ No___

If yes, describe the commercial development activities:

23(B) Based on the results of this project, are you planning to file for any licenses or patents, or undertake any commercial development opportunities in the future?

Yes_____ No___x_____

If yes, please describe your plans:

24. Key Investigator Qualifications. Briefly describe the education, research interests and experience and professional commitments of the Principal Investigator and all other key investigators. In place of narrative you may insert the NIH biosketch form here; however, please limit each biosketch to 1-2 pages. *For Nonformula grants only – include information for only those key investigators whose biosketches were not included in the original grant application.*

BIOGRAPHICAL SKETCH

NAME **Napolitano, Melissa A.**

POSITION TITLE **Associate Professor**

Departments of Prevention and Community Health & Exercise Science
The George Washington University

eRA COMMONS USER NAME: **mnapolitano**

EDUCATION/TRAINING

INSTITUTION AND LOCATION DEGREE YEAR(s) FIELD OF STUDY

Yale University, New Haven, CT	B.A.	May, 1993	Psychology
Duke University, Durham, NC	M.A.	December, 1996	Clinical Psychology
Duke University, Durham, NC	Ph.D.	May, 1999	Clinical Psychology
Brown University, Providence, RI	Intern	1998-1999	Clinical Psych
Brown University, Providence, RI		1999-2000	Postdoctoral Fellow

A. Personal Statement

I have a 12+ year history of productive research experience related to the proposed study. I have expertise in physical activity and weight interventions and using technology for delivering interventions. These clinical trials have included a focus on the adoption and maintenance of physical activity, using non-face-to-face channels (e.g., Internet, text message, telephone) for delivering interventions, as well as translation of programs for delivery in community settings.

B. Positions and Honors

Employment

2012-present Associate Professor; Departments of Prevention and Community Health & Exercise Science School of Public Health and Health Services; The George Washington University

2011 Adjunct Associate Professor, Temple University, College of Science and Technology

Aug 2006-2012 Associate Professor of Kinesiology and Public Health, Temple University;

Research Scientist, Center for Obesity Research and Education

2003 Adjunct Assistant Professor of Psychology, Brown University Department of Psychology

2000-Aug 2006 Assistant Professor of Psychiatry and Human Behavior, Brown Medical School

2000-Aug 2006 Staff Psychologist, The Miriam Hospital/Brown University

Postgraduate Honors

2002 Society of Behavioral Medicine Citation Award

Professional Societies

1995-present Member, Society of Behavioral Medicine

1995-present Member, American Psychological Association

C. Selected Peer-reviewed publications (48 total, 15 are cited below)

1. Napolitano, M.A., & Marcus, B.H. (2002). Targeting and tailoring physical activity information using print and information technologies. *Exercise and Sport Sciences Reviews*, 30, 122-128.

2. Sciamanna, C.N., Lewis, B., Tate, D., Napolitano, M.A., Fotheringham, M., Marcus, B.H. (2002). User attitudes toward a physical activity promotion website. *Preventive Medicine*, 35, 612-615.

3. Jakicic, J.M., Marcus, B.H., Gallagher, K.I., Napolitano, M., & Lang, W. (2003). Effect of exercise duration and intensity on weight loss in overweight, sedentary women: A randomized trial. *Journal of the American Medical Association*, *290*, 1323-1330.
4. Napolitano, M.A., Fotheringham, M., Tate, D., Sciamanna, C., Leslie, E., Owen, N., Bauman, A., & Marcus, B. (2003). Evaluation of an Internet-based physical activity intervention: A preliminary investigation. *Annals of Behavioral Medicine*, *25*, 92-99.
5. Gallagher, K.I., Jakicic, J.M., Napolitano, M.A., & Marcus, B.H. (2006). Psychosocial factors related to physical activity and weight loss in overweight women. *Medicine and Science in Sports and Exercise*, *38*, 971-980.
6. Napolitano, M.A., Whiteley, J.A., Papandonatos, G., Dutton, G., Farrell, N.C., Albrecht A., Bock, B., Bazzarre, T., Sciamanna, C., Dunn, A., & Marcus, B. (2006). Outcomes from the Women's Wellness Project: A community-focused physical activity trial for women. *Preventive Medicine*, *43*, 447-453.
7. Marcus, B., Lewis, B.A., Williams, D.M., Dunsiger, B.S., Jakicic, J.J., Whiteley, J.A., Albrecht, A., Napolitano, M.A., Bock, B., Tate, D.F., Sciamanna, C., & Parisi, A. (2007). A comparison of Internet and print-based physical activity interventions. *Archives of Internal Medicine*, *167*, 944-949.
8. Whiteley, J. A., Napolitano, M. A., Lewis, B. A., Williams, D. M., Albrecht, A. Neighbors, C. J., Sciamanna, C. N., Marcus, & B. H. (2007). Commit to Quit in the YMCAs: Translating an evidence-based quit smoking program for women into a community setting. *Nicotine & Tobacco Research*, *9*, 1227-1235.
9. Napolitano, M. A., & Foster, G. D. (2008). Depression and obesity: Implications for assessment, treatment, and research. *Clinical Psychology: Science and Practice*, *15*, 21-27.
10. Napolitano, M.A., Papandonatos, G.D., Lewis, B.A., Whiteley, J.A., Williams, D.M., King, A.C., Bock B., Pinto, B., & Marcus, B.H. (2008). Mediators of physical activity behavior change: A multivariate approach. *Health Psychology*, *27*, 409-418.
11. Nademin, M. E., Napolitano, M. A., Xanthopoulos, M. S. Richardson, E., Fava, J. L., Marcus, B. (2010). Smoking cessation in college-aged women: A qualitative analysis of factors important to this population. *Addiction Research and Theory*, *18*, 649-666.
12. Napolitano, M. A., Lloyd-Richardson, E. E., Fava, J. L., & Marcus, B. H. (2011). Targeting body image schema for smoking cessation among college females: Rationale, program description, and pilot study results. *Behavior Modification*, *24*, 323 - 346.
13. Napolitano, M.A. & Himes, S. (2011). Race, weight, and correlates of binge eating among female college students. *Eating Behaviors*, *12*, 29-36.
14. Napolitano, M.A., & Hayes, S. (2011). Behavioral and psychological factors associated with 12-month weight change in a physical activity trial. *Journal of Obesity*, *2011*, doi:10.1155/2011/515803.
15. Napolitano, M. A., Hayes, S., Bennett, G., Ives, A., & Foster, G.D. (2013). Using Facebook and text messaging to deliver a weight loss program to college students. *Obesity*, *21*, 25-31.

BIOGRAPHICAL SKETCH

NAME Sharon Hayes
POSITION TITLE Postdoctoral Fellow
eRA COMMONS USER NAME RESTWELL

EDUCATION/TRAINING

University of Central Florida, Orlando, FL	B.S.	2003	Psychology
University of Central Florida, Orlando, FL	M.S.	2008	Clinical Psychology
University of Central Florida, Orlando, FL	Ph.D.	2010	Clinical Psychology
Temple University Health Sciences Center, Philadelphia, PA		2009-2010	Clinical Psychology Intern
Center for Obesity Research and Education, Temple University, Philadelphia, PA		2010-present	Clinical Psychology Postdoctoral Fellow

A. Personal Statement

I have clinical research experience delivering weight-related interventions via non-face-to-face methods through the pilot project for the proposed research and my dissertation research. In addition to my research experience, I have clinical experience delivering face-to-face weight management services to adult and college student populations, as well as both face-to-face and technology-based substance-related behavior change interventions to college students in a university setting.

B. Positions and Honors

Employment

08/03-06/09 Graduate Research Assistant, Laboratory for the Study of Eating, Appearance, & Health, University of Central Florida
07/09-06/10 Predoctoral Intern, Center for Obesity Research and Education, Temple University
09/10-present Postdoctoral Fellow, Center for Obesity Research and Education, Temple University

Professional Societies

2002-present American Psychological Association (Division 38: Health Psychology)
2010-present Society of Behavioral Medicine
2011-present The Obesity Society

C. Peer-reviewed Publications

1. Tantleff-Dunn, S., **Hayes, S.**, & Braun, C. (2009). How did you get so thin? The effect of attribution type on the perceptions of underweight females. *Eating and Weight Disorders*, 14(1), 38-44.
2. **Hayes, S.**, & Tantleff-Dunn, S. (2010). Am I too fat to be a princess? Examining the effects of popular children's media on young girls' body image. *British Journal of Developmental Psychology*, 28(2), 413-426.
3. Napolitano, M. A., & **Hayes, S.** (2011). Behavioral and psychological factors associated with 12-month weight change in a physical activity trial. *Journal of Obesity*, doi:10.1155/2011/515803.
4. Xanthopoulos, M. S., Borradaile, K. E., **Hayes, S.**, Sherman, S., Vander Veur, S., Grundy, K., Nachmani, J., & Foster, G. D. (2011). The impact of weight, sex, and race/ethnicity on body dissatisfaction among urban children. *Body Image*, 8, 385– 389.

5. **Hayes, S.**, & Napolitano, M. (2012). Examination of weight management practices in a non-clinical sample of college females. *Eating and Weight Disorders*, 17, e157-63.
6. Napolitano, M. A., **Hayes, S.**, Bennett, G., Ives, A., & Foster, G.D. (2013). Using Facebook and text messaging to deliver a weight loss program to college students. *Obesity*, 21, 25-31.

D. Research Support

1F32HD066939-01A (Hayes, PI) 08/01/2011-07/31/2013

NICHD: *Tailored Parent Training for Pediatric Weight Management*

Major goal of this award is to provide the PI with training in program development and weight management research through the creation of a tailored parenting intervention. Secondary aim is to evaluate feasibility and preliminary efficacy of the resulting program.

Role: Principal Investigator