Stephanie L. Silveira, PhD

University of Texas at Health Science Center at Houston School of Public Health
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Academic Positions

2023- **Assistant Professor**
University of Texas Health Sciences Center at Houston
School of Public Health
Department of Management, Policy & Community Health

2021-2023 **Assistant Professor**
University of North Texas
Department of Kinesiology, Health Promotion, and Recreation

2018-2021 **Postdoctoral Fellow**
University of Alabama at Birmingham
Department of Physical Therapy

Education

2018 Ph.D., Kinesiology, University of Houston
2013 B.S., Psychology, Northeastern University

Awards and Honors

2023 University of North Texas College of Education Junior Faculty Research Award
2021 University of North Texas Washington DC Fellows Cohort
2021 University of North Texas Mean Green Faculty/Staff Spotlight
2019 University of Alabama at Birmingham Postdoctoral Education 3 Minute Data Blitz Competition 3rd Place
2019 University of Alabama at Birmingham Postdoctoral Education Oral Presentation 2nd Place
2018 Spinal Cord Injury ISIG Best Poster, American College of Rehabilitation Medicine Annual Conference
2018 University of Alabama at Birmingham Postdoctoral Education Travel Grant
2017 University of Houston Elevator Speech Competition
2016 University of Houston Cullen Travel Award
2015 University of Houston Elevator Speech Competition

Publications

*denotes paper on which students are authors/coauthors
h-index: 18, i10 index: 35

Peer-Reviewed Journals

1. *Piasecki AJ, Motl RW, Froehlich-Grobe K, **Silveira SL.** Seated Physical activity INtervention (SPIN) Randomized Controlled Trial for Wheelchair Users with Multiple Sclerosis (MS): Formative Feedback and Future Directions. *Healthcare.* 14(13); 2026. doi: 10.3390/healthcare14131824. PMID: 42450833
   Impact Factor: 3.40 Scimago: Q2 Health Policy

2. Flores VA, **Silveira SL**, Marquez DX, Kinnett-Hopkins D, Miravalle A, Sierra-Morales F, Hernández-Peraza Z, Motl RW. Feasibility and Preliminary Outcomes of a Remotely Delivered Exercise Training Intervention for English-Speaking Hispanics/Latinos with Multiple Sclerosis: Results from the FERLA MS Study. *Multiple Sclerosis Journal: Experimental, Translational and Clinical.* 12(2); 2026. doi: 10.1177/20552173261448001. PMID: 42112098
   Impact Factor: 2.30 Scimago: Q2 Neurology

3. **Silveira SL, ***Piasecki AJ, Motl RW, Froehlich-Grobe K. Feasibility, acceptability, and initial efficacy of a wheelchair exercise training program in persons with multiple sclerosis. *International Journal of MS Care.* (In Press).
   Impact Factor: 1.69 Scimago: Q2 Advanced and Specialized Nursing

4. **Silveira SL**, Deemer SE, Synkowski EC. Feasibility, acceptability, and preliminary efficacy of an online diet intervention for promoting fruit and vegetable intake among persons with multiple sclerosis. *Journal of Nutrition Education and Behavior.* 57(10); 2025. doi: 10.1016/j.jneb.2025.06.009. PMID: 40650650
   Impact Factor: 2.30 Scimago: Q2 Nutrition and Dietetics

5. Oyesanya T, Faieta J, **Silveira SL**, Cogan A, Pappadis M, Ahonle Z, Backus D, Kolakowsky-Hayner S, Roberts P. Development and Satisfaction of a Mentoring-Match Algorithm. *Mentoring & Tutoring: Partnership in Learning.* 33(4); 2025. doi: 10.1080/13611267.2025.2519908
   Impact Factor: 1.80 Scimago: Q2 Education

6. Pilutti L, **Silveira SL**, Herring M, Jeng B, Edwards T, Cederberg KLJ, Fournier K, Motl RW. Multiple sclerosis is associated with worse body composition across compartments: Results from a systematic review and meta-analysis. *Multiple Sclerosis and Related Disorders.* 101; 2025. doi: 10.1016/j.msard.2025.106553. PMID: 40513309
   Impact Factor: 2.90 Scimago: Q1 Medicine

7. Flores VA, **Silveira SL**, Marquez DX, Kinnett-Hopkins D, Miravalle A, Sierra-Morales F, Hernandez-Peraza Z, Motl RW. Rationale for a 4-month, parallel-group, randomized controlled trial to assess the Feasibility and Efficacy of a Remotely delivered exercise training intervention for Hispanics/Latinos with Multiple Sclerosis (FERLA MS). *Pilot and Feasbility Studies.* 11(62); 2025. doi: 10.1186/s40814-025-01641-5. PMID: 40340698
   Impact Factor: 1.50 Scimago: Q2 Medicine (miscellaneous)

8. **Silveira SL**, Motl RM, *Ontiveros T, Flores V. A Qualitative Inquiry of Exercise Preferences Among Hispanic Adults with Multiple Sclerosis. *American Journal of Lifestyle Medicine.* 2025. doi: 10.1177/15598276251334360. PMID: 40255267
Impact Factor: 1.50 Scimago: Q2 Public Health, Environmental and Occupational Health

9. Kidwell-Chandler A, Jackson J, Jeng B, **Silveira SL**, Pilutti LA, Hibbing PR, Motl RW. Body Composition and its Outcomes and Management in Multiple Sclerosis. *Nutrients*. 17(6): 1021; 2025. doi: 10.3390/nu17061021. PMID: 40290097
Impact Factor: 5.72 Scimago: Q1 Nutrition and Dietetics

10. **Silveira SL,** Jeng B, Gower BA, Motl RW. Correlates of inaccuracy in reporting of energy intake among persons with multiple sclerosis. *Nutrients.* 17(3):438; 2025. doi: 10.3390/nu17030438. PMID: 39940299
Impact Factor: 5.72 Scimago: Q1 Nutrition and Dietetics

11. *Kolb D, Deemer SE, Synkowski EC, **Silveira SL.** Randomized Pilot Study Examining an Online Diet Intervention to Increase Intake of Fruits and Vegetables Among Healthy Adults**.** *International Journal of Exercise Science*, 17(2): 2024. doi: 10.70252/SAET2553. PMID: 39807385
Impact Factor: 0.88 Scimago: Q2 Physical Therapy, Sports Therapy and Rehabilitation

12. **Silveira SL**, Beyboun H, Tsai J. Association of multiple sclerosis with psychiatric disorders and homelessness among veterans in the United States Department of Veterans Affairs healthcare system. *CNS Spectrums.* 2024. doi: 10.1017/S1092852924002165. PMID: 39576134
Impact Factor: 3.40 Scimago: Q2 Neurology

13. **Silveira SL,** Kidwell-Chandler A, Huynh TLT, Cederberg KLJ, Jeng B, Sikes EM, Motl RW. Randomized controlled trial of the behavioral intervention for increasing physical activity in multiple sclerosis project: Fidelity monitoring and outcomes. *Behavioral Medicine*, 51(2): 128-135; 2024. doi: 10.1080/08964289.2024.2398414. PMID: 39287190
Impact Factor: 3.70 Scimago: Q2 Applied Psychology

14. **Silveira SL**, Motl RW, Elmer D, *Ontiveros TS, *Botkin T, *Williams S, Hubbard EA. Results of a feasibility and initial efficacy clinical trial of a high-intensity interval training program using adaptive equipment in persons with multiple sclerosis who have walking disability. *Multiple Sclerosis and Related Disorders.* 2024. doi: 10.1016/j.msard.2024.105695. PMID: 38820697
Impact Factor: 4.81 Scimago: Q1 Medicine

15. **Silveira SL,** Motl RW, Froehlich-Grobe K, *Kay M. Feasibility and initial efficacy of a wheelchair exercise training program in persons with multiple sclerosis: study protocol for a parallel group randomized controlled trial. *Disability and Rehabilitation Assistive Technology,* 19(8): 2998-3005; 2024. doi: 10.1080/17483107.2024.2332322. PMID: 38520055
Impact Factor: 2.20 Scimago: Q2 Rehabilitation

16. Nery-Hurwit M, Berri M, **Silveira SL**, Fyffe D, Robinson-Whelen S, Wilson CS, Taylor H, Kalpakjian CZ. A Scoping Review of Literature on Sexual Health and Wellness in Women with Spinal Cord Injury. *Sexuality and Disability,* 42:17-33; 2024, doi:10.1007/s11195-024-09834-1
Impact Factor: 1.50 Scimago: Q1 Rehabilitation

17. **Silveira SL**, Motl RW, Sandroff BM, Pilutti LA, Cutter GR. Randomized Controlled Trial of the Behavioral Intervention for Physical Activity in Multiple Sclerosis Project: Response Heterogeneity and Predictors of Change. *International Journal of Behavioral Medicine.* 32(1); 2025. doi: 10.1007/s12529-024-10265-7. PMID: 38326673
    Impact Factor: 2.70 Scimago: Q2 Applied Psychology

18. **Silveira SL**, Motl RW, Salter A, Marquez DX. Social cognitive theory variables as correlates of physical activity behavior among Hispanics with multiple sclerosis. *Archives of Physical Medicine and Rehabilitation*. 105(6); 2024. doi: 10.1016/j.apmr.2024.01.009. PMID: 38281577
    Impact Factor: 4.30 Scimago: Q1 Rehabilitation

19. Samper-Ternent R, **Silveira SL**, Stevens A, Volpi E, Naik AD. Considerations When Designing and Implementing Pragmatic Clinical Trials That Include Older Hispanics. *Ethnicity and Disease*, 33 (2-3): 76–83, 2023, doi: 10.18865/ed.33.2-3.076. PMID: 38845738
    Impact Factor: 2.01 Scimago: Q1 Medicine (misc)

20. Huynh T, **Silveira SL**, Motl RW. Physical Activity and Quality of Life in Persons Newly Diagnosed with Multiple Sclerosis. *Archives of Physical Medicine and Rehabilitation*, 104(11):1820-1826; 2023, doi: 10.1016/j.apmr.2023.04.004. PMID: 37119953
    Impact Factor: 4.06 Scimago: Q1 Rehabilitation

21. **Silveira SL,** Froehlich-Grobe K, Motl RW. Formative evaluation of a proposed exercise training program for persons with multiple sclerosis who are wheelchair users. *Evaluation and Program Planning,* 97:102243; 2023, doi: 10.1016/j.evalprogplan.2023.102243. PMID: 36696872
    Impact Factor: 1.89 Scimago: Q2 Public Health, Environmental and Occupational Health

22. **Silveira SL**, Jeng B, Cutter G, Motl RW. Diet, Physical Activity, and Stress Among Wheelchair Users with Multiple Sclerosis: Examining Individual and Co-Occurring Behavioral Risk Factors. *Archives of Physical Medicine and Rehabilitation*, 104(4):590-596; 2023, doi: 10.1016/j.apmr.2022.12.194. PMID: 36649911
    Impact Factor: 4.06 Scimago: Q1 Rehabilitation

23. Huynh T, **Silveira SL**, Motl RW. Physical Activity Behavior in Persons Newly Diagnosed with Multiple Sclerosis: Applying the Capability – Opportunity – Motivation – Behavior (COM-B) Model. *Multiple Sclerosis and Related Disorders,* 69:104432; 2023, doi: 10.1016/j.msard.2022.104432. PMID: 36470170
    Impact Factor: 4.81 Scimago: Q1 Medicine

24. **Silveira SL**, Motl RW, Marquez DX, Lancia S, Salter A. Physical activity as a correlate of symptoms, quality of life, comorbidity, and disability status in Hispanics with multiple sclerosis. *Disability and Health,* 16(2):101398; 2023, doi: 10.1016/j.dhjo.2022.101398. PMID: 36402726
    Impact Factor: 4.62 Scimago: Q1 Medicine

25. **Silveira SL**, Motl RW, Marquez DX, Salter A. Rates and patterns of physical activity among Hispanics with multiple sclerosis in the NARCOMS Registry. *Multiple Sclerosis and Related Disorders,* 65:104018; 2022, doi: 10.1016/j.msard.2022.104018. PMID: 35810721
    Impact Factor: 4.81 Scimago: Q1 Medicine

26. Huynh T, **Silveira SL**, Jeng B, Motl RW. Association of disease outcomes with physical activity in multiple sclerosis: A cross-sectional study. *Rehabilitation Psychology*, 67(3): 421-429; 2022, doi: 10.1037/rep0000454. PMID: 35834207
    Impact Factor: 2.56 Scimago: Q1 Rehabilitation

27. **Silveira SL**, Jeng B, Cutter G, Motl RW. Perceptions of Physical Activity Guidelines Among Wheelchair Users with Multiple Sclerosis. *Multiple Sclerosis Journal: Experimental, Translational and Clinical*, 8(2):20552173221097580; 2022, doi: 10.1177/20552173221097580, PMID: 35634012
    h5-index: 17 Scimago: Q2 Neurology

28. **Silveira SL,** de Groot S, Cowan RE. Association between individual wheelchair skills and fitness in community-dwelling manual wheelchair users with spinal cord injuries. *Disability and Rehabilitation Assistive Technology,* 15:1-6; 2022. doi: 10.1080/17483107.2022.2061607. PMID: 35426353
    Impact Factor: 2.50 Scimago: Q2 Rehabilitation

29. **Silveira SL**, Jeng B, Cutter G, Motl RW. Diet Quality Assessment in Wheelchair Users with Multiple Sclerosis. *Nutrients*. 13(12): 4352; 2021, doi: 10.3390/nu13124352. PMID: 34959904
    Impact Factor: 5.72 Scimago: Q1 Nutrition and Dietetics

30. **Silveira SL,** Froehlich-Grobe K, Motl RW. Developing a community-engaged wheelchair exercise program for persons with MS: Community Advisory Board formation and feedback. *Disability and Rehabilitation Assistive Technology,* 10;1-8; 2021, doi: 10.1080/17483107.2021.2010819. PMID: 34892990
    Impact Factor: 2.50 Scimago: Q2 Rehabilitation

31. Jeng B, Cederberg KLJ, Huynh TL, Silic P, Jones CD, Feasel CD, Sikes EM, Baird JF, **Silveira SL**, Sasaki JE, Motl RW. Social-cognitive theory variables as correlates of physical activity in fatigued persons with multiple sclerosis. *Multiple Sclerosis and Related Disorders,* 57:103312; 2022, doi: 10.1016/j.msard.2021.103312. PMID: 35158422
    Impact Factor: 2.89 Scimago: Q1 Medicine

32. **Silveira SL,** Richardson EV, Motl RW. Desired resources for changing diet among persons with multiple sclerosis: qualitative inquiry informing future dietary interventions. *International Journal of MS Care*, 24(4):175-183; 2022, doi: 10.7224/1537-2073.2021-052. PMID: 35875458
    Impact Factor: 1.92 Scimago: Q1 Advanced and Specialized Nursing

33. Cederberg KLJ, Jeng B, Sasaki JE, Sikes EM, **Silveira SL,** Cutter G, Motl RW. Demographic, clinical, and symptomatic correlates of subjective sleep quality in adults with multiple sclerosis. *Multiple Sclerosis and Related Disorders*, 55:103204, 2021. doi: 10.1016/j.msard.2021.103204. PMID: 34392060
    Impact Factor: 2.89 Scimago: Q1 Medicine

34. Sadeghi Bahmani D, **Silveira SL,** Baird JF, Motl RW. Do Internet Resources Align with Exercise Training and Physical Activity Guidelines for People with Multiple Sclerosis? *Multiple Sclerosis Journal: Experimental, Translational and Clinical,* 7(3):20552173211038035, 2021. doi: 10.1177/20552173211038035. PMID: 34616564
    h5-index: 17 Scimago: Q2 Neurology

35. Baird JF, **Silveira SL,** Motl RW. Social Cognitive Theory Variables are Stronger Correlates of Moderate-to-Vigorous Physical Activity than Light Physical Activity in Older Adults with Multiple Sclerosis. *Sport Sciences For Health,* 18:561–566, 2022, doi: 10.1007/s11332-021-00845-5.
    Impact Factor: 0.39 Scimago: Q3 Orthopedics and Sports Medicine

36. Huynh T, **Silveira SL**, Motl RW. Systematic review of participant characteristics in theory-based behavior change interventions for physical activity in multiple sclerosis: Are we missing those with the greatest potential for lifelong benefits? *Disability and Rehabilitation,* 44(20):5784-5803; 2022, doi: 10.1080/09638288.2021.1954705. PMID: 34334057
    Impact Factor: 2.05 Scimago: Q1 Rehabilitation

37. **Silveira SL,** Cederberg KLJ, Jeng B, Sikes EM, Sandroff BM, Jones CD, Motl RW. Do physical activity and social cognitive theory variable scores differ across symptom cluster severity groups in multiple sclerosis? *Disability and Health Journal*, 14(4):101163, 2021. doi: 10.1016/j.dhjo.2021.101163. PMID: 34219037
    Impact Factor: 2.06 Scimago: Q1 Medicine

38. **Silveira SL,** Jeng B, Gower BA, Motl RW. Feasibility, acceptability and preliminary validity of self-report dietary assessment in adults with multiple sclerosis: Comparison with doubly labeled water measured total energy expenditure. *Nutrients,* 13(4):1198, 2021. doi: 10.3390/nu13041198. PMID: 33916406
    Impact Factor: 4.55 Scimago: Q1 Nutrition and Dietetics

39. Cowan RE, **Silveira SL,** Helle T, Laessoe U, Gøeg KR, Bangshaab J, Motl RW. Lifestyle physical activity in manual wheelchair users – an overlooked public health opportunity. *Spinal Cord,* 60(2):190-192, 2022, doi: 10.1038/s41393-021-00729-y. PMID: 35046537
    Impact Factor: 2.07 Scimago: Q1 Rehabilitation

40. **Silveira SL.** Huynh T, Kidwell A, Sadeghi Bahmani D, Motl RW. Behavior Change Techniques in Physical Activity Interventions for Multiple Sclerosis. *Archives of Physical Medicine and Rehabilitation* 102(9):1788-1800, 2021. doi: 10.1016/j.apmr.2021.01.071. PMID: 33549545
    Impact Factor: 2.70 Scimago: Q1 Rehabilitation

41. **Silveira SL,** Riemann-Lorenz K, Heesen C, Motl RW. Current and Long-Term Physical Activity Among Adults with Multiple Sclerosis in the United States: COM-B Variables as Explanatory Factor. *International Journal of Behavioral Medicine* 28:561-574, 2021. doi: 10.1007/s12529-020-09946-w. PMID: 33420718
    Impact Factor: 2.01 Scimago: Q2 Applied Psychology

42. Sandroff BM, **Silveira SL,** Baird JF, Huynh T, Motl RW. Cognitive Processing Speed Impairment Does Not Influence the Construct Validity of Six-Spot Step Test Performance in Persons with Multiple Sclerosis. *Physical Therapy Journal* 101(2): pzaa227, 2021. doi: 10.1093/ptj/pzaa227. PMID: 33373454
    Impact Factor: 3.04 Scimago: Q1 Physical Therapy, Sports Therapy and Rehabilitation

43. Bertapelli F, **Silveira SL,** Agiovlasitis S, Motl RW. Development and cross-validation of a simple model to estimate percent body fat in persons with Multiple Sclerosis. *International Journal of MS Care* 23(5):193-198, 2021. doi: 10.7224/1537-2073.2020-034. PMID: 34720758

Impact Factor: 1.85 Scimago: Q1 Advanced and Specialized Nursing

44. **Silveira SL,** Baird JF, Motl RW. Rates, Patterns, and Correlates of Fitness Tracker Use Among Older Adults with Multiple Sclerosis. *Disability and Health Journal* 14(1):100966, 2021. doi: 10.1016/j.dhjo.2020.100966. PMID: 32811785
Impact Factor: 2.06 Scimago: Q1 Medicine

45. Rice I, Jeng B, **Silveira SL,** Motl RW. Push-rate Threshold for Physical Activity Intensity in Persons who use Manual Wheelchairs. *American Journal of Physical Medicine and Rehabilitation* 100(3):292-296, 2021. doi: 10.1097/PHM.0000000000001618. PMID: 33048893
Impact Factor: 1.84 Scimago: Q1 Rehabilitation

46. **Silveira SL,** Cederberg KLJ, Jeng B, Sikes EM, Sandroff BM, Jones CD, Motl, RW. Symptom Clusters and Quality of Life in Persons with Multiple Sclerosis Across the Lifespan. *Quality of Life Research* 30(4):1061-1071, 2021. doi: 10.1007/s11136-020-02689-x. PMID: 33155152
Impact Factor: 2.39 Scimago: Q1 Public Health, Environmental and Occupational Health

47. Baird JF, **Silveira SL,** Motl RW. Social Cognitive Theory and Physical Activity in Older Adults with Multiple Sclerosis. *International Journal of MS Care* 23(1):21-25, 2021. doi: 10.7224/1537-2073.2019-071. PMID: 33658902
Impact Factor: 1.85 Scimago: Q1 Advanced and Specialized Nursing

48. **Silveira SL,** Motl RW. Abbreviated Neighborhood Environment Walkability scale in persons with multiple sclerosis: Initial validation of score inferences. *Journal of Transport and Health* 19:100952, 2020. doi: 10.1016/j.jth.2020.100952.
Impact Factor: 2.42 Scimago: Q1 Public Health, Environmental and Occupational Health

49. **Silveira SL,** Baird JF, Motl RW. Examining Multilevel Environmental Correlates of Physical Activity Among Older Adults with Multiple Sclerosis. *Journal of Aging and Physical Activity* 29(2):288-295, 2020. doi: 10.1123/japa.2019-0495. PMID: 33049698
Impact Factor: 2.52 Scimago: Q2 Rehabilitation

50. **Silveira SL,** Richardson EV, Motl RW. Social Cognitive Theory as a Guide for Exercise Engagement in Persons with Multiple Sclerosis who Use Wheelchairs. *Health Education Research* 35(4):270-282, 2020. doi: 10.1093/her/cyaa013/5857275. PMID: 32535626
Impact Factor: 1.67 Scimago: Q2 Education

51. Richardson EV, Fifolt M, Barstow E, **Silveira SL,** Sikes EM, Motl RW. The Priorities of Neurologists for Exercise Promotion in Comprehensive MS Care. *Multiple Sclerosis and Related Disorders* 38:101482, 2020. doi: 10.1016/j.msard.2019.101482. PMID: 31707216
Impact Factor: 2.89 Scimago: Q1 Medicine

52. **Silveira SL**, Ledoux T, Johnston CA, Kalpakjian C, O'Connor DP, Cottingham M, McGrath R, Tate D. Differences among participants' response to a wellness intervention for individuals with spinal cord injuries. *Disability and Health* 13(1):100842, 2020. doi: 10.1016/j.dhjo.2019.100842. PMID: 31558388
Impact Factor: 2.06 Scimago: Q1 Medicine

53. **Silveira SL,** Pilutti LA, Motl RW. No Evidence of Associations Among Body Composition and Symptoms in Persons with Multiple Sclerosis. *Rehabilitation Psychology* 65(1):80-86, 2020. doi: 10.1037/rep0000292. PMID: 31524430
    Impact Factor: 1.48 Scimago: Q1 Rehabilitation

54. **Silveira SL**, Ledoux T. Johnston CA, Kalpakjian C, O'Connor DP, Cottingham M, McGrath R, Tate D. Well on Wheels Intervention: Satisfaction with Life and Health for Adults with Spinal Cord Injuries*. The Journal of Spinal Cord Medicine* 43(1):60-68, 2020. doi:10.1080/10790268.2018.1554333. PMID: 30557093
    Impact Factor: 1.82 Scimago: Q3 Neurology

55. **Silveira SL,** Motl RW. Activity Monitor Use Among Persons with Multiple Sclerosis: Report on Rate, Pattern, and Association with Physical Activity Levels. *Multiple Sclerosis Journal – Experimental and Translational, Clinical* 5(4):2055217319887986, 2019. doi: 10.1177/2055217319887986. PMID: 31741742
    h5-index: 23 Scimago: Q2 Neurology

56. **Silveira SL,** Richardson EV, Motl, RW. Informing the Design of Exercise Programs for Persons with Multiple Sclerosis who Use Wheelchairs: A Qualitative Inquiry. *Disability and Rehabilitation* 43(13):1838-1848, 2021. doi: 10.1080/09638288.2019.1678073. PMID: 31615284
    Impact Factor: 2.05 Scimago: Q1 Rehabilitation

57. Baird JF, Cederberg KLJ, Sikes EM, **Silveira SL,** Jeng B, Sasaki JE, Sandroff BM, Motl RW. Physical Activity and Walking Performance across the Lifespan of Adults with Multiple Sclerosis. *Multiple Sclerosis and Related Disorders* 35*:*36-41*,* 2019. doi: 10.1016/j.msard.2019.07.003. PMID: 31302502
    Impact Factor: 2.89 Scimago: Q1 Medicine

58. **Silveira SL,** Motl RW. Environmental Correlates of Health-Promoting Leisure Physical Activity in Persons with Multiple Sclerosis Using a Social Cognitive Perspective Embedded within Social Ecological Model. *Preventive Medicine Reports* 15:100921, 2019. doi:10.1016/j.pmedr.2019.100921. PMID: 31304080
    Impact Factor: 2.61 Scimago: Q2 Public Health, Environmental and Occupational Health

59. **Silveira SL,** Motl RW. Do Social Cognitive Theory Constructs Explain Response Heterogeneity with a Physical Activity Behavioral Intervention in Multiple Sclerosis? *Contemporary Clinical Trials Communications* 15:100366, 2019. PMID: 31193266 doi:10.1016/j.conctc.2019.100366.
    Impact Factor: 1.83 Scimago: Q2 Medicine

60. **Silveira SL,** McCroskey J, Wingo BC, Motl RW. eHealth-Based Behavioral Intervention for Increasing Physical Activity in Persons With Multiple Sclerosis: Fidelity Protocol for a Randomized Controlled Trial. *JMIR Research Protocols* 8(3):e12319, 2019. doi:10.2196/12319. PMID: 30821692
    Impact Factor: N/A Scimago: Q3 Medicine

61. **Silveira SL**, Cottingham M, Hernandez DC. Wheelchair Rugby Participation as a Route to Independence Following Spinal Cord Injury. *Health Behavior and Policy Review* 6(2):166-173, 2019. doi: 10.14485/HBPR.6.2.5.
    Impact Factor: N/A Scimago: Q3 Health Policy

62. Sandroff BM, Baird JF, **Silveira SL,** Motl RW. Response Heterogeneity in Fitness, Mobility, and Cognitive Outcomes with Multimodal Exercise-Training in Persons with MS. *Acta Neurologica Scandinavica 139*:183-191, 2019. doi: 10.1111/ane.13041. PMID: 30372515
Impact Factor: 2.68 Scimago: Q1 Medicine

63. **Silveira SL**, Winter L, Clark R, Ledoux T, Robinson-Whelen S. Baseline Dietary Intake of Individuals with Spinal Cord Injury Who Are Overweight or Obese. *Journal of the Academy of Nutrition and Dietetics* 119(2):301-309, 2019. doi: 10.1016/j.jand.2018.08.153. PMID: 30393077
Impact Factor: 4.14 Scimago: Q1 Medicine

64. Nosek MA, Robinson-Whelen S, Ledoux T, Hughes RB, O'Connor DP, Lee RE, Goe R, **Silveira SL**, Markley R, Nosek T. A Pilot Test of the GoWoman Weight Management Intervention for Women with Mobility Impairments in the Online Virtual World of Second Life. *Disability and Rehabilitation* 41(22):2718-2729, 2019. doi: 10.1080/09638288.2018.1473511. PMID: 29889580
Impact Factor: 2.05 Scimago: Q1 Rehabilitation

65. **Silveira SL**, Ledoux T, Stough R, Robinson-Whelen S, Nosek M. Methods for Classifying Obesity in Spinal Cord Injury: A Review. *Spinal Cord* 55(9):812-817, 2017. doi: 10.1038/sc.2017.79. PMID: 28695902
Impact Factor: 2.07 Scimago: Q1 Rehabilitation

66. **Silveira SL**, Ledoux T, Cottingham M, Hernandez DC. Association Among Practice Frequency and Depression and Stress Among Competitive U.S. Male Wheelchair Rugby Athletes. *Spinal Cord,* 55(10):957-962, 2017. doi: 10.1038/sc.2017.40. PMID: 28508888
Impact Factor: 2.07 Scimago: Q1 Rehabilitation

67. Alharbi T, Wong J, Markovic TP, Yue D, Wu T, Brooks B, Hetherington J, Seimon R, Gibson AA, Toth K, **Silveira S**, Salis A, Little J. Ramadan as a Model of Intermittent Fasting: Effects on Body Composition, Metabolic Parameters, Gut Hormones and Appetite in Adults With and Without Type 2 Diabetes Mellitus. *Obesity Medicine* 6:15-17, 2017. doi: 10.1016/j.obmed.2017.03.002.
Impact Factor: 0.80 Scimago: Q3 Public Health, Environmental and Occupational Health

68. **Silveira SL**, LaVoy EC, Johnston CA. Assisting the Novice in Lifestyle Change. *American Journal of Lifestyle Medicine,* 10(3): 178-180, 2016. doi: 10.1177/1559827616629913. PMID: 30202271
Impact Factor: 1.24 Scimago: Q3 Public Health, Environmental and Occupational Health

69. Seimon RV, Hostland N, **Silveira SL,** Gibson AA, Sainsbury A. Effects of Energy Restriction on Activity of the Hypothalamo-pituitary-adrenal Axis in Obese Humans and Rodents: Implications for Diet-induced Changes in Body Composition. Special Issue: Pathophysiology of Adipose Tissue: Effects of Steroid Hormones. *Hormone Molecular Biology and Clinical Investigation* 15(2):71-80, 2013. doi: 10.1515/hmbci-2013-0038. PMID: 25436734
h-Index: 29 Scimago: Q3 Medicine

Other Professional Publications

1. *Kolb D, Deemer SE, Synkowski EC, **Silveira SL.** Randomized Pilot Study Examining the Impact of an Online Diet Among Working Adults**.** *North Texas Journal of Undergraduate Research*, 3(2): 2023. doi: 10.12794/journals.ntjur.v3i2.257

2. **Silveira SL,** Cottingham M, Hernandez DC, Canales S. *Depression and Functional Status in Quadriplegic Rugby Players.* Technical report presented by the University of Houston Department of Health and Human Performance and Adaptive Athletics to the United States Quad Rugby Association, 2015.

Manuscripts in Review

1. Jeng B, **Silveira SL**, Cederberg KLJ, Sikes EM, Baird JF, Feasel CD, Jones CD, Huynh LT, Sasaki JE, Motl RW. Social cognitive theory variables and physical activity participation across the lifespan in multiple sclerosis.

2. Faieta J, Oyesanya T, **Silveira SL**, Cogan A, Pappadis M, Ahonle Z, Backus D, Kolakowsky-Hayner S, Roberts P. Creating a Culture of Mentorship Within Rehabilitation Medicine: Lessons Learned from a Formal Mentoring Matching Program.

3. Shaw A, Perales-Puchalt J, Burns J, Key M, **Silveira SL**, Anderson K, Omowale S, Sharma S, Barton K, Andrade E, Robinson M, Sparge S, Vidoni, E. MyAlliance for Brain Health: Implementation Science to Advance Translational Science in Alzheimer's Disease

4. Ware ME, Kinsey AW, *Farley HE, **Silveira SL,** Deemer SE. Psychological Correlates of Partial and Full Physical Activity Guideline Adherence among Hispanic Adults

5. *Black N, *Castillo A, Motl RW, Salter A, Marquez D, Fernandez M, Lin J, Flores V, and **Silveira SL**. Culturally adapted exercise training intervention for Hispanics/Latinos with multiple sclerosis: study protocol for a hybrid type 1 implementation randomized controlled trial

6. *Black NC, *Castillo A, Flores V, Fernández ME, Motl RW, Marquez DX, Salter A, Lin J, **Silveira SL**. Adapting the Guidelines for Exercise in Multiple Sclerosis Program for Hispanic Individuals.

Books Chapters

1. **Silveira SL**, Motl RW. Exercise Training Among Wheelchair Users with Multiple Sclerosis: Benefits, Safety, and Prescription. In: Bennett G, Goodall E (Eds) The Palgrave Encyclopedia of Disability. Springer Nature. 2024.

2. **Silveira SL,** Richardson EV, Motl RW. Wellness intervention for persons with spinal cord injury. In: Rajendram R, Preedy V, Martin C (Eds) Cellular, Molecular, Physiological, and Behavioral Aspects of Spinal Cord Injury. Elsevier Inc. 2022.

3. Nosek MA., Robinson-Whelen S, Hughes RB, **Silveira SL,** Markley R, Ledoux TA, O'Connor DP, Lee RE, Nosek TM, the GoWoman Consortium. Response of Women with Mobility Impairments to a Group Weight Management Intervention in the Virtual World of SecondLife©. In: Hayre C, Muller D, Sherer M (Eds) Virtual Reality in Health and Rehabilitation. CRC Press, Taylor & Francis Group: Boca Raton, FL. 2020.

4. **Silveira SL,** Motl RW, Bethoux F. The Presence, Type, and Burden of Walking, Gait, and Balance Dysfunction in MS. Book Chapter for Multiple Sclerosis for the Non-Neurologist, 1st Edition. 2019.

Grants and Contract Awards

External

Awarded

Principal Investigator (15% FTE)
PI: Silveira, (2026-2029), Examining the Efficacy of a Home-Based Exercise Training Intervention for Wheelchair Users with Multiple Sclerosis, ($600,000), National Multiple Sclerosis Society RG-2512-45664

Principal Investigator (30% FTE)
PI: Silveira, (2025-2029), Delivery of a Culturally Tailored Exercise Training Intervention for Hispanics with Multiple Sclerosis, ($2,825,047), National Institutes of Health, 1R01MD020352-01

Co-Investigator (10% FTE)
PI: Fernandez, (2023-2026), Multiple Sclerosis Implementation Network, ($3,500,000), Multiple Sclerosis Association of America

Co-Investigator (5% FTE)
MPI: McPherson, Fernández, Reininger, Zhang, McNeill, Meric-Bernstam, (2024-2031), Center for Clinical and Translational Sciences: Dissemination and Implementation Core (Co-leading Sub-Aim C3.2c), ($46,316,269), National Institutes of Health, 1UM1TR004906-1

Co-Investigator (10% FTE)
PI: Rix, (2026-2028), PATH-TBI, ($320,000), Toyota Motors North America

Completed

Co-Investigator (10% FTE)
PI: Rix, (2025-2026), Implementing Cellphone Emerging Technologies for Brain Injury ICE-TBI ($400,000), Toyota Motors North America

Principal Investigator (No FTE)
PI: Silveira, (2022-2024, Renewal 2024-2026), Health Promotion through Behavioral Medicine Among Persons with Multiple Sclerosis, ($36,495), National Institutes of Health Loan Repayment Program Award, L30HD109862

Principal Investigator (33% FTE)
PI: Silveira, (2023-2025), Feasibility and initial efficacy of a wheelchair exercise-training intervention for persons with multiple sclerosis, ($304,146), National Institutes of Health, 1R03HD107615-01A1

Principal Investigator (100% FTE)

PI: Silveira, (2020-2021), Development of a wheelchair exercise training program for persons with multiple sclerosis using a community-engaged research approach, ($67,437), National Institutes of Health, 1F32 HD101214-01

Co-Principal Investigator (23% FTE)
Co-PI: Silveira & Motl, (2020-2021), Examining Patterns and Correlates of Wellness in Persons with Multiple Sclerosis who use Wheelchairs, ($40,000), The Consortium of Multiple Sclerosis Centers Pilot Awards

Co-Principal Investigator (5% FTE)
Co-PI: Silveira & Hubbard, (2020-2022), Feasibility of a High-intensity Interval Training Program in Persons With Multiple Sclerosis Who Have Walking Disability, (Total: $50,000, Subaward: $5,012), National Multiple Sclerosis Society, PP-2207-40149- UNT Subcontract

Under Review

Multiple Principal Investigator (Contact PI; 20% FTE)
MPIs: Silveira & Motl (2027-2032), EPIC-GEMS: A Hybrid Type 3 Trial of Exercise Promotion in Clinical Care to Implement the Guidelines for Exercise in Multiple Sclerosis Program ($6,173,099), National Institutes of Health

Co-Investigator/Core Lead (10% FTE)
MPIs: Benzer & Samper-Ternent, (2026-2031), Houston-Led Adoption and Uptake Network for Catalyzing Healthy Brains (LAUNCH; $5,995,770), Centers for Disease Control and Prevention

Co-Investigator (5% FTE)
MPIs: Tsai/Tsai, A Multi-Level Community Cancer Prevention Strategy Delivered in Housing-Based Settings Serving Low-Income Adults to Reduce Cancer Risk in Harris County, Texas, ($1,000,000), Cancer Prevention & Research Institute of Texas

Co-Investigator (5% FTE)
PI: Lee, (06/2026; 2027-2032), Strength on Wheels Plus: An enhanced meal delivery and exercise program to improve physical activity in homebound older adults, ($3,437,725), National Institutes of Health

Not Awarded

Principal Investigator (30% FTE)
PI: Silveira, (03/2026; 2026-2031; Competitive-Not Discussed), Randomized Controlled Trial of the Seated Physical activity INtervention (SPIN) for Adults Aging with Multiple Sclerosis, ($3,613,237), National Institutes of Health, 1R01AG100889-01

Co-Investigator (5% FTE)
PI: Ware, (01/2026; 2026-2029), High-intensity Interval Training Program For Improving Aerobic Capacity in Persons with Multiple Sclerosis Who Have Walking Disability: A Randomized Controlled Trial, (Subaward: $28,410), National Multiple Sclerosis Society

Co-Investigator (10% FTE)
PI: Ponzano M, (02/2026; 2026-2031), Efficacy of an Exercise Intervention based on Prescriptive Recommendations for Persons with Multiple Sclerosis (PwMS) who are Wheelchair

Users: Stage II Randomized Controlled Trial, (Subaward: $134,315), National Institutes of Health

Principal Investigator (2% FTE)
PI: Silveira, (2026-2027), Development and Preliminary Testing of Implementation Strategies for Integrating The Guidelines for Exercise in MS (GEMS) Approach Using Implementation Mapping, ($35,000), Disability Health Promotion Research Center (DHPRC) Pilot & Feasibility (P&F) Program

Co-Investigator (5% FTE)
PI: Lee, (07/2025; 2026-2031), Strength on Wheels: Implementation and cost-effectiveness of a meal delivery and exercise program to improve frailty in homebound older adults, ($2,844,485), National Institutes of Health

Co-Investigator (5% FTE)
PI: Ponzano, (01/2026; 2026-2029), Efficacy of an Exercise Intervention based on Prescriptive Recommendations for Persons with Multiple Sclerosis (PwMS) who are Wheelchair Users: Stage II Randomized Controlled Trial, (Subaward: $28,410), National Multiple Sclerosis Society

Co-Investigator (5% FTE)
PI: Fernandez, (05/2025; 2026-2031), Real-Time Remote Patient Monitoring System to Detect the Progression of Clinical Disability in Real-World Settings in People with Progressive Multiple Sclerosis, ($200,002), Multiple Sclerosis International Federation, Inc. (MSIF; Shephard Center Subcontract)

Principal Investigator (11% FTE)
PI: Silveira, (10/2024 Scored 20th percentile; 2025-2027), Adapting and Testing a Community-Based Exercise Intervention for Hispanics with Multiple Sclerosis, ($305,907), National Institutes of Health, 1R21MD020810-01

Principal Investigator (8% FTE)
PI: Silveira, (10/2024; 2025-2027), Exploring needs and resources for supporting safe wheelchair use in multiple sclerosis through the lens of community members and healthcare providers, ($249,978), Department of Defense, MS240164

Principal Investigator (30% FTE)
PI: Silveira, (03/2024;2024-2029), Delivery of a Culturally Tailored Exercise Training Intervention for Hispanics with Multiple Sclerosis, ($2,831,601), National Institutes of Health, 1U01DE032627-01A1

Co-Investigator (5% FTE)
PI: Lee, (06/2024; 2025-2030), Strength on Wheels: Implementation and cost-effectiveness of a meal delivery and exercise program to improve frailty in homebound older adults, ($1,521,687), National Institutes of Health

Co-Investigator (20% FTE)
PI: Sevick, (10/2024; 2025-2029), I2Cures (Imaging and Informatics for Cures) of Lymphatic Diseases, ($25,189,649), Advanced Research Projects Agency For Health

Principal Investigator (20% FTE)

PI: Silveira SL, (03/2024; 2024-2025), Adapting a Community-Based Exercise Intervention for Hispanics with Multiple Sclerosis Across the Adult Lifespan, ($40,000), Texas Resource Center on Minority Aging Research Pilot Award

Principal Investigator (21% FTE)
PI: Silveira, (02/2023; 2023-2026), High-intensity Interval Training Program For Accelerating Functional Recovery in Persons With Multiple Sclerosis Who Have Walking Disability: A Randomized Controlled Trial, ($726,000), National Multiple Sclerosis Society, RFA-2301-40598

Principal Investigator (38.5% FTE)
PI: Silveira,(03/2022; 2022-2027), Optimizing Exercise Adherence Among Wheelchair Users, ($2,662,249), National Institutes of Health, 1R01 HD111030-01

Co-Investigator (15% FTE)
PI: Zhang, (10/2021; 2022-2027), Project HEAL: Promoting Health Equity through Active Lifestyles (HEAL) in Head Start, ($3,436,163), National Institutes of Health, 1R01 MD017600-01

Principal Investigator (31% FTE)
PI: Silveira, (05/2021; 2021-2025), Delivery of a Culturally Adapted Exercise Training Intervention for Hispanics with Multiple Sclerosis, ($982,471), National Institutes of Health, 1U01 DE031534-01

Principal Investigator (No FTE)
PI: Silveira, (11/2019; 2020-2022), Wellness Strategies to Promote Health and Wellbeing Among Persons with Multiple Sclerosis, ($20,000), National Institutes of Health Loan Repayment Program, L30HD103076

Internal

Awarded

Multiple Principal Investigator (No FTE)
MPI: Silveira, Shaw, & Omowale, (2025-2026), Community-Based Adaptation of the U.S. POINTER Lifestyle Intervention for Dementia Prevention in Older Adults with Diabetes in Texas, ($50,000), UTHealth Houston DPRIT Pilot Awards

Completed

Principal Investigator (2% FTE)
PI: Silveira, (2024-2026), Assessment of the Gaitmate Application for Activities of Daily Living, Gait Metrics, and Falls, ($39,000), UTHealth Houston Age in Place Research Awards

Principal Investigator (No FTE)
PI: Silveira, (2020-2021), Feasibility, acceptability and validity of self-report, model-predicted, and biologically measured energy intake in adults with multiple sclerosis, ($34,915), University of Alabama at Birmingham Nutrition Obesity Research Center Pilot Award

Principal Investigator (No FTE)

PI: Silveira, (2022-2023), Exercise Program Preferences and Theoretical Correlates of Exercise Behavior Among Hispanics with Multiple Sclerosis, ($10,000), University of North Texas Research Seed Funding

Invited Talks, Presentations, and Posters

Peer Reviewed Research Paper and Abstract Conference Presentations

*denotes presentations on which students are authors/coauthors

International/National

1. Fernandez M (Chair), Obekpa EO, **Silveira SL,** Shabi T, Yamal JM, Hossain F, Merktich D, Kwiatkowski E, Cao T, Swartz M, Ghosh S, Blakely ML, Pinnock C, Durack K, Montague A, Freeman L, Balasubramanian B. The Multiple Sclerosis Implementation Network: Building a National PBRN and Patient Registry for Real-World Implementation Research and Practice Improvement. Panel session accepted for presentation at: 19th Annual Conference on the Science of Dissemination and Implementation in Health (D&I 2026); 2026. Panel Presentation Accepted.

2. Obekpa EO, **Silveira SL**, Shabi T, Yamal JM, Hossain F, Merktich D, Kwiatkowski E, Cao T, Swartz M, Blakely ML, Pinnock C, Durack K, Montague A, Freeman L, Balasubramanian B, Fernandez M. Leveraging a National Multiple Sclerosis Registry as Equity Infrastructure to Identify Implementation Priorities. Abstract accepted for presentation at: 19th Annual Conference on the Science of Dissemination and Implementation in Health (D&I 2026); 2026. Poster Abstract Accepted.

3. Obekpa EO, Sanchez-Blas H, Levy T, Ndambakuwa Y, Shenkman J, **Silveira SL**, Shabi T, Yamal JM, Ghosh S, Blakely ML, Pinnock C, Durack K, Montague A, Freeman L, Balasubramanian B, Fernandez M. Identifying and Prioritizing Evidence-Based Health Promotion Interventions for Implementation in a National Multiple Sclerosis Practice-Based Research Network. Abstract accepted for presentation at: 19th Annual Conference on the Science of Dissemination and Implementation in Health (D&I 2026); 2026. Poster Abstract Accepted.

4. Obekpa EO, Montgomery S, **Silveira SL,** Shabi T, Yamal JM, Blakely ML, Pinnock C, Durack K, Montague A, Freeman L, Balasubramanian B, Fernandez M. Implementation Determinants of Patient Registry Implementation and Evidence-Based Interventions in a Multiple Sclerosis Practice-Based Research Network. Abstract accepted for presentation at: 19th Annual Conference on the Science of Dissemination and Implementation in Health (D&I 2026); 2026. Poster Abstract Accepted.

5. Fernandez M, Obekpa EO, **Silveira SL,** Shabi T, Yamal JM, Hossain F, Merkitch D, Kwiatkowski E, Cao T, Swartz M, Ghosh S, Blakely ML, Pinnock C, Durack K, Montague A, Freeman L, Balasubramanian B. Building a National Multiple Sclerosis Research Network and Patient Registry to Support Real-World Implementation Research and Practice. Abstract accepted for presentation at: 19th Annual Conference on the Science of Dissemination and Implementation in Health (D&I 2026); 2026. Poster Abstract Accepted.

6. *Black N, *Castillo A, Fernández ME., Motl RW, Flores V, Marquez DX, Salter A, Lin J, and **Silveira SL.** Evidence-based intervention (EBI) mapping of the Guidelines for Exercise in Multiple Sclerosis (GEMS) exercise intervention, 19th Annual Conference on the Science of

Dissemination and Implementation in Health, National Harbor, MD, 2026; Poster Presentation Accepted.

7. Obekpa EO, **Silveira SL,** Hossain F, Zhou J, Kwiatkowski E, Swartz M, Ghosh S, Blakely ML, Balasubramanian B, Walker TJ, Pinnock C, Kline A, Durack K, Montague A, Freeman L, Fernandez M, Yamal JM. Social Determinants of Health, Disability, and Acute Care Visits in the Multiple Sclerosis Implementation Network (MSIN): A Practice-Based Research Network. Abstract presented at: 40th Congress of the European Committee for Treatment and Research in Multiple Sclerosis (ECTRIMS); 2026. Poster Abstract Accepted.

8. Yamal JM, Kwiatkowski E, Cao T, Swartz M, Freeman L, Merkitch D, Hossain F, Kochupurackal Devasia A, **Silveira SL,** Blakely ML, Ghosh S, Montague A, Pinnock C, Kline A, Durack K, Freeman J, Balasubramanian B, Fernandez M. Integration of Patient-Reported and Heterogeneous Electronic Health Record Data in an MS Registry to Enable Clinical Trials and Epidemiological Research. Abstract presented at: 40th Congress of the European Committee for Treatment and Research in Multiple Sclerosis (ECTRIMS); 2026. Poster Presentation Accepted.

9. Kwiatkowski E, Hossain F, Han H, Zhou J, Zhai Y, Merkitch D, Gomez Lopez A, Freeman L, **Silveira SL**, Blakely ML, Ghosh S, Swartz M, Cao T, Montague A, Pinnock C, Kline A, Durack K, Balasubramanian B, Fernandez M, Yamal JM. Use of Electronic Health Records to Identify Disease Modifying Therapy Use in a Cohort of Multiple Sclerosis Patients. Abstract presented at: 40th Congress of the European Committee for Treatment and Research in Multiple Sclerosis (ECTRIMS); 2026. Poster Presentation Accepted.

10. *Black N, *Castillo A, Motl RW, Marquez D, Flores V, Salter A, Fernandez M, Lin J, and **Silveira SL**. Adapting an Evidence-Based MS Exercise Program for Hispanic/ Latino adults with MS, American Public Health Association Annual Meeting, San Antonio, TX, 2026; Oral Presentation Accepted.

11. *Neubauer M, *Cruz Ojeda N, Qureshi F, **Silveira SL,** Ott S, McKay S, Aitken M, Rix, K. Qualitative assessment of implementing cellphone-based technologies in pediatric traumatic brain injury care, American Public Health Association Annual Meeting, San Antonio, TX, 2026; Poster Presentations Accepted.

12. Wilroy J, Han C, Vo W, **Silveira SL**, Bechtold K, Chung H. 2026 ACRM Early Career Development Course - Choosing What Matters: Strategies for Focus, Impact, and Sustainable Careers in Rehabilitation Medicine, American Congress on Rehabilitation Medicine Annual Conference, Washington, DC, 2026; Early Career Scholars Panel Member.

13. **Silveira SL**, Oyesanya T, Li CY, Faieta J, Roberts P, Williams-Brook J, Ahonle Z, Cogan A, Pappadis M, Erhlich-Jones L, Backus D. Advancing Careers Through Mentorship: Lessons Learned from a Five-year Review of the ACRM-wide Career Development Networking Group Mentoring Program, American Congress on Rehabilitation Medicine Annual Conference, Washington, DC, 2026; Symposium Accepted.

14. *Farley HE, Kinsey AW, **Silveira SL,** Deemer SE, Ware ME. Exercise Commitment and Dependence, but Not Self-Efficacy, Differentiate Physically Active Hispanic Adults. American College of Sports Medicine Annual Meeting and World Congress, Salt Lake City, UT, 2026; Poster Presentation.

15. **Silveira SL.** Building Exercise Solutions With, Not For, Wheelchair Users With MS: A Community-Engaged Journey to Program Development and Outcome Selection. International Symposium on Gait and Balance in MS, Charlotte, NC, 2026; Invited Symposium Presentation.

16. **Silveira SL, ***Piasecki AJ, Motl RM, Froehlich-Grobe K. Preliminary Efficacy of a Wheelchair Exercise Training Program for Persons with Multiple Sclerosis. Consortium of Multiple Sclerosis Centers, Charlotte, NC, 2026; Oral Presentation.

17. Freeman L, Balasubramanian B, English AS, Gutierrez L, **Silveira SL**, Kline A, Pinnock C, Durak K, Montague A, Fernandez ME. Mapping the Multiple Sclerosis Care Journey: Integrating Lived Experience and Clinician Insight to Drive Implementation through the Multiple Sclerosis Implementation Network Consortium of Multiple Sclerosis Centers, Charlotte, NC, 2026; Poster Presentation.

18. Qureshi F, **Silveira SL,** Aitken M, McKay S, Ott S, *Chandler E, *Cruz Ojeda N, *Rogers D, *Daugherty J, Dettmer J, Wolfkiel R, Desjardins S, Rix, K. Traumatic Brain Injuries and Mobile Phone Applications: State of Current mHealth Apps. Society for Advancement of Violence and Injury Research 20th Annual Meeting, Providence, RI. 2026; Poster Presentation.

19. Balasubramanian B, English AS, Gutierrez L, **Silveira SL**, Montague A, Freeman L, Fernandez ME. Developing a Community of Practice to Bridge the Research-to-Practice Gap in Multiple Sclerosis. Annual Conference on the Science of Dissemination and Implementation Science, National Harbor, MD, 2025; Poster Presentation.

20. **Silveira SL, ***Piasecki AJ, Motl RM, Froehlich-Grobe K. Feasibility and Acceptability of a Wheelchair Exercise Training Program in Persons with Multiple Sclerosis. American Congress on Rehabilitation Medicine Annual Conference, Chicago, IL, 2025; Symposium Presentation.

21. ACRM Early Career Development Course: Building Strong Teams and Effective Communication: Strategies for Career Growth in Rehabilitation Research and Clinical Practice. American Congress on Rehabilitation Medicine Annual Conference, Chicago, IL, 2025; Early Career Scholars Panel Member.

22. Obekpa EO, **Silveira SL**, Yamal JM, Montague A, Freeman L, Blakely ML, Balasubramanian BA, Fernandez ME. Evidence-Based Health Promotion, Symptom Management, and Supportive Care Interventions for People with Multiple Sclerosis: A Scoping Review. European Committee for Treatment and Research in Multiple Sclerosis, Barcelona, Spain, 2025; Poster Presentation.

23. Obekpa EO, Catindig JA, *Sanchez HB, *Padilla JR, Abaslim OR, **Silveira SL**, Balasubramanian BA, Fernandez ME. Essential Characteristics and Practices for the Successful Development and Implementation of Patient Registries: A Scoping Review. The 2024 Global Implementation Conference with NISA, Abuja, Nigeria, 2024; Poster Presentation.

24. Obekpa EO, Catindig JA, *Sanchez HB, *Padilla JR, Abaslim OR, **Silveira SL**, Balasubramanian BA, Fernandez ME. Barriers and Facilitators Influencing the Development, Implementation, and Sustainability of Patient Registries: A Scoping Review. The Society for

Implementation Research Collaboration Annual Meeting, Denver, CO, 2024; Poster Presentation.

25. Motl RW, Pilutti LA, Jeng B, **Silveira SL**. Body Composition in Multiple Sclerosis: State of the Knowledge for Guiding Research and Clinical Practice. The Consortium of Multiple Sclerosis Centers Annual Meeting, Nashville, TN, 2024; Invited Symposium Presentation.

26. **Silveira SL,** Motl RW, Sandroff BM, Pilutti LA, Cutter GR. Behavioral Intervention for Physical Activity in Multiple Sclerosis Project: Response Heterogeneity and Predictors of Change. Society of Behavioral Medicine Annual Meeting, 2024, Philidelphia, PA; Poster Presentation.

27. **Silveira SL**, Motl RW, Elmer D, *Ontiveros TS, *Botkin T, Hubbard EA. Preliminary efficacy of a 12-week high intensity interval training program using adaptive equipment among persons with multiple sclerosis who have walking disability. The American Congress of Rehabilitation Medicine Annual Meeting, 2023, Atlanta, GA; Oral Presentation.

28. Deemer SE, **Silveira SL,** Kinsey AW. The Characterization of Exercise Patterns, BMI, and Perceived Health among Hispanic Adults. American College of Sports Medicine Annual Meeting and World Congress, Denver, CO, 2023; Poster Presentation.

29. *Kolb D, **Silveira SL,** Synkowski EC. Randomized Pilot Study Examining The Impact Of An Online, Non-restrictive Diet Among Working Adults. American College of Sports Medicine Annual Meeting and World Congress, Denver, CO, 2023; Poster Presentation.

30. **Silveira SL,** Motl RW, Backus D. Physical Activity Benefits, Guidelines, and Promotion across the Disease Spectrum in Multiple Sclerosis. The American Congress of Rehabilitation Medicine Annual Meeting, 2022, Chicago, IL; Symposium Presentation.

31. **Silveira SL,** Jeng B, Cutter G, Motl RW. Diet, Physical Activity, and Stress Among Wheelchair Users with Multiple Sclerosis: Examining Behavioral Risk Factors. The American Congress of Rehabilitation Medicine Annual Meeting, 2022, Chicago, IL; Poster Presentation.

32. Feasel CD, Jeng B, Sandroff BM, Cederberg KLJ, Sikes EM, Jones CD, **Silveira SL,** Baird JF, Motl RW Health-Related Quality of Life across the Lifespan in Persons with Multiple Sclerosis and Healthy Controls. The Consortium of Multiple Sclerosis Centers Annual Meeting, Orlando, FL, 2021; Oral Presentation.

33. Jeng B, Cederberg KLJ, Huynh T, Silic P, Feasel CD, Jones CD, Sikes EM, Baird JF, **Silveira SL,** Sasaki JE, Motl RW. Social-Cognitive Correlates of Physical Activity in Fatigued and Non-Fatigued Persons with Multiple Sclerosis. The Consortium of Multiple Sclerosis Centers Annual Meeting, Orlando, FL, 2021; Oral Presentation.

34. **Silveira SL,** Froehlich-Grobe K, Motl RW. Developing an exercise training program for wheelchair users with MS: Community Advisory Board Feedback. The American Congress of Rehabilitation Medicine Annual Meeting, 2021; Virtual Poster Presentation.

35. **Silveira SL,** Huynh T, Kidwell A, Sadeghi Bahmani D, Motl RW. Behavior Change Techniques in Physical Activity Interventions for Multiple Sclerosis. Society of Behavioral Medicine Annual Meeting, 2021; Virtual Oral Presentation.

36. **Silveira SL,** Gower B, Metha T, Jeng B, Motl RW. Feasibility and acceptability of self-report and biologically measured energy intake in adults with multiple sclerosis. The American Congress of Rehabilitation Medicine Annual Meeting, 2020; Virtual Poster Presentation.

37. **Silveira SL,** Motl RW. Environmental Correlates of Physical Activity in Persons with Multiple Sclerosis. The Consortium of Multiple Sclerosis Centers Annual Meeting, Seattle, WA, 2019; Oral Presentation. doi: 10.7224/1537-2073-21.s1.1.

38. **Silveira SL,** Richardson EV, Motl RW. Qualitative Inquiry of an Exercise Program for Persons with Multiple Sclerosis Who Use Wheelchairs for Mobility. The Consortium of Multiple Sclerosis Centers Annual Meeting, Seattle, WA, 2019; Poster Presentation. doi: 10.7224/1537-2073-21.s1.1.

39. Cederberg KLJ, Baird JF, **Silveira SL**, Jeng B, Sikes EM, Motl RW. Physical Activity, Sedentary Behavior, and Sleep Quality in Adults with Multiple Sclerosis across the Lifespan. The Consortium of Multiple Sclerosis Centers Annual Meeting, Seattle, WA, 2019; Oral Presentation. doi: 10.7224/1537-2073-21.s1.1.

40. Jeng B, **Silveira SL,** Cederberg KLJ, Sikes EM, Sasaki JE, Motl RW. Social-Cognitive Correlates of Physical Activity across the Lifespan in Persons with Multiple Sclerosis. The Consortium of Multiple Sclerosis Centers Annual Meeting, Seattle, WA. 2019; Poster Presentation. doi: 10.7224/1537-2073-21.s1.1.

41. Baird JF, Cederberg KLJ, Sikes EM, **Silveira SL**, Jeng B, Sasaki JE, Sandroff BM, Motl RW. Physical Activity and Walking Performance across the Lifespan in Multiple Sclerosis. The Consortium of Multiple Sclerosis Centers Annual Meeting, Seattle, WA, 2019; Oral Presentation. doi: 10.7224/1537-2073-21.s1.1.

42. **Silveira SL**, Motl RW. Do Social Cognitive Theory Constructs Explain Response Heterogeneity with a Physical Activity Behavioral Intervention in Multiple Sclerosis? Society of Behavioral Medicine Annual Conference, Washington, DC, 2019; Poster Presentation.

43. Mercier H, Callahan C, Harness E, **Silveira SL,** Cowan R, Tefertiller C. Fitness and Wellness for Those With Spinal Cord Injury: the Role of Non-traditional Post-Rehabilitative Programs. American Congress of Rehabilitation Medicine Annual Meeting, Dallas, TX, 2018; Symposium Presentation.

44. Robinson-Whelen S**, Silveira SL**, Hughes RB, Nosek MA, Taylor HB, Ledoux T, Wenzel L, Diaz L, and the GoHealthySCI Consortium. GoHealthySCI: Primary and Secondary Outcomes of an Online Peer-facilitated Weight Management Pilot Study. American Congress of Rehabilitation Medicine Annual Meeting, Dallas, TX, 2018; Oral Presentation.

45. **Silveira SL**, Ledoux T. Johnston CA, Kalpakjian C, O'Connor DP, Cottingham M, McGrath R, Tate D. Identifying Non-Successful Participants in the Well on Wheels Holistic Wellness Intervention. American Congress of Rehabilitation Medicine Annual Meeting, Dallas, TX, 2018; Poster Presentation.

46. **Silveira SL,** Robinson-Whelen S, Taylor H. Self-Report Weight Status and Weight Loss Efforts in Spinal Cord Injury Model Systems Participants. American Congress of Rehabilitation Medicine Annual Meeting, Atlanta, GA, 2017; Poster Presentation.

47. Ledoux T, **Silveira SL**, Le J, Kamal H, Kung S. Investigating the feasibility and preliminary effects of Little Foodies: A health promotion program for parents of toddlers. Society of Nutrition Education and Behavior Annual Conference, Washington, D.C., 2017; Poster Presentation.

48. **Silveira SL**, Dew D, Bonner K. Workplace wellness exercises for individuals who use wheelchairs. American College of Sports Medicine Annual Meeting, Denver, CO, 2017; Poster Presentation.
49. **Silveira SL**, Ledoux T, Robinson-Whelen S, Hughes R, Nosek MA. Critical review of methods for classifying obesity in spinal cord injury. American Congress of Rehabilitation Medicine Annual Meeting, Chicago, IL, 2016; Poster Presentation.

50. **Silveira SL**, Ledoux T, Robinson-Whelen S, Hughes R, Goe R, Lee RE, O'Connor DP, Nosek T, Nosek MA. GoWoman: Nutrition in Women with Mobility Impairments Before and After the GoWoman Virtual Reality Weight Loss Program. American Public Health Association Annual Meeting and Exposition, Denver, CO, 2016; Poster Presentation.

51. Nosek MA, Robinson-Whelen S, Hughes R, Ledoux T, Goe R, **Silveira SL,** Lee RE, O'Connor DP, Nosek T. A Virtual-Reality Weight Loss Program for Women with Mobility Limitations: Results of a Pilot Study. American Congress of Rehabilitation Medicine Annual Meeting, Dallas, TX, 2015; Poster Presentation.

52. **Silveira SL,** Ledoux T, Cottingham M, Hernandez DC. Depressive Symptoms and Functional Status in Wheelchair Rugby Athletes. American Public Health Association Annual Meeting and Exposition, Chicago, IL, 2015; Poster Presentation.

53. **Silveira SL**, Ledoux T, Robinson-Whelen S, O'Connor DP, Hughes R, Lee RE, Nosek T, Nosek MA. (2014, May). *GoWoman: A weight loss program for women with mobility impairments.* Annual Meeting of International Society of Behavioral Nutrition and Physical Activity, San Diego, CA, 2014; Symposium Presentation.

Regional/State
1. *Kolb D, **Silveira SL,** Synkowski EC. Randomized Pilot Study Examining The Impact Of An Online, Non-restrictive Diet Among Working Adults. Texas American College of Sports Medicine Annual Meeting, Waco, TX, 2023; Poster Presentation.

2. **Silveira SL**, Coley JC. *Connecting Executive Function and Selective Induction*. Eastern Psychological Association Annual Meeting, New York, NY, 2013; Poster Presentation.

Invited Talks
1. **Silveira SL**. *Research and Practice on Diet and Nutrition in MS*. iConquerMS Research Collaborative. August 13th, 2026

2. **Silveira SL**, Shaw A, Omowale S. *Healthy Brain Aging: A Recipe for a Stronger Brain.* Great Age on the Green at Discovery Green. April 24th, 2026

3. **Silveira SL**, Shaw A. *Dementia Prevention Panel.* Hot Topics in Aging. March 13th, 2026

4. **Silveira SL**, Samper-Ternent R. *Healthy Brain Aging.* Lone Star College- UTHealth Houston Healthy Brain Aging Conference. February 27, 2026

5. **Silveira SL.** *From Knowledge to Action: Nutrition and Behavior Change in PM&R.* UTHealth Houston Physical Medicine and Rehabilitation Grand Rounds. January, 16, 2026

6. **Silveira SL.** *Staying Sharp: New Findings and the Future of Dementia Prevention.* UTHealth Houston Institute on Aging World Alzheimer's Day Lecture. September 22nd, 2025

7. **Silveira SL**. *Implementation Science in Rehabilitation Research*. UTHealth Houston Institute for Stroke and Cerebrovascular Disease Lunch and Learn Seminar. May 21st, 2025

News/Media Contributions

2026 The Motivator, Multiple Sclerosis Association of America, Enhanced Wellness – Healthy Strategies for People with MS https://mymsaa.org/publications/motivator/winter-spring26/cover-story-enhanced-wellness/

2024 KPRC2 Houston, Warning for Houston residents with chronic conditions in sweltering heat https://www.click2houston.com/news/local/2024/07/12/warning-for-houston-residents-with-chronic-conditions-in-sweltering-heat/

2024 Fifty Plus, Let's talk about exercise. https://www.iheart.com/podcast/1248-fifty-plus-52808599/episode/lets-talk-about-exercise-157368591/

2020 Momentum Magazine, National Multiple Sclerosis Society, People with mobility issues can benefit from exercise, too. https://momentummagazineonline.com/wp-content/uploads/2020/05/NMS-034_Summer2020.pdf

Teaching

UTHealth Houston

Masters of Public Health

Course Prefix, #, Title (% Effort)	*Semester, Year*	*# of Students*	*Student Rating*
PHD3731L, Research Design Inquiry (50%)	Fall, 2026	17	TBD
PHWM3996, Capstone for MPCH (100%)	Spring, 2026	7	4.7/5
PHD3731L, Research Design Inquiry (33%)	Fall, 2025	23	3.8/5
PHM3620L, Princip & Practice PH (100%)	Summer, 2025	9	N/A
PHD3625L, Practice-Based Methods (100%)	Fall, 2024	13	4.0/5
PHWM3996, Capstone for MPCH (50%)	Spring, 2024	48	4.0/5

University of North Texas

Graduate

Course Prefix, #, Title	*Semester, Year*	*# of Students*	*Student Rating*
KINE5459.001, IMPL HEALTH FIT	Fall, 2021	20	4.7/5

Undergraduate

Course Prefix, #, Title	*Semester, Year*	*# of Students*	*Student Rating*
HLTH4600.001, BHVR CHG STRAT	Spring, 2023	55	4.5/5
HLTH2100.001, MENTAL HEALTH	Spring, 2023	21	4.3/5
KINE3030.801, FOND SPORT NUT	Spring, 2023	29	4.9/5
HLTH2200.900, HUMAN SEXUA	Summer, 2022	40	4.7/5
KINE3030.900, FOND SPORT NUT	Spring, 2022	198	4.6/5

HLTH1900.800, PRIN OF HEALTH	Spring, 2022	21	4.4/5
HLTH4600.001, BHVR CHG STRAT	Fall, 2021	70	4.6/5
HLTH4600.002, BHVR CHG STRAT	Summer, 2021	17	4.5/5
HLTH2200.900, HUMAN SEXUA	Summer, 2021	54	4.7/5
HLTH4600.001, BHVR CHG STRAT	Spring, 2021	29	4.6/5
HLTH4600.002, BHVR CHG STRAT	Spring, 2021	30	4.9/5

Guest Lectures and Facilitations

2026 UTHealth Houston Institute for Implementation Science Annual Workshop. Co-Facilitator

2025 UTHealth Houston Institute for Implementation Science Annual Workshop. Co-Facilitator

2025 Texas Implementation Science Hub. Quality Improvement & Evaluation Workshop: *Taking Rapid StART Programs to the Next Level.* Community Group Facilitator

2025 UTHealth Houston School of Public Health PH 5400 Physical Activity Assessment & Surveillance: *Physical Activity Measurement and Surveillance Among Person's with Physical Disabilities.* Guest Lecture

2025 UTHealth Houston Cizik School of Nursing NURS 7554 Research Forums: *Community Engaged Research Methods for Developing and Optimizing Behavior Change Interventions for Persons With Multiple Sclerosis.* Guest Lecture

2023 UTHealth Houston School of Public Health PHW 5102: Health Disparities Core Seminar: *Health Disparities Among Persons with Disabilities.* Guest Lecture

Advising

Doctoral Dissertation Committees

2024-2026 Petra Silic, External Committee Member (UIC)

2024-2026 Jenny Rowland, Committee Chair (UTHealth Houston)
Dissertation Title: A Landscape Analysis and Construct Assessment of Internet-Based Patient Education Materials for Pediatric Cancer: Measuring Functional Accessibility, Readability, Understandability, Actionability and Quality

2024-2025 Martha Gonzalez, Committee Member (UTHealth Houston)

Doctor of Public Health Advisees, UTHealth Houston

2026- Breanna Campbell (MPACH-CHP)

2026- Karen Iyere (MPACH-CHP)

2025- Riya Mehta (MPACH-CHP)

2025-2026 Jenny Rowland (MPACH-CHP)

Masters of Public Health Advisees, UTHealth Houston

2026- Pretthi Devireddy (MPACH-CHP)

2026- Sara Herzong (MPACH-CHP)

2026- Yen (Melody) Tran (MPACH-CHP)

2025- Alana Eaglin (MPACH-CHP)

2025- Christopher Guerrero (MPACH-CHP)

2025- Makaila Brison (MPACH-CHP)

2025- Aina Amedu (MPACH-CHP)

2025- Maurita Adam (MPACH-CHP)

2025- Emaan Ul Haque (MPACH-CHP)

2024-2025 Susan Pietropaolo (MPACH-CHP)

2024-2025 Rhea Vikas (MPACH-CHP)
2023-2025 Masroor Habeeb (MPACH-CHP)
2023-2024 Olivia Harding (MPACH-CHP)
2023-2024 Maia Williams (MPACH-CHP)

Masters of Public Health Integrative Learning Experience, UTHealth Houston
2025 Rhea Vikas

Masters of Public Health Practicum, UTHealth Houston
2026 Chaturya Raavi
2026 Emaan Ul Haque
2026 Aina Amedu
2024-2025 Ruth Yanes Bengoa
2024 Rhea Vikas

Masters Culminating Research Experience, University of North Texas
2022-2023 Primary Mentor, Tania Ontiveros
2022-2023 Primary Mentor, Stephanie Chalfant
2022 Primary Mentor, Nathan Roach
2022 Primary Mentor, Peter Osimen
2022 Primary Mentor, Ben Smith
2022 Primary Mentor, Devin Maxfield
2022 Secondary Mentor, Matthew Mitchell
2021-2022 Primary Mentor, Trey Botkin
2021-2022 Primary Mentor, Grant Catus

Undergraduate Honors Thesis, University of North Texas
2022-2023 Committee Chair, Diana Kolb

Independent Study
2022-2023 Primary Mentor, Sydney Williams (UNT)
2022-2023 Primary Mentor, Lauren Hendrickson (UNT)
2021 Primary Mentor, Diana Kolb (UNT)

Service

Editor & Editorial Board
2022-2023 Guest Editor: *International Journal of Environmental Research and Public Health:* Special Issue, “Health Behavior Change and Mental Health among Persons with Chronic Disabling Conditions”

Reviewer

Grant Reviewer and Other Service to Government Organizations
2026- National Institutes of Health, Standing Member, Lifestyle Change and Behavioral Health Study Section
2026 National Multiple Sclerosis Society, Ad Hoc Member, Clinical, Translational & Rehabilitation - Committee D
2025- U.S. Department of Veterans Affairs, Standing Member, RRD2 Musculoskeletal Health & Function Merit Review Board

2025 National Institutes of Health, Ad Hoc Member, Lifestyle Change and Behavioral Health Study Section
2024 U.S. Department of Veterans Affairs, Ad Hoc Member, RRD2 Musculoskeletal Health & Function Merit Review Board
2024 National Institutes of Health, Ad Hoc Member, Lifestyle Change and Behavioral Health Study Section
2023 National Institutes of Health, Early Career Reviewer, Lifestyle Change and Behavioral Health Study Section
2022 National Institute on Disability, Independent Living, and Rehabilitation Research Development and Field-Initiated Award Reviewer
2022 National Multiple Sclerosis Society UK, Research Grant Reviewer
2022 Department of Defense Multiple Sclerosis Research Program, Research Grant Reviewer

Journal Referee*: Sports Medicine, Spinal Cord Journal, American Journal of Health Behavior, Topics in SCI Rehabilitation, Multiple Sclerosis Journal–Experimental and Translational, Clinical, Qualitative Research in Sport, Exercise and Health, Archives of Physical Medicine and Rehabilitation, Journal of Strength and Conditioning Research, Annals of Behavioral Medicine, Disability and Rehabilitation Assistive Technology, International Journal of MS Care, International Journal of Behavioral Medicine, Adapted Physical Activity Quarterly, Journal of the Academy of Nutrition and Dietetics, Disability and Health Journal, Brain and Behavior, Contemporary Clinical Trials, Multiple Sclerosis and Related Disorders, Current Psychology, BMJ Open, American Journal of Health Promotion, Contemporary Clinical Trials Communications, Journal of Participatory Research Methods, Journal of Clinical Neuroscience, Disability and Rehabilitation, Translational Journal of the American College of Sports Medicine, PLOS One*

Conference Abstract Reviewer*: American College of Rehabilitation Medicine*
American Public Health Association, Consortium of MS Centers

Poster Awards Judge: *American College of Rehabilitation Medicine*

Offices and Committee Assignments in Professional Organizations
2025- Chair-Elect: Career Development Networking Group Executive Committee, American Congress of Rehabilitation Medicine
2024- Member: Career Development Networking Group Leadership Development Course Task Force, American Congress of Rehabilitation Medicine
2022- Co-Chair: Career Development Networking Group Mentoring Task Force (Member since 2020), American Congress of Rehabilitation Medicine
2020- Member: Career Development Networking Group Early Career Development Course Task Force, American Congress of Rehabilitation Medicine
2022-2023 Secretary: Career Development Networking Group Executive Committee, American Congress of Rehabilitation Medicine
2016-2018 Co-Chair: Women with SCI Task Force, American Congress of Rehabilitation Medicine

Local Community Leadership
2023- Neuro Fitness Foundation, Board Member

School of Public Health Service
2025-2026 Admissions Committee Department Representative

2025	Faculty Council	Department Representative

Departmental Service

UTHealth Houston

2026-	Community Health Practice MPH and DrPH	Program Director
2025-2026	MPACH Scholarship Committee	Member
2023-2025	MPACH Collaboration Series Planning Committee	Member

University of North Texas

2022	Faculty Search Committee: TT Assistant Professor	Member
2021	Faculty Search Committee: TT Assistant Professor	Member
2021	KHPR HLTH Curriculum Committee	Member
2021-2022	PhD Application Steering Committee	Member
2021-2023	KHPR Undergraduate Curriculum Committee	Member

Professional Memberships

2025-	Member, Cizik Nursing Research Institute
2025-	Member, UTHealth Houston Institute on Aging
2023-	Member, Texas Physical Activity Research Collaborative
2023-	Core Faculty and Member, UTHealth Houston Institute for Implementation Science
2019-	Member, Society of Behavioral Medicine
2017	Member, American College of Sports Medicine
2016-	Member, American Congress of Rehabilitation Medicine
2015-2017	Member, American Public Health Association
2013	Member, International Society of Behavioral Nutrition and Physical Activity

Other Training Activities

2025	NIDDK Clinical Methods for Nutrition and Obesity Research Course (R25DK137743)
2025	UTHealth Institute for Implementation Science: Implementation Mapping: Using Intervention Mapping to Plan Implementation Strategies
2025	UTHealth Houston Grants 201, PI Leadership
2024	ORBIT Institute: Developing Behavioral Treatments to Improve Health (NIH Funded (R25CA244065-01A1)
2023	UTHealth Houston Grants 101
2023	UTHealth Houston Institute for Implementation Science Training Workshop Series
2022	Promoting Inclusive Excellence in Career Development for SDoH and Implementation Research Workshop, Panelist (NIH- National Heart, Lung, and Blood Institute)
2022	Training in Grantsmanship for Rehabilitation Research Workshop (R25HD074546-07)
2021	Grantsmanship Training Workshop (UNT)
2021-2023	Faculty Success Mentoring Program (UNT)

Credentials

2021-2023	Bloodborne Pathogen Safety Training (UNT)
2021-2023	BSL1 and BSL2 Biosafety Training (UNT)
2019-	Neurostatus Expanded Disability Status Scale (Level C)

2016-	DEXA and Radiation Safety Training
2015-	Responsible Conduct of Research Training
2011-	Biomedical/Clinical Research Training, Collaborative Institutional Training Initiative (CITI)
2011-	Social/Behavioral/Epidemiological Research Training, Collaborative Institutional Training Initiative (CITI)
2023-	Good Clinical Practice, Collaborative Institutional Training Initiative (CITI)