

Amber Watts, PhD

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Education

2004-	2009	PhD, Gerontology University of Southern California, Los Angeles, California
1999-	2001	MA, Psychology Wake Forest University, Winston-Salem, North Carolina
1995-	1999	BA, Psychology University of Redlands, Redlands, California

Work Experience

8/2026 -	Present	Full Professor University of Kansas, Department of Psychology University of Kansas Medical Center, Alzheimer's Disease Research Center Programs: Clinical Psychological Science; Brain, Behavior, & Quantitative Science
8/2019-	8/2026	Associate Professor University of Kansas, Department of Psychology University of Kansas Medical Center, Alzheimer's Disease Research Center
8/2012-	8/2019	Assistant Professor University of Kansas, Department of Psychology University of Kansas Medical Center, Alzheimer's Disease Research Center
9/2015-	12/2015	Visiting Research Fellow The Australian National University, Center for Research on Ageing, Health, and Well-Being, in the College of Medicine, Biology, and Environment
2/2010-	8/2012	Research Associate University of Kansas, Center for Research Methods and Data Analysis
1/2009-	8/2012	Post-Doctoral Fellow University of Kansas, Gerontology Center Neuropsychology and Aging Laboratory
9/2003-	8/2004	Clinical Trials Coordinator University of Southern California, Department of Psychiatry and Behavioral Sciences
11/2001-	8/2003	Clinical Research Project Manager Walter Reed Army Medical Center, Department of Clinical Investigation

Research Publications

* Indicates student or postdoctoral author under my mentorship; IF – Impact Factor

Peer Reviewed

1. Honea, R. A., **Watts, A.** (co-first authors), Donofry, S. D., Molina-Hidalgo, C., Ripperger, H. S., Aghjayan, S. L., Kang, C., Gujral, S., Oberlin, L. E., Grove, G., Huang, H., Sutton, B. P., Burns, J. M., Vidoni, E. D., Kramer, A. F., McAuley, E., Hillman, C. H., Marsland, A. L., Kamboh, M. I., & Erickson, K. I., (2026). Lifespan exposure to hormone therapies and structural brain morphometry in older women. *NeuroImage*, 121974. (IF: 5.3)
<https://doi.org/10.1016/j.neuroimage.2026.121974>
2. *Wiranto, Y., Setiawan, D., **Watts, A.**, & Ashourvan, A. (2026). Development of Alzheimer's disease risk score for future integrated primary care: A white-box approach. *Frontiers in Aging Neuroscience*, 18:1759273. doi:10.3389/fnagi.2026.1759273 (IF: 4.5)
<https://www.frontiersin.org/articles/10.3389/fnagi.2026.1759273>
3. Holden, R., Szabo-Reed, A. N., **Watts, A.**, Clutton, J., Finley, K., Fitzgerald-Wolf, S., & Burns, J. M. (2026). Physician referral is associated with recruitment, motivation, and adherence in an exercise intervention study for older adults. *Journal of the National Medical Association*, 118(1), 103-112. <https://doi-org.www2.lib.ku.edu/10.1016/j.jnma.2025.11.002> (IF: 2.4)
4. Baber, G. R., Hamilton, N. A., Girard, J. M., Sikka, P., **Watts, A.**, Jun, D., Gratton, M. K. P., Cohen, J. M., Quesada, A. K., Nichols, E. C., & Cunningham, T. J. (2026). Testing affect regulation theories of dreaming. *Sleep*. Zsag046, <https://doi.org/10.1093/sleep/zsag046> (IF: 4.9)
5. Setiawan, D., *Wiranto, Y., Girard, J. M., **Watts, A.**, & Ashourvan, A. (2025). Individualized machine-learning-based clinical assessment recommendation system. *PLOS Digital Health*, 4(9): e0001022. (IF: 1.83)
<https://pmc.ncbi.nlm.nih.gov/articles/PMC11302612/pdf/nihpp-2024.07.24.24310941v2.pdf>
6. *Losinski, G. M., Key, M. N., Vidoni, E. D., Clutton, J., Morris, J. K., Burns, J. M., **Watts, A.** (2025). Postmenopausal sex differences in preclinical Alzheimer's disease biomarker risk profiles: An exploratory multimodal neuroimaging study. *Frontiers in Global Women's Health*, 6. (IF: 2.4)
<https://doi.org/10.3389/fgwh.2025.1531062>
7. **Watts, A.**, Donofry, S., Ripperger, H., Eklund, N. M., Wan, L., Kang, C., Grove, G., Oberlin, L. E., Gujral, S. Vidoni, E. D., Burns, J. M., McAuley, E., Hillman, C. H., Kramer, A. F., Kamboh, M. I., & Erickson, K. I. (2025). Lifetime estrogen exposure and domain-specific cognitive performance: Results from the IGNITE study. *Frontiers in Aging Neuroscience*, 17, 1524474. (IF: 4.1)
<https://doi:10.3389/fnagi.2025.1524474>
8. **Watts, A.**, Szabo-Reed, A., Baker, J., Vacek, J., Clutton, J., Mahnken, J., Key, M. N., Vidoni, E. D., & Burns, J. M. (2024). LEAP! Rx: A pragmatic approach to lifestyle medicine prescription. *Alzheimer's and Dementia*, 20(12), 8374-8386. PMID: 39376152. (IF: 13.0)
<https://doi.org/10.1002/alz.14265>
9. Szabo-Reed, A. N., **Watts, A.**, Vidoni, E. D., Mahnken, J., VanSciver, A., Finley, K., Clutton, J., Holden, R., Key, M., & Burns, J. M. (2024). Lifestyle empowerment for Alzheimer's prevention prescribed by physicians: Methods and adaptations to COVID-19. *Contemporary Clinical Trials*, 147, 107729. PMID: 39491720. doi: 10.1016/j.cct.2024.107729 (IF: 2.0)
<https://pubmed.ncbi.nlm.nih.gov/39491720/>

10. *Medina, V., **Watts, A.**, Fracachán-Cabrera, M., Hazlewood, C., Ramirez-Mantilla, M., Vidoni, E. D., & Perales-Puchalt, J. (2024). Analysis of the intensity of engagement with *CuidaTEXT*, a text message intervention for dementia caregiver support among Latinos/as. *Ethnicity & Health*, 29(8), 924–945. PMID: 39107055. (IF: 2.6)
<https://doi.org/10.1080/13557858.2024.2387111>
11. *Wiranto, Y., Siengsukon, C., Vidoni, E., Mazzotti, D., Burns, J. M., & **Watts, A.** (2024). Sex differences in the role of sleep on cognition in older adults. *Sleep Advances*, 5(1), zpae066. PMID: 39372545. (IF: 4.8)
<https://doi.org/10.1093/sleepadvances/zpae066>
12. Honea, R. A., Hunt, S., Lepping, R. J., Vidoni, E. D., Morris, J. K., **Watts, A.**, Michaelis, E., Burns, J. M., & Swerdlow, R. H. (2023). Alzheimer’s disease cortical morphological phenotypes are associated with TOMM40 ‘523-APOE haplotypes. *Neurobiology of Aging*, 132, 131-144. PMID: 37804609. (IF: 3.7)
<https://doi.org/10.1016/j.neurobiolaging.2023.09.001>
13. **Watts, A.**, Haneline, S., Welsh-Bohmer, K. A., Wu, J., Alexander, R., Swerdlow, R.H., Burns, D. K., Saunders, A. M. (2023). TOMM40 ‘523 genotype distinguishes patterns of cognitive improvement for executive function in APOE ε3 homozygotes. *Journal of Alzheimer’s Disease*, 95(4), 1697-1707. PMID: 37718796. (IF: 3.4)
<https://doi.org/10.3233/JAD-230066>
14. *Hicks, H., & **Watts, A.** (2023). Differential effects of chronotype on physical activity and cognitive performance in older adults. *Frontiers: Epidemiology*, 3, 1029221. PMID: 38455930. (IF: not found)
<https://doi.org/10.3389/fepid.2023.1029221>
15. **Watts, A.** & Jen, S. (2023). Context-dependent sexual changes during women’s midlife transitions. *Journal of Women and Aging*, 35(6), 542-556. PMID: 36995271. (IF: 1.7)
<https://doi.org/10.1080/08952841.2023.2195321>
16. Perales-Puchalt, J., Ramirez-Mantilla M., Fracachan-Cabrera, M., Vidoni, E. D., Ellerbeck, E. F., Ramirez, A. S., **Watts, A.**, Williams, K., and Burns, J. M. (2022). A text message intervention to support Latino dementia family caregivers (CuidaTEXT): Feasibility study. *Clinical Gerontologist*, 47(1), 50-65. PMID: 36268684. (IF: 2.6)
<https://doi.org/10.1080/07317115.2022.2137449>
17. **Watts, A.**, Chalise, P., Hu, H., Hui, D., Pa, J., Andrews, S., Michaelis, E. K., & Swerdlow, R. (2022). A mitochondrial DNA haplogroup defines patterns of five-year cognitive change. *Journal of Alzheimer’s Disease*, 89(3), 913-922. PMID: 35964186. PMCID: 10015634. (IF: 3.4)
<https://doi.org/10.3233/JAD-22029>
18. Ghosal, R., Varma, V. R., Volfson, D., Urbanek, J., Hausdorff, J. M., **Watts, A.**, & Zipunnikov, V. (2022). Scalar on time-by-distribution regression and its application for modelling associations between daily-living physical activity and cognitive functions in Alzheimer’s Disease. *Scientific Reports*, 12, 11558. PMID: 35798763. (IF: 3.8)
<https://doi.org/10.1038/s41598-022-15528-5>
19. Perales-Puchalt, J., Acosta-Rullan, M., Ramirez-Mantilla, M., Espinoza-Kissell, P., Vidoni, E., Niedens, M., Ellerbeck, E., Hinton, L., Loera, L., Susana Ramirez, A., Lara, E., **Watts, A.**, Williams, K. Resendez, J., & Burns, J. (2022). Development of CuidaTEXT: A text message intervention to support Latino dementia family caregivers. *JMIR Aging*, 5(2), e35625. PMID: 35482366. (IF: 5.0)

[doi:10.2196/35625](https://doi.org/10.2196/35625)

20. Ghosal, R., Varma, V. R., Volfson, D., Hillel, I., Urbanek, J., Hausdorff, J. M., **Watts, A.**, & Zipunnikov, V. (2021). Distributional data analysis via quantile functions and its application to modelling digital biomarkers of gait in Alzheimer's Disease. *Biostatistics*, 24(3), 539-561. PMID: 36519565. (IF 1.8)
<https://doi.org/10.1093/biostatistics/kxab041>
21. *Hicks, H., *Laffer, A., Meyer, K., & **Watts, A.** (2021). Estimates of Physical Activity in Older Adults using the ActiGraph Low Frequency Extension Filter. *Journal for the Measurement of Physical Behaviour*, 4(2), 118-125. NIHMS ID: NIHMS2038083. (Pending IF; CiteScore 2.9)
<https://doi.org/10.1123/jmpb.2020-0034>
22. Varma, V., Ghosal, R., Volfson, D., Weiss, J., Urbanek, J., Hausdorff, J., Zipunnikov, V., & **Watts, A.** (2021). Continuous gait monitoring discriminates community dwelling mild AD from cognitively normal controls. *Alzheimer's & Dementia: Translational Research & Clinical Interventions*, 7(1), e12131. PMID: 33598530. (IF: 4.9)
<https://doi.org/10.1002/trc2.12131>
23. Salazar-Villanea, M., Chacón-Araya, Y., **Watts, A.**, Vidoni, E. D., Billinger, S. A., Johnson, D. K., & Moncada-Jiménez, J. (2021). Aerobic fitness and neurocognitive performance in older adults from Kansas and Costa Rica. *International Journal of Sport Psychology*, 52, 248-265. (IF: 0.60) doi:10.7352/IJSP.2021.52.248
<http://www.ijsp-online.com/download/52/int.j.sport.psychol.2021.52.248-265.pdf>
24. Vidoni, E. D., Morris, J. K., **Watts, A.**, Perry, M., Clutton, J., Van Sciver, A., Kamat, A., Mahnken, J., Hunt, S. L., Townley, R., Honea, R., Shaw, A. R., Johnson, D. K., Vacek, J., Burns, J. M., (2021). Effect of aerobic exercise on amyloid accumulation in preclinical Alzheimer's: A 1-year randomized controlled trial. *PLoS One*, 16(1), e0244893. PMID: 33444359. PMCID: 7808620. (IF: 2.9)
<https://doi.org/10.1371/journal.pone.0244893>
25. Kaufman, C. S., Honea, R. A., Pleen, J., Lepping, R. J., **Watts, A.**, Morris, J. K., Billinger, S. A., Burns, J. M., & Vidoni, E. D. (2021). Aerobic exercise improves hippocampal blood flow for hypertensive apolipoprotein ε4 carriers. *Journal of Cerebral Blood Flow and Metabolism*, 41(8), 2026-2037. PMID: 33509035, PMCID: PMC8327103. (IF: 4.9)
<https://doi.org/10.1177/0271678X21990342>
26. Chacón-Araya, Y., Briceño-Torres, J. M., Peralta-Brenes, M., Hernández-Gamboa, R., Johnson, D. K., **Watts, A.**, Vidoni, E. D., Billinger, S. A., Salazar-Villanea, M., & Moncada-Jiménez, J. (2020). Predicting exertion from metabolic, physiological and cognitive variables in older adults. *Pensamiento Psicológico*, 18(2), 1-27. (IF: not found)
<https://doi.org/10.11144/javerianacali.ppsi18-2.pemp>
27. *Bevan, A., Vidoni, E., & **Watts, A.** (2020). Rate of perceived exertion and cardiorespiratory fitness in older adults with and without Alzheimer's disease. *International Journal of Exercise Science*, 13(3), 18-35. PMID: [32148626](https://pubmed.ncbi.nlm.nih.gov/32148626/) PMCID: PMC7039494. (IF: not found)
<https://doi.org/10.70252/ZDWC1398>
28. **Watts, A.**, Wilkins, H., Michaelis, E., & Swerdlow, R. (2019). TOMM40 '523 associations with baseline and longitudinal cognition in APOEε3 homozygotes. *Journal of Alzheimer's Disease*, 70(4), 1059-1068. PMID: 31322569 PMCID: 7206989. (IF: 3.4)
<https://doi.org/10.3233/JAD-190293>

29. Loskutova, N., **Watts, A.**, & Burns, J. M. (2019). The cause-effect relationship between bone loss and Alzheimer's disease using statistical modeling. *Medical Hypotheses*, 122, 92-97. PMID: 30593432. (IF: 2.1)
<https://doi.org/10.1016/j.mehy.2018.10.024>
30. Farina, N., Hughes, L. J., **Watts, A.**, & Lowry, R. G. (2019). Use of physical activity questionnaires in people with dementia: A scoping review. *Journal of Aging and Physical Activity*, 27(3), 413-421. PMID: 30300058. (IF: 1.4)
<https://doi.org/10.1123/japa.2018-0031>
31. Montgomery, R. N., **Watts, A. S.**, Burns, N. C., Vidoni, E. D., & Mahnken, J. D. (2019). Evaluating paired categorical data when the pairing is lost. *Journal of Applied Statistics*, 46(2), 351-363. PMID: 38504925. (IF: 1.2)
<https://doi.org/10.1080/02664763.2018.1485013>
32. **Watts, A.**, Mortby, M., & Burns, J. (2018). Depressive symptoms as a barrier to engagement in physical activity in older adults with and without Alzheimer's disease. *PLoS One*, 13(12), e0208581. PMID: 30532212. (IF: 2.9)
<https://doi.org/10.1371/journal.pone.0208581>
33. **Watts, A.**, *Garnier-Villarreal, M., Gardiner, P. (2018). Sitting time in older adults with and without Alzheimer's disease. *Journal for the Measurement of Physical Behaviour*, 1(2), 70-78. NIHMSID: 2055303. (IF Pending; CiteScore 2.9)
<https://doi.org/10.1123/jmpb.2018-0002>
34. *Khou, C., *Rendzia, B., & **Watts, A.** (2018). Evaluation of waist-worn actigraphy monitors for the assessment of sleep in older adults with and without Alzheimer's disease. *Journal of Rehabilitation and Assistive Technologies Engineering*, 5, 1-7. PMID: 31191943 PMCID: 6453051. (IF: 2.0)
<https://doi.org/10.1177/2055668318777989>
35. Burns, N., **Watts, A.**, Perales-Puchalt, J., Montgomery, R. N., Morris, J., Mahnken, J., Lowther, J., & Vidoni, E. (2018). The impact of creative arts in Alzheimer's disease and dementia public health education. *Journal of Alzheimer's Disease*, 63(2), 457-463. PMID: 29578491. PMCID: 5930053. (IF: 3.4)
<https://doi.org/10.3233/JAD-180092>
36. **Watts, A.**, Andrews, S., & Anstey, K. (2018). Sex differences in the impact of *BDNF* genotype on the longitudinal relationship between physical activity and cognitive performance. *Gerontology*, 64(4), 361-372. PMID: 29402782. (IF: 3.1)
<https://doi.org/10.1159/000486369>
37. *Breda, A., & **Watts, A.** (2017). The relationship between expectations regarding aging, physical activity, and subjective physical function in older adults. *Gerontology & Geriatric Medicine*, 3, 1-8, PMID: 28491915 PMCID: 5406123. (IF: 2.1)
<https://doi.org/10.1177/2333721417702350>
38. Varma, V., & **Watts, A.** (2017). Daily physical activity patterns during the early stage of Alzheimer's Disease. *Journal of Alzheimer's Disease*, 55(2), 659-667. PMID: [27716669](https://pubmed.ncbi.nlm.nih.gov/27716669/) PMCID: [PMC5859579](https://pubmed.ncbi.nlm.nih.gov/PMC5859579/). (IF: 3.4)
<https://doi.org/10.3233/JAD-160582>

39. **Watts, A.**, *Walters, R., Hoffman, L., & Templin, J. (2016). Intra-individual variability of physical activity in older adults with and without mild Alzheimer's disease. *PLoS One*, 11(4): e0153898. PMID: 27097226. PMCID: 4838328. (IF: 2.9)
<https://doi.org/10.1371/journal.pone.0153898>
40. Vidoni, E., **Watts, A.**, Burns, J. M., Greer, C., Graves, R., VanSciver, A., Black, J. R., Cooper, S. K., Nagely, A. C., Uphoff, E., Volmer, J. M., Bieberle, N. A. (2016). Feasibility of a memory clinic-based physical activity prescription program. *Journal of Alzheimer's Disease*, 53(1), 161-170. PMID: 27104905. PMCID: PMC5839638. (IF: 3.4)
<https://doi.org/10.3233/JAD-160158>
41. *Rhyner, K. T., & **Watts, A.** (2016). Exercise and depressive symptoms in older adults: A systematic meta-analytic review. *Journal of Aging and Physical Activity*, 24(2), 234-246. PMID: 26372020. (IF: 1.4)
<https://doi.org/10.1123/japa.2015-0146>
42. **Watts, A.**, *Ferdous, F., Diaz Moore, K., & Burns, J. (2015). Neighborhood integration and connectivity predict cognitive decline in older adults with and without Alzheimer's disease. *Gerontology & Geriatric Medicine*, 1, 1-9. PMCID: 4618386. (IF: 1.5)
<https://doi.org/10.1177/2333721415599141>
43. **Watts, A.**, Honea, R., Billinger, S., Hutfles, L., Vidoni, E., *Rhyner, K., & Burns, J. (2015). A combined measure of vascular risk for white matter lesions. *Journal of Alzheimer's Disease*, 45(1), 187-193. PMCID:4540324. (IF: 3.4)
<https://doi.org/10.3233/JAD-142085>
44. **Watts, A.**, Loskutova, N., Johnson, D. K., & Burns, J. (2013). Metabolic syndrome and cognitive decline in early Alzheimer's disease and healthy older adults. *Journal of Alzheimer's Disease*, 35(2), 253-265. PMCID: 3665401. (IF: 3.4)
<https://doi.org/10.3233/JAD-121168>
45. **Watts, A.**, Vidoni, E., Loskutova, N., Johnson, D. K., & Burns, J. (2013). Measuring physical activity in older adults with and without Alzheimer's disease. *Clinical Gerontologist*, 36(4), 356-374. PMCID:3778925. (IF: 2.6)
<https://doi.org/10.1080/07317115.2013.788116>
46. Hall, J., Larson, K. A., & **Watts, A.** (2011). Satisfying friendship maintenance expectations: The role of friendship standards and biological sex. *Human Communication Research*, 37(4), 529-552. (IF: 4.4)
<https://doi.org/10.1111/j.1468-2958.2011.01411.x>
47. Johnson, D. K., **Watts, A.**, *Chapin, B. A., *Anderson, R., & Burns, J. M. (2011). Neuropsychiatric profiles in dementia. *Alzheimer Disease and Associated Disorders*, 25(4), 326-332. PMID: 22086220; PMCID: PMC3218373. (IF: 1.8)
doi: [10.1097/WAD.0b013e31820d89b6](https://doi.org/10.1097/WAD.0b013e31820d89b6)
48. Burns, J. M., Johnson, D. K., **Watts, A.**, Swerdlow, R., & Brooks, W. M. (2010). Reduced lean mass in early Alzheimer disease and its association with brain atrophy. *Archives of Neurology*, 67(4), 428-433. PMID: 20385908 PMCID: PMC2855150. (IF: 7.4)
doi: [10.1001/archneurol.2010.38](https://doi.org/10.1001/archneurol.2010.38)
49. **Watts, A.**, Crimmins, E. M., & Gatz, M. (2008). Inflammation as a potential mediator for the association between periodontal disease and Alzheimer's disease. *Neuropsychiatric Disease and Treatment*, 4(5), 865-876. PMID: 19183779 PMCID: PMC2626915. (IF: 2.5)

<https://doi.org/10.2147/NDT.S3610>

50. Sjogren, M. H., Sjogren, R., Holtzmuller, K., Winston, B., Butterfield, B., Drake, S., **Watts, A.**, Howard, R., & Smith, M. (2005). Interferon alfacon-1 and ribavirin versus interferon alfa-2b and ribavirin in the treatment of chronic hepatitis C. *Digestive Diseases and Sciences*, 50(4), 727-732. PMID: 15844709. (IF: 2.6)

<https://doi.org/10.1007/s10620-005-2564-2>

Edited Book Chapters

1. Wang, L., **Watts, A.**, Anderson, R., & Little, T. (2011). Common fallacies in quantitative research methodology. In T. D. Little (Ed.) *Oxford Handbook of Quantitative Methods*. New York, NY: Oxford University Press.
2. Zelinski, E. M., Kennison, R. F., **Watts, A.**, & Lewis, K. L. (2009). Convergence between cross-sectional and longitudinal studies: Cohort matters. In H. B. Bosworth & C. Hertzog (Eds.), *Aging and cognition: Research methodologies and empirical advances*. Washington, DC: American Psychological Association.
3. **Watts, A.**, & Crimmins, E. M. (2009). The third age. In D. Carr (Ed.), *Encyclopedia of the life course and human development*. Detroit, MI: Macmillan Reference USA.
4. **Watts, A.**, & Crimmins, E. M. (2008). Populations at special health risk: The elderly. In K. Heggenhougen & S. Quah (Eds.), *International Encyclopedia of Public Health, Volume 5* (pp. 254-260). San Diego, CA: Academic Press.

Under Review

1. **Watts, A.**, Lewis, G., McDaniel, M., Muller, E., Hassan, Z., Monroe-Gulick, A., Meister, M., & Honea, R. (under review). Early and Premature Menopause and Brain Health Across the Adult Lifespan: A Scoping Review of Neuroimaging and Neuropathological Outcomes. Manuscript submitted for review. Pre-print available at: https://doi.org/10.31234/osf.io/etyk5_v1
2. Muller, E., Thangwaritorn, P., Perales-Puchalt, J., Meister, M., & **Watts, A.** (in review). Adverse childhood events are associated with physical, psychological, and cognitive health in midlife women. Manuscript submitted for review.
3. Hand, L. K., Blankenship, A., Bock, K. J., **Watts, A.**, Mahnken, J. D., Hunt, S. L., Siengsukon, C., & Mazzotti, D. R. (under review). Actigraphy-informed sleep health domains are associated with attention performance among cognitively normal older adults. Manuscript submitted for review.
4. *Gratton, M., Hamilton, N., **Watts, A.**, Cramer, E., Gerardy, B., Younes, M., *Baber, G. R., & Mazzotti, D. (under review). The influence of disordered sleep on the wake intrusion index: A structural equation modeling approach. Manuscript submitted for review.

Minor Publications

1. *Sprague, B., **Watts, A.**, & Burns, J. M. (2016). Relationship between physical activity and cognition in adults with and without Alzheimer's disease. *Psi Chi Journal of Psychological Research*, 21(2), 91-99.

Grant Activity

Funded

1. **Dates:** 2026-2027
Funding Institution: Landon Center on Aging, University of Kansas Medical Center
Amounts: \$10,000
Project Title: Establishing the Mitochondrial Menopause Paradigm and its role in Alzheimer's Disease Risk
Role on Project: Co-Principal Investigator with R. Honea

2. **Dates:** 2024 – 2028
Funding Institution: National Institute of General Medical Sciences (NIGMS), NIH Office of the Director (OD)
Funding Number: P20GM152280
Amounts: Project Total: \$699,678 (including indirects)
Project Title: Project Title: Risk and Protective Factors for Cognitive Function in the Menopause Transition
Role on Project: Research Project Leader
Grant Title: Leveraging Big Data to Improve Women's Health, Centers of Biomedical Research Excellence (COBRE)
COBRE PI: H. Desaire

3. **Dates:** 2022 - 2023
Funding Institution: KU Alzheimer's Disease Research Center, Developmental Award
Funding Number: P30AG035982
Amounts: \$36,594 (no indirects)
Project Title: Developing a Representative Cohort to study Midlife Risk Factors for Alzheimer's Disease
Role on Project: Principal Investigator

4. **Dates:** 2022 - 2023
Funding Institution: University of Kansas, General Research Fund
Funding Number: N/A
Amounts: \$14,826 (no indirects)
Project Title: Sex-based disparities in Alzheimer's disease risk at Midlife
Role on Project: Principal Investigator

5. **Dates:** 2020 - 2022
Funding Institution: National Institute on Aging
Funding Number: NIA R21 AG065755-01
Grant Title: CuidaTXT: a Text Message Dementia-Caregiver Intervention for Latinos
Role on Project: Consultant
Project PI: Perales-Puchalt (PI)

6. **Dates:** 2019 - 2020
Funding Institution: University of Kansas, General Research Fund
Funding Number: N/A
Amounts: \$8,877 (no indirects)
Project Title: Physical Activity and Sleep Study in Older Adults
Role on Project: Principal Investigator
7. **Dates:** 2019 - 2023
Funding Institution: National Institute on Aging
Funding Number: 1R01AG061194-01
Amounts: \$512,024 (Annual Direct)
Grant Title: Mechanistic basis of the mtDNA haplogroup J – Alzheimer’s disease association
Role on Project: Co-Investigator (1.6% FTE)
Project PI: R. Swerdlow
8. **Dates:** 2017 – 2023
Funding Institution: National Institute on Aging
Funding Number: 1R01AG052954-01
Amounts: \$512,024 (Annual Direct)
Grant Title: Prescribing Smart Aging: Integrating Health Systems with Community-Based Lifestyle Interventions
Role on Project: Co-Investigator, Project Director (1.8 calendar months)
Project PI: J. Burns
9. **Dates:** 2016-2017
Funding Institution: KU Alzheimer’s Disease Research Center, Pilot Award
Funding Number: P30AG035982
Amounts: Total \$30,000 (no indirects)
Project Title: An Intervention to Reduce Sedentary Time in Mild Cognitive Impairment
Role on Project: Principal Investigator
10. **Dates:** 2016 - 2018
Funding Institution: Dementia Collaborative Research Centres (Australia)
Funding Number: N/A
Amounts: Total \$199,909
Project Title: A randomised controlled trial of reducing prolonged sitting to improve cognitive function in insufficiently active frail older adults
Role on Project: Associate Investigator
Project PI: P. Gardiner
11. **Dates:** 2016 – 2018
Funding Institution: University of Kansas, New Faculty General Research Fund

- Funding Number:** N/A
Amounts: \$28,366 (no indirects)
Project Title: An Intervention to Reduce Sedentary Time in Mild Cognitive Impairment
Role on Project: Principal Investigator
12. **Dates:** 2015 - 2015
Funding Institution: Centre for Excellence in Population Ageing Research (Australia), Early Career Fellowship
Funding Number: N/A
Project Title: Sex differences in the impact of BDNF genotype on the longitudinal relationship between physical activity and cognitive performance
Role on Project: Principal Investigator
13. **Dates:** 2013 - 2014
Funding Institution: KU Alzheimer's Disease Research Center, Pilot Award
Funding Number: P30AG035982
Amounts: Total \$30,000 (no indirects)
Project Title: Neighborhood Characteristics, Walking, and Sedentary Behavior in Alzheimer's Disease
Role on Project: Principal Investigator
14. **Dates:** 2014 - 2014
Funding Institution: Office of International Programs, University of Kansas
Funding Number: N/A
Project Title: Physical fitness & neurocognitive performance in older adults in Kansas & Costa Rica
Role on Project: Co-Principal Investigator with J. Moncada
15. **Dates:** 2013-2015
Funding Institution: National Institutes of Health, Loan Repayment Program
Funding Number: N/A
Project Title: The Effects of Sedentary Behavior and Metabolic Syndrome on Cognitive Performance
Role on Project: Principal Investigator
16. **Dates:** 2012 - 2013
Funding Institution: Clinical Translational Science Award (CTSA)
Funding Number: NCATS #UL1TR000001; NCRR #UL1RR033179
Amounts: \$30,000
Project Title: Measuring unstructured physical activity in older adults with and without Alzheimer's disease; Frontiers Pilot and Collaborative Studies
Role on Project: Principal Investigator

17. **Dates:** 2012 - 2014
Funding Institution: University of Kansas, Strategic Initiatives Grant
Funding Number: N/A
Project Title: Resilient Lifestyles for Older Adults
Role on Project: Co-Principal Investigator with K. Diaz-Moore
18. **Dates:** 2010-2012
Funding Institution: National Institutes of Health, Loan Repayment Program
Funding Number: N/A
Project Title: The Role of Physical Activity in Cognitive Decline and Dementia
Role on Project: Principal Investigator
19. **Dates:** 2006 - 2007
Funding Institution: National Institute on Aging, Dissertation Pilot Award, Center for Biodemography & Population Health
Funding Number: P30 AG-017265
Project Title: Predicting Dementia Risk in Elderly Twins from Indicators of Early Life Infection
Role on Project: Dissertation Award Recipient
Project PI: M. Gatz

Submitted, Not Funded

1. **Dates:** 2025
Funding Institution: Brain Research Foundation
Amounts: \$150,000
Project Title: Establishing the Mitochondrial Menopause Paradigm and its role in Alzheimer's Disease Risk
Role on Project: Co-Principal Investigator with R. Honea
2. **Dates:** 2023
Funding Institution: National Institute on Aging (U01)
Project Title: Health Ontology Platform for Behaviors of Eating, Activity and Trajectories of Aging and Alzheimer's Disease in Society (HOP4BEATS)
Role on Project: Co-Investigator
3. **Dates:** 2022, 2023
Funding Institution: National Institute on Aging (R01)
Project Title: Remotely delivered exercise to increase cardiorespiratory fitness and cognitive function in community dwelling older adults
Role on Project: Co-Investigator
4. **Dates:** 2022
Funding Institution: Research Rising, Internal University of Kansas

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| | Project Title: | Rising Homes: The Future of Sustainable Housing |
| | Role on Project: | Co-Investigator |
5. **Dates:** 2022
Funding Institution: KU Research Go
Project Title: Sex-Based Disparities in Alzheimer’s Disease Risk at Midlife
Role on Project: Principal Investigator

 6. **Dates:** 2019
Funding Institution: National Institute on Aging (R01)
Project Title: Aging, Driving, and Early Detection of Dementia
Role on Project: Co-Investigator

 7. **Dates:** 2019, 2020
Funding Institution: National Institutes of Health, Small Business Innovation Research
Project Title: LEAP! Lifestyle: Enabling Evidence-Based Brain Wellness at Scale
Role on Project: Co-Investigator

 8. **Dates:** 2019
Funding Institution: National Health and Medical Research Council, Australia
Project Title: Reducing sitting time to prevent dementia in older adults with Type 2 diabetes
Role on Project: Associate Investigator

 9. **Dates:** 2017
Funding Institution: Wellcome Trust, UK
Project Title: esCAPADE: Carer Perceptions of Physical activity in Dementia
Role on Project: Co-Investigator

 10. **Dates:** 2015
Funding Institution: Research Investment Council (Level II), University of Kansas
Project Title: Development of the diagnostic ultrasound sonography research consortium for imaging of soft tissues that relate to the quality of life
Role on Project: Co-Investigator

 11. **Dates:** 2015
Funding Institution: Alzheimer’s Association, Non-Pharmacological Approaches
Project Title: An Intervention to Reduce Sedentary Time (ReST) in Older Adults
Role on Project: Principal Investigator

 12. **Dates:** 2015
Funding Institution: American Psychological Foundation
Project Title: An Intervention to Reduce Sedentary Time (ReST) in Older Adults
Role on Project: Principal Investigator

13. **Dates:** 2013, 2014
Funding Institution: Alzheimer's Association New Investigator Research Grant (NIRG)
Project Title: Neighborhood Walkability and Sedentary Behavior in Alzheimer's Disease
Role on Project: Principal Investigator
14. **Dates:** 2013
Funding Institution: National Institutes of Health, R01
Project Title: Performance Fatiguability and sedentary behavior in older adults with Diabetic Peripheral Neuropathy
Role on Project: Co-Investigator
15. **Dates:** 2012
Funding Institution: National Institutes of Health, R03
Project Title: A Clinical Intervention to Increase Physical Activity in MCI
Role on Project: Co-Investigator
16. **Dates:** 2012
Funding Institution: National Institutes of Health, R21
Project Title: Physical activity levels and acute stroke (PALAS)
Role on Project: Co-Investigator

Selected Conference Presentations (since 2019)

* Indicates author is/was a student or post-doctoral fellow under my research mentorship

1. Ness, M. & **Watts, A.** (2026, November). Beyond decline: Contesting ageist and sexist narratives in women's midlife transitions. As part of the symposium [Watts, A. & Ness, M. co-chairs]. *A Multi-Method Perspective on Psychosocial Adaptation and Development Across the Menopause Transition*. Paper to be presented at the annual meeting of the Gerontological Society of America, National Harbor, MD.
2. Lewis, G., Muller, E., McDaniel, M., Thangwaritorn, P., Perales-Puchalt, J., Meister, & **Watts, A.** (2026, November). Cross-sectional associations of vasomotor and psychological symptoms with sleep outcomes in menopause. As part of the symposium [Watts, A. & Ness, M. co-chairs]. *A Multi-Method Perspective on Psychosocial Adaptation and Development Across the Menopause Transition*. Paper to be presented at the annual meeting of the Gerontological Society of America, National Harbor, MD.
3. Velasquez, K., Cloete, E., & **Watts, A.** (2026, October). Centering majority world voices: A community-led explanatory sequential mixed-method study of menopause in rural Philippines. Poster to be presented at the annual meeting of The Menopause Society, San Diego, CA.
4. Muller, E., Lewis, G., Meister, M., & **Watts, A.** (2026, October). Factor Structure of the NIH Toolbox Cognition Battery in Peri- and Recently Post-Menopausal Women. Poster to be presented at the 46th annual conference of National Academy of Neuropsychology, Chicago, IL.

5. **Watts, A.**, Honea, R., Lewis, G., Muller, E., Morris, J. K., & Wilkins, H. (2026, July). Study design for investigating risk and protective factors for cognitive function in the menopause transition (MenoCog). As part of the Featured Research Session [Curtis, A. F. & Watts, A. (co-chairs & presenters), Barha, C., & McCrae, C. S.] "*Menopause as a Window of Alzheimer's Disease Risk: Neurocognitive Pathways in Women*". Annual meeting of the Alzheimer's Association International Conference (AAIC), London, United Kingdom.
6. Honea, R. A., Patel, A., Guiler, W., **Watts, A.**, Pepper, S., Burns, J. M., Wilkins, H., & Morris, J. (2026, July). Protective Effect of Menopausal Hormone Therapy on Longitudinal Brain Atrophy in Women over 65. Poster to be presented at Annual meeting of the Alzheimer's Association International Conference (AAIC), London, United Kingdom.
7. Honea, R., **Watts, A.**, Patel, A., Guiler, W., Donofry, S., Ripperger, H., Aghjayan, S. L., Kang, C., Oberlin, L., Gujral, W., Grove, G., Huang, H., Sutton, B., Burns, J. M., Vidoni, E. D., Kramer, A., McAuley, E., Hillman, C., Marsland, A., Kamboh, M. I., & Erickson, K. I. (July, 2025). Lifetime exposure to estrogen preserves brain health in older women in the IGNITE study. Poster presented at the Alzheimer's Association International Conference, Toronto, Canada.
8. **Watts, A.**, Costa, A. N., Curtis, A. F., Barha, C., Dhanavanthri Muralidhara, S., Ding, L., & *Muller, E. (November, 2025). Risk and protective factors related to menopause, women's healthy aging, and cognition. (**Symposium Chair, Discussant**). Symposium presented at the Annual Meeting of the Gerontological Society of America, Boston, MA.
9. *Muller, E., *Thangwaritorn, P., Perales-Puchalt, J., Meister, M., & **Watts, A.** (November, 2025). Adverse childhood events are associated with physical, psychological, and cognitive health in menopause. Paper presented at the Annual Meeting of the Gerontological Society of America, Boston, MA.
10. **Watts, A.**, Honea, R., Donofry, S. D., Ripperger, H. S., Aghjayan, S., Kang, C., & Erickson, K. (November, 2025). Lifetime exposure to estrogen and neuroimaging outcomes in older women in the IGNITE trial. Paper presented at the Annual Meeting of the Gerontological Society of America, Boston, MA.
11. *Lewis, G., Szabo-Reed, A., Baker, J., Clutton, J., Key, M., Burns, J. M., & **Watts, A.** (November, 2025). Sex differences in executive functioning in the LEAP! Rx Exercise Study. Poster presented at the Annual Meeting of the Gerontological Society of America, Boston, MA.
12. *Muller, E., *Lewis, G., *Thangwaritorn, T., Meister, M., Perales-Puchalt, J., & **Watts, A.** (June, 2025). Progesterone and estrogen use in women's midlife sleep. Poster presented at the annual meeting of the Associated Professional Sleep Societies, Seattle, WA.
13. *Gratton, M. K. P., Mazzotti, D. R., Hamilton, N. A., **Watts, A. S.**, Cramer, E., Gerardy, B., Younes, M., Baber, G. R. (June, 2025). The structural influence of disordered sleep on the wake intrusion index. Paper presented at the annual meeting of the American Academy of Sleep Medicine, Seattle, WA.
14. **Watts, A.**, Donofry, S., Ripperger, H., Eklund, N., Wan, L., Kang, Chaeryon, K., & Erickson, E. (November, 2024). Menopause history and cognitive function in the IGNITE trial. (**Session Chair**). Paper presented at the annual meeting of the Gerontological Society of America, Seattle, WA.
15. Watts, A., *Thangwaritorn, P., *Medina, V., Meister, M., Perales-Puchalt, J., & Khanna, P. (September, 2024). Cognitive complaints by menopause stage in a midlife cohort. Poster presented at The Menopause Society Annual Meeting, Chicago, IL.

16. Blankenship, A., Bock, K. **Watts, A.**, Mahnken, J., Hunt, S., Mazzotti, D.R., Siengsukon, C. (June, 2024). Relationships of objective and subjective sleep health with cognitive factors in older adults at risk for dementia. Poster presented at Annual Meeting of the American Academy of Sleep Medicine, Houston, TX.
17. Maués, C., Zayats, T., Blankenship, A., Bock, K., **Watts, A.**, Hunt, S. L., Siengsukon, C., Veatch, O. J., Honea, R., Morris, J., Santoro, M.L, & Mazzotti, D. R. (June, 2024). Sleep and circadian polygenic risks scores predict actigraphy-derived traits and cognition in a clinical cohort of older adults. Paper presented at Annual Meeting of the American Academy of Sleep Medicine, Houston, TX.
18. *Engel, I., Rincon Caicedo, M., **Watts, A.**, Punt, S., & Hamilton, J. (March, 2024). Pre-surgical Psychological Factors Associated with Adherence to High Quality Head and Neck Cancer Care. **Poster Award Winner** at the American Psychosocial Oncology Society, Albuquerque, NM.
19. *Medina, V., Burns, J. M., Vacek, J., Mahnken, J., Clutton, J., Vidoni, E.D., & **Watts, A.** (February, 2024). Exploring Tailored Exercise Interventions in Older Adults to Improve or Maintain Cognition. Poster presented at the International Neuropsychology Society, New York, NY.
20. *Wiranto, Y., Setiawan, D., Ashourvan, A., & **Watts, A.** (February, 2024). The cognitive, age, functioning, and APOE4 (CAFÉ) scorecard to predict the development of Alzheimer's disease. Poster presented at the International Neuropsychology Society, New York, NY.
21. *Wiranto, Y., *Thangwaritorn, P., & **Watts, A.** (November, 2023). Sex differences in the role of sleep on executive function in older adults. Poster presented at the Annual Meeting of the Gerontological Society of America, Tampa, FL. (GRF, ADRC)
22. *Thangwaritorn, P., Perales-Puchalt, J., Meister, M., Schwasinger-Schmidt, T., Billinger, S., Bright, B., & **Watts, A.** (November, 2023). Vasomotor symptoms and diet quality. Poster presented at the Annual Meeting of the Gerontological Society of America, Orlando, FL.
23. *Medina, V., Burns, J. M., Vacek, J., Mahnken, J., Clutton, J., VacSciver, A., & **Watts, A.** (November, 2023). A LEAP! Forward? Does personalized exercise help maintain cognitive function in older adults? Poster presented at the Annual Meeting of the Gerontological Society of America, Orlando, FL.
24. **Watts, A.**, *Thangwaritorn, P., *Medina, V., & Khanna, P. (September, 2023). Bridging menopausal history and Alzheimer's disease: A pilot study targeting sex-based disparities in Alzheimer's risk. Annual Conference of The Menopause Society, Philadelphia, PA.
25. **Watts A.**, Van Sciver A., Baker J., Clutton J., Finley K., Vacek J, Mahnken J, & Burns J. (July, 2023). LEAP! Rx: A pragmatic approach to a lifestyle medicine prescription across a health system. Alzheimer's Association International Conference, Amsterdam, The Netherlands.
26. *Engel, I., Rincon Caicedo, M., **Watts, A.**, Punt, S. & Hamilton, J. (2023). Readiness level for surgery and cognitive functioning among head and neck cancer patients. Presented at International Psycho-oncology Society World Congress, Milan, Italy.
27. **Watts, A.** & Jen. S (November, 2022). Context dependent sexual changes during women's midlife transitions. Presented at the annual meeting of the Gerontological Society of America, Indianapolis, IN.
28. *Thangwaritorn, P., *Hicks, H., *Laffer, A., *Losinski, G., Meyer, K., Tran, E., Cox, K., & **Watts, A.** (November, 2022). The effect of actigraphy measured physical activity on executive function. Poster presented at the annual meeting of the Gerontological Society of America, Indianapolis, IN.

29. *Coromac-Medrano, J., *Engel, I., ... **Watts, A.** (November, 2022). Understanding the relationship between coping styles and death anxiety in older adults. Poster presented at the annual meeting of the Gerontological Society of America, Indianapolis, IN.
30. *Engel, I., Zhang, E., Stiles, R., Nelson, E., & **Watts, A.** Integrating Telehealth & Community Health Workers to Enhance Quality Care Access: A Narrative Review. (November, 2022). Poster presented at the annual meeting of the Gerontological Society of America, Indianapolis, IN.
31. **Watts, A.**, *Hassan, Z., *Coromac-Medrano, J., *Thangwaritorn, P., & *Hicks, H. (October, 2022). Self-diagnosis by Google: A qualitative study of sources of menopause information. Presented at the annual meeting of the North American Menopause Society, Atlanta, GA.
32. *Losinski, G., Burns, J., Morris, J., Vidoni, E., Clutton, J., & **Watts, A.** (October, 2022). Preclinical Alzheimer's disease biomarker risk profile for postmenopausal women: An exploratory multimodal neuroimaging study. Presented at the annual meeting of the North American Menopause Society, Atlanta, GA.
33. **Watts, A.**, Michaelis, E., Swerdlow, R. (November, 2021). Haplogroups of Mitochondrial DNA Differentiate Patterns of Cognitive Change over Seven Years. Paper presented at the annual meeting of the Gerontological Society of America, Phoenix, AZ, Online.
34. *Losinski, G., *Thangwaritorn, P., *Hicks, H., *Laffer, A., *Berkeley, A., & **Watts, A.** (November, 2021). *Needs Assessment of Perimenopause Resources and Services*. Poster presented at the annual meeting of the Gerontological Society of America, Phoenix, AZ, Online.
35. **Watts, A.**, Van Sciver, A., Clutton, J., Finley, K., *Flores, E., Szabo-Reed, A., Vacek, J., & Burns J. M. (November, 2021). *Using Technology for Prescription and Adherence in an Alzheimer's Prevention Program (LEAP! Rx)*. Paper presented at the annual meeting of the Gerontological Society of America, Phoenix, AZ, Online.
36. *Hicks, H. & **Watts, A.** (November, 2021). Actigraphy based associations between chronotype and physical activity in older adults. Poster presented at the Annual Meeting of the Gerontological Society of America, Phoenix, AZ, Online.
37. *Engel, I., **Watts, A.**, Baker, T., & Sinclair, C. (November, 2021). Gender differences in the relationship between coping style and attitudes towards palliative care. Poster presented at the Annual Meeting of the Gerontological Society of America, Phoenix, AZ, Online.
38. *Rigby, T., & **Watts, A.** (February, 2021). Does objectively measured physical activity level predict cognitive function in community dwelling older adults with and without mild Alzheimer's dementia. International Neuropsychological Society. Virtual Conference.
39. **Watts, A.** (November 19, 2020). Invited Webinar. Taking Lifestyle Change Online: Using technology to improve lifestyles for brain health. KU Alzheimer's Disease Center, Online.
40. **Watts, A.** (November 3, 2020). Invited Keynote Address. Depressive symptoms and exercise in older adults with and without Alzheimer's disease. 4th International Symposium on Advanced Topics in Exercise Physiology, Ensenada, Mexico, Virtual.
41. **Watts, A.** (November, 2020). Discussant: A new lens on physical activity promotion: Can technology boost exercise prescription and adherence? Annual Meeting of the Gerontological Society of America, Virtual.
42. Kaufman, C. S., Honea, R. A., Pleen, J., Lepping, R. J., **Watts, A.**, Morris, J. K., Billinger, S. A., Burns, J. M., & Vidoni, E. D. (November, 2020). Aerobic exercise improves hippocampal blood flow for hypertensive APOE4 carriers. Presented at the Alzheimer's Association international Conference: Neuroscience Next, Virtual Conference.

43. *Rigby, T., & **Watts, A.** (2020). Does objectively measured physical activity level predict cognitive function in community dwelling older adults with and without mild Alzheimer's disease. Poster presented at the annual meeting of the International Neuroscience Society. San Diego, CA.
44. *Ivanisevic, M., Pearson, E., Ecklund-Johnson, C., & **Watts, A.** (Feb, 2020). Epilepsy-specific clinical characteristics predict processing speed and executive functions in temporal lobe epilepsy. Poster presented at the annual meeting of the International Neuroscience Society, Denver, CO.
45. *Hicks, H. J., *Losinski, G. M., & **Watts, A.** (2019). The Relationship Between Duration of Residence and Sedentary Behavior in Older Adults with and without Alzheimer's Disease. Poster presented at the Society for Behavioral Medicine Annual Meeting, Washington DC.
46. Gardiner, P. Girsby-Duffy, L., Novic, A., Neuhaus, M., Schaumberg, M., Lewis, L., **Watts, A.**, Lautenschlager, N., Anstey, K., & Rosenberg, D. (2019). Impact of a randomised controlled trial in frail older adults: REduce Sitting to improve Cognitive fUnction in Elders (RESCUE). Presented at International Society for Behavioural Nutrition and Physical Activity.
47. **Watts, A.**, Vidoni, E., Morris, J., Perry, M., Johnson, D. K., & Burns, J. M. (Nov, 2019) Cognitive Performance, Exercise, and Amyloid Burden: A Randomized Controlled Trial, (***Panel Chair:*** Exercise Interventions To Address Functional Decline) Presented at the Gerontological Society of America Annual Meeting, Austin, TX.
48. *Hicks, H. J., *Losinski, G., *Laffer, A., & **Watts, A.** (Nov, 2019) Estimates of physical activity in older adults using the ActiGraph Low-Frequency Extension Filter. Poster presented at the Gerontological Society of America Annual Meeting, Austin, TX.
49. *Losinski, G., *Hicks, H. J., *Laffer, A., & **Watts, A.** (Nov, 2019) Examining Sex Differences Within the Relationship Between Physical Activity and Executive Function in Older Adults. Poster presented at the Gerontological Society of America Annual Meeting, Austin, TX.
50. *Laffer, A., *Hicks, H. J., *Losinski, G., & **Watts, A.** (Nov, 2019) Objectively Measured Sleep Characteristics of Older Adults With and Without Alzheimer's Disease. Paper presented at the Gerontological Society of America Annual Meeting, Austin, TX.
51. **Watts, A.**, *Laffer, A., Morris, J., & Gardiner, P. (July, 2019). Improving glucose response via an intervention to reduce sitting time in mild cognitive impairment. Poster presented at the Alzheimer's Association International Conference, Los Angeles, CA.
52. *Laffer, A., & **Watts, A.** (July, 2019). Associations between Executive Function and Type of Sedentary Behavior in Older Adults with and without Alzheimer's Disease. Paper presented at The Society for Applied Research in Memory and Cognition (SARMAC) XIII; Cape Cod, MA.
53. Gardiner, P., Grigsby-Duffy, L., Novic, A., Neuhaus, M., Lewis, L., **Watts, A.**, Lautenschlager, N., Anstey, K., & Rosenberg, D. (June, 2019). Impact of a randomized controlled trial to reduce sitting on cognitive function in older people. Presented at the Australian Dementia Forum; Hobart, Tasmania
54. *Chapin, B., Vidoni, E., **Watts, A.**, & Burns, J. M. (May, 2019). Associations between amyloid burden, white matter hyperintensities, and cognition in cognitively normal older adults. Poster presented at the 71st annual meeting of American Academy of Neurology; Philadelphia, PA.
55. *Hicks, H., *Losinski, G., & **Watts, A.** (March, 2019). The relationship between duration of residence and sedentary behavior in older adults with and without Alzheimer's disease. Poster presented at Society for Behavioral Medicine Annual Scientific Meeting; Washington, D.C.

56. *Bevan, A.L., *Laffer, A., *Breda, A.I., Gardiner, P., & **Watts, A.** (March, 2019). Findings from a Home and Telephone-Based Pilot Study to Reduce Sitting Time in Older Adults with MCI. Paper presented at Society for Behavioral Medicine Annual Scientific Meeting; Washington, D.C.
57. *Breda, A.I., *Laffer, A., *Bevan, A.L., Gardiner, P., & **Watts, A.** (March, 2019). Feasibility of an Intervention to Reduce Sedentary Time in Older Adults with Mild Cognitive Impairment. Paper presented at Society for Behavioral Medicine Annual Scientific Meeting; Washington, D.C.
58. Winden, T., Waitman, R., Vidoni, E., Clutton, J., **Watts, A.**, Van Sciver, A., Davis, P., Allen, A., Weaver, G., & Burns, J. M. (2019, March) Towards a Learning Health System: Integrating Research into Clinical Care Workflows Using the Electronic Health Record, the LEAP! Rx study. Paper presented to American Medical Informatics Association, San Francisco, CA.

Invited Scholarly Presentations (since 2019)

May 2026	Women's Health Symposium, KU Medical Center
March 2026	Women's Health Panel, Bert Nash Community Mental Health Center
February 2026	KU-ADRC Employee Workshop
November 2025	LEAP! Rx: A pragmatic approach to lifestyle medicine, NIA Impact Research Collaboratory
October 2025	Mitochondrial Menopause and its role in Alzheimer's Risk, GeroSprints, Landon Center on Aging (*award winner)
October 2025	Top 5 Things about Menopause & Alzheimer's Disease, Boston Union Capitol
May 2025	Menopause and Cognitive Function: The MenoCog Study, Weekly Webinar, KU-Alzheimer's Disease Research Center
April 2025	Women, Menopause, and Alzheimer's Disease, Lifestyle Empowerment for Alzheimer's Prevention, University of Kansas Medical Center
March 2025	Women and Alzheimer's Disease, University Women's Club, University of Kansas
Nov 2023	Menopause and Mental Health, Women's Health Symposium, Hays Medical Center, University of Kansas Medical Center
Nov 2022	Women's Alzheimer's Risk Reduction in Midlife, JayCrew University of Kansas Medical Center
May 2022	Lifestyle Empowerment for Alzheimer's Prevention (LEAP!), Weekly Webinar, KU-Alzheimer's Disease Research Center
May 2022	Lifestyle Habits for Long-term Brain Health, Rotary Club
Aug 2022	Estrogen and the Brain, Weekly Webinar, KU-Alzheimer's Disease Research Center
Jan 2022	Estrogen and the Brain, Weekly Webinar, KU-Alzheimer's Disease Research Center
Sept 2021	Estrogen and the Brain, Weekly Webinar, KU-Alzheimer's Disease Research Center
Fall 2021	Menopause and The Brain, Brain Behavior and Quantitative Psychology Proseminar
Summer 2021	Not your mother's midlife crisis, Continuing Education Webinar, School of Social Welfare

April 2021	Estrogen and the Brain, Weekly Webinar, KU-Alzheimer's Disease Research Center
Feb 2021	Taking Lifestyle Change Online, Weekly webinar series for the KU-Alzheimer's Disease Research Center
Spring 2021	Meet the KU-Alzheimer's Disease Research Center, National Institutes of Health
Nov 2020	Taking Lifestyle Change Online, Weekly webinar series for the KU-Alzheimer's Disease Research Center
Oct 2020	Depression and Physical Activity in Older Adults, International Symposium on Advanced Topics in Exercise Physiology (Mexico, Costa Rica, Brazil, U.S., Germany)
Spring 2019-2020	Careers in Psychology & Gerontology, Gerontology Proseminar

Recent Teaching & Mentoring Highlights

2022 – present	Board of Directors, Brain Health Training Program, KU Alzheimer's Disease Research Center, University of Kansas Medical Center
2023	Mentor, Undergraduate Research Award, Emily Wagner, Jenna Hansen
2022	Mentor, Undergraduate Research Award, Sophia Peterson
2020 – 2021	Curriculum Innovation Project Awardee, Center for Teaching Excellence
2018 – 2019	Center for Teaching Excellence, Diversity Scholar
2017	Nominated for Outstanding Graduate Mentorship Award
2012 – present	Faculty Mentor for the Kansas Women's Leadership Institute

Honors and Awards

2022-2024	Mentee, The Menopause Society Mentorship Program
2022	Trainee, University of Kansas Public Scholars Program
2020	Recipient, Keeler Intra-University Professorship
2020	First Book Workshop, Hall Center for the Humanities, University of Kansas
2018	Fellow, Gerontological Society of America
2015, 2016	Visiting Fellow, Retirement Research Foundation, Johns Hopkins
2010, 2013	Awardee, National Institute on Aging Clinical Loan Repayment Program

Other Recent Leadership & Service (since 2019)

National

2025	Search Committee, Editor-in-Chief, Journals of Gerontology: Medical Sciences
2025	Working Group Member, Interdisciplinary Annual Scientific Meeting Working Group for the Annual Scientific Meeting of the Gerontological Society of America
2024-present	Data Safety Monitoring Board, National Institutes of Health
2024-2024	Board of Directors, Night of Hope
2024-2025	Session Chair, Annual Meeting of the Gerontological Society of America
2019-2020	Program Committee Member, Behavioral and Social Sciences Section, Gerontological Society of America

2019, 2021 Grant Reviewer, Florida Department of Health
2009-present Abstract Reviewer, Gerontological Society of America Annual Meeting

University of Kansas and University of Kansas Medical Center

2021-2021 Reviewer, Fulbright Application Review Committee
2020 Graduate Admissions Committee, Brain Behavior Quantitative Psychology
2020 Transition Team to Close Gerontology PhD Program
2020 Annual Faculty Review Committee
2020-2022 Reviewer, General Research Fund, Behavioral Science (Spring), New Faculty (Fall)
2019-2020 Curriculum Revision Committee, BS Behavioral Neuroscience Program
2019-2019 Reviewer, Center for Undergraduate Research Awards
2019-present Reviewer, Gerontology Awards Committee
2019-2019 Reviewer, Clinical Psychology Awards Committee
2016-present Mentor, Emerging Scholars, College of Liberal Arts & Sciences

Professional Organization Membership

Gerontological Society of America (GSA)
Alzheimer's Association International Society to Advance Alzheimer's Research and Treatment (AAIC-ISTAART)
The Menopause Society (formerly North American Menopause Society, NAMS)