

## Amber Watts, PhD

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### Education

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2009	<b>Ph.D., Gerontology</b> University of Southern California, Los Angeles, California
2001	<b>M.A., Psychology</b> Wake Forest University, Winston-Salem, North Carolina
1999	<b>B.A., Psychology</b> University of Redlands, Redlands, California

### Work Experience

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

## Research Publications

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\* Indicates student or postdoctoral author under my mentorship

### Peer Reviewed

1. Medina, V., **Watts, A.**, Fracachan-Cabrera, M., Hazlewood, C., Ramirez- Mantilla, M., Vidoni, E., & Perales-Puchalt, J., (in press). Analysis of engagement with CuidaTEXT, a text message intervention for dementia caregiver support among Latinos/as. *Ethnicity & Health*. doi: 10.1080/13557858.2024.2387111
2. 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. doi: 10.1016/j.neurobiolaging.2023.09.001
3. **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*. doi: 10.3233/JAD-230066
4. \*Hicks, H., & **Watts, A.** (2023). Differential effects of chronotype on physical activity and cognitive performance in older adults. *Frontiers: Epidemiology*.doi:10.3389/fepid.2023.1029221
5. **Watts, A.** & Jen, S. (2023). Context-dependent sexual changes during women's midlife transitions. *Journal of Women and Aging*. doi: 10.1080/08952841.2023.2195321
6. 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*. DOI: 10.1080/07317115.2022.2137449
7. **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*. doi:10.3233/JAD-220298
8. 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, doi.org/10.1038/s41598-022-15528-5
9. 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, doi:10.2196/35625
10. 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*, kxab041 doi:10.1093/biostatistics/kxab041.
11. \*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*. doi:10.1123/jmpb.2020-0034.

12. 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) doi:10.1002/trc2.12131.
13. 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. doi: 10.7352/IJSP.2021.52.248.
14. 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*, doi:10.1101/2020.08.03.20167684.
15. 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*. doi: 10.1177/0271678X21990342. PMID: 33509035.
16. 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. doi:/10.11144/Javerianacali.PPS18-2.pemp
17. \*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
18. **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. DOI: 10.3233/JAD-190293.
19. 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. DOI: <https://doi.org/10.1016/j.mehy.2018.10.024>.
20. 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. doi: 10.1123/japa.2018-0031.
21. 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. DOI: 10.1080/02664763.2018.1485013.
22. **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. <https://doi.org/10.1371/journal.pone.0208581>.
23. **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. DOI:10.1123/jmpb.2018-0002.

24. \*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. DOI:10.1177/2055668318777989.
25. 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. DOI: 10.3233/JAD-180092.
26. **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*, 361-372. DOI: 10.1159/000486369.
27. \*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. DOI:10.1177/2333721417702350.
28. 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. DOI: 10.3233/JAD-160582.
29. **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. DOI:10.1371/ journal.pone.0153898.
30. 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. DOI:10.3233/JAD-160158.
31. \*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. DOI:10.1123/japa.2015-0146.
32. **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. DOI:10.1177/2333721415599141.
33. **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. DOI: 10.3233/JAD-142085.
34. **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. DOI:10.3233/JAD-121168.
35. **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. DOI:10.1080/07317115.2013.788116.
36. 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. DOI:10.1111/j.1468-2958.2011.01411.x

37. 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. DOI: 10.1097/WAD.0b013e31820d89b6
38. 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. DOI:10.1001/archneurol.2010.38.
39. **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. DOI: 10.2147/ndt.s3610
40. 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. DOI: 10.1007/s10620-005-2564-2

### Edited Book Chapter

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.**, Szabo-Reed, A., Baker, J., Vacek, J., Clutton, J., Mahnken, J., Key, M. N., Vidoni, E. D., & Burns, J. M. (in revision). LEAP! Rx: A pragmatic approach to lifestyle medicine prescription. Manuscript submitted for review.
2. \*Wiranto, Y., Siengsukon, C., Vidoni, E., Mazzotti, D., Burns, J. M., & **Watts, A.** (in review). Sex differences in the role of sleep on cognition in older adults. Manuscript submitted for review.
3. \*Wiranto, Y., Setiawan, D., **Watts, A.**, Ashourvan, A. (in review). The Cognitive, Age, Functioning, and APOE4 (CAFE) scorecard to predict the development of Alzheimer's disease: A white-box approach. Manuscript submitted for review.
4. Setiawan, D., \*Wiranto, Y., Girard, J. M., **Watts, A.**, & Ashourvan, A. (in review). Individualized machine-learning-based clinical assessment recommendation system. Manuscript submitted for review.
5. Szabo-Reed, A. N., **Watts, A.**, Vidoni, E. D., Mahnken, J., VanSciver, A., Finley, K., Clutton, J., Holden, R., Key, M., & Burns, J. M. (in review). Lifestyle empowerment for Alzheimer's prevention prescribed by physicians: Methods and adaptations to COVID-19. Manuscript submitted for review. <https://www.medrxiv.org/content/10.1101/2024.07.29.24311181v1>

## Grant Activity

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### Funded

- 2024-2026 H. Desaire (PI)  
Centers of Biomedical Research Excellence (COBRE), National Institute of General Medical Sciences (NIGMS) and NIH Office of the Director (OD)  
**1P20GM152280-01**  
Role: Research Project Leader  
COBRE title: Leveraging Big Data to Improve Women's Health  
Project title: Predictors of Cognitive Function in the Menopause Transition
- 2022-2023 **A. Watts** (PI)  
Developing a Representative Cohort to study Midlife Risk Factors for Alzheimer's Disease  
Developmental Award, KU Alzheimer's Disease Research Center (P30AG035982)
- 2022-2023 **A. Watts** (PI)  
Sex-based disparities in Alzheimer's disease risk at Midlife  
General Research Fund, KU
- 2022-present S. Billinger (PI) and J. Burns (PI), **A. Watts** (Training Faculty, Board of Directors)  
Institutional Training Program, Alzheimer's Disease Research Center  
T32AG078114
- 2020-2022 Perales-Puchalt (PI), Niedens, Burns, Vidoni (Co-Is), **Watts** (Consultant)  
CuidaTXT: a Text Message Dementia-Caregiver Intervention for Latinos  
NIA R21 AG065755-01
- 2019-2020 **A. Watts** (PI)  
Physical Activity and Sleep Study in Older Adults  
General Faculty Research Fund, University of Kansas
- 2019-2023 R. Swerdlow (PI), **A. Watts** (Co-I)  
Mechanistic basis of the mtDNA haplogroup J – Alzheimer's disease association  
National Institutes of Health  
1R01AG061194-01
- 2017-2023 J. Burns (PI), **A. Watts** Co-I (Project Director)  
Prescribing Smart Aging: Integrating Health Systems with Community-Based Lifestyle Interventions  
National Institute on Aging  
1R01AG052954-01
- 2016- R. Swerdlow (PI), **A. Watts** (Co-I)  
University of Kansas Alzheimer's Disease Core Center  
National Institute on Aging  
P30AG035982
- 2016-2017 **A. Watts** (PI)  
An Intervention to Reduce Sedentary Time in Mild Cognitive Impairment  
University of Kansas Alzheimer's Disease Center Pilot Award  
National Institute on Aging  
P30AG035982

2016-2018 P. Gardiner (PI), **A. Watts** (Co-I)  
 A randomised controlled trial of reducing prolonged sitting to improve cognitive function in insufficiently active frail older adults  
 Dementia Collaborative Research Centres (Australia)

2016-2018 **A. Watts** (PI)  
 An Intervention to Reduce Sedentary Time in Mild Cognitive Impairment  
 New Faculty General Research Fund, University of Kansas

2015 **A. Watts.** (PI)  
 Early Career Fellowship. Centre for Excellence in Population Ageing Research (CEPAR)

2014-2014 **A. Watts** & J. Moncada (co-PIs)  
 Physical fitness & neurocognitive performance in older adults in Kansas & Costa Rica, Office of International Programs, University of Kansas

2013-2014 **A. Watts** (PI)  
 Neighborhood Characteristics, Walking, and Sedentary Behavior in AD  
 KU- Alzheimer's Disease Center Pilot Award  
 National Institute on Aging  
 NIA 5P30AG035982-3

2013-2015 **A. Watts** (PI)  
 The Effects of Sedentary Behavior and Metabolic Syndrome on Cognitive Performance, Clinical Loan Repayment Award, NIH Loan Repayment Program

2012-2013 **A. Watts** (PI)  
 Measuring unstructured physical activity in older adults with and without Alzheimer's disease; Frontiers Pilot and Collaborative Studies  
 Clinical Translational Science Award (CTSA)  
 NCATS #UL1TR000001; NCRN #UL1RR033179

2012-2014 K. Diaz-Moore & **A. Watts** (Co-PIs)  
 Resilient Lifestyles for Older Adults  
 Strategic Initiatives Grant, University of Kansas

2010-2012 **A. Watts** (PI)  
 The Role of Physical Activity in Cognitive Decline and Dementia  
 Clinical Loan Repayment Award, NIH Loan Repayment Program

2006-2007 M. Gatz (PI)  
 Predicting Dementia Risk in Elderly Twins from Indicators of Early Life Infection  
 National Institute on Aging, Pilot, P30 AG-017265, Center for Biodemography & Population Health  
 University of Southern California /University of California Los Angeles

**Under Review**

**Submitted, Not Funded**

10/2023 McGinty, Lange, Muhammad (Co-PIs)  
 Role: Co- Investigator

Title: Health Ontology Platform for Behaviors of Eating, Activity and Trajectories of Aging and Alzheimer’s Disease in Society (HOP4BEATS) (2024-2028)  
U01, National Institute on Aging

2023 A. Szabo-Reed (PI)  
Role: Co-Investigator  
Resubmission: Remotely delivered exercise to increase cardiorespiratory fitness and cognitive function in community dwelling older adults  
NIA R01

2022 E. Sutley (PI)  
Role: Co-Investigator  
Rising Homes: The Future of Sustainable Housing  
Research Rising, Internal University of Kansas

2022 A. Szabo-Reed (PI)  
Role: Co-Investigator  
Remotely delivered exercise to increase cardiorespiratory fitness and cognitive function in community dwelling older adults  
NIA R01

2022 Watts (PI)  
Sex-Based Disparities in Alzheimer’s Disease Risk at Midlife  
Internal Funding, KU Research Go

2019 Schultheis (PI), Chryssikou, Salvucci, Gitlin, Kondyli, **Watts (Co-I)**, and Zhang  
Aging, Driving, and Early Detection of Dementia  
RFA-AG-20-022, National Institute on Aging (7/1/2020 – 6/30/2025)

2019, 2020 Vidoni, E. (PI), Clutton, J., **Watts, A. (co-I)**  
LEAP! Lifestyle: Enabling Evidence-Based Brain Wellness at Scale  
Small Business Innovation Research, NIH  
(Submitted Revision)

2019 P. Gardiner (PI), **A. Watts** (Associate Investigator)  
Reducing sitting time to prevent dementia in older adults with Type 2 diabetes  
National Health and Medical Research Council, Australia

2017 N. Farina (PI), **A. Watts** Co-I (£30,000 )  
esCAPADE: Carer Perceptions of Physical activity in Dementia  
Wellcome Trust, UK

2015 T. Herda (PI), R. Steele, **A. Watts**, L. Greene  
Development of the diagnostic ultrasound sonography research consortium for imaging of soft tissues that relate to the quality of life  
Research Investment Council (Level II), University of Kansas

2015 **A. Watts (PI)**  
An Intervention to Reduce Sedentary Time (ReST) in Older Adults  
Alzheimer’s Association Non-Pharmacological Approaches

2015 **A. Watts (PI)**  
An Intervention to Reduce Sedentary Time (ReST) in Older Adults  
American Psychological Foundation

2013-2014 **A. Watts (PI)**



	Neighborhood Walkability and Sedentary Behavior in Alzheimer's Disease Alzheimer's Association New Investigator Research Grant (NIRG) (Submitted Revision)
2013	P. Kluding (PI) Performance Fatiguability and sedentary behavior in older adults with Diabetic Peripheral Neuropathy
2012	E. Vidoni (PI) A Clinical Intervention to Increase Physical Activity in MCI National Institutes of Health R03
2012	S. Billinger (PI) Physical activity levels and acute stroke (PALAS) National Institutes of Health R21

### **Selected Conference Presentations (since 2018)**

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

1. Blankenship, A., Bock, K. **Watts, A.**, Mahnken, J., Hunt, S., Mazzotti, D.R., Siengasukon, C. (June, 2024). Relationships of objective and subjective sleep health with cognitive factors in older adults at risk for dementia. Poster to be presented at Sleep Annual Meeting, Houston, TX.
2. Maués, C., Zayats, T., Blankenship, A., Bock, K., **Watts, A.**, Hunt, S. L., Siengasukon, 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 to be presented at Sleep Annual Meeting, Houston, TX.
3. \*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.
4. 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.
5. 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.
6. \*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)
7. \*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. (GRF, ADRC)

8. \*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. (R01)
9. **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. (GRF, ADRC)
10. **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. (R01)
11. \*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.
12. **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. (Keeler)
13. \*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. (GRF, ADRC)
14. \*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.
15. \*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.
16. **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. (Keeler)
17. \*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. (ADRC)
18. **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. (R01)
19. \*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. (Keeler)
20. **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. (R01)
  21. \*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. (GRF, ADRC)
  22. \*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.
  23. \*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. (ADRC)
  24. **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.
  25. **Watts, A.** (November 3, 2020). Invited Key Note Address. Depressive symptoms and exercise in older adults with and without Alzheimer's disease. 4<sup>th</sup> International Symposium on Advanced Topics in Exercise Physiology, Ensenada, Mexico, Virtual.
  26. **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. (R01)
  27. 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. Alzheimer's Association international Conference: Neuroscience Next, Virtual Conference. (R01)
  28. \*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. International Neuroscience Society. San Diego, CA. (ADRC)
  29. \*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 International Neuroscience Society, Denver, CO.
  30. \*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. (GRF, ADRC)
  31. 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. (DCRC-Aus)
32. **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. (R01)
  33. \*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. (GRF, ADRC)
  34. \*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. (GRF, ADRC)
  35. \*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. (GRF, ADRC)
  36. **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. (NFGRF)
  37. \*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. (GRF, ADRC)
  38. 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 (DCRC-Aus)
  39. \*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 71<sup>st</sup> annual meeting of American Academy of Neurology; Philadelphia, PA.
  40. \*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. (GRF, ADRC)
  41. \*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. (NFGRF)
  42. \*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. (NFGRF)

43. 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. (R01)
44. \*Laffer, A. B., Sienguskon, C., & **Watts, A.** (2018, Feb). The relationship between daytime sleepiness and daily steps in older adults. Poster presented at the Active Living Research Conference, Banff, Canada. (GRF, ADRC)

### **Invited Scholarly Presentations (Last Five Years)**

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Nov 2023	Menopause and Mental Health, Women's Health Symposium, Hays Medical/KUMC
Nov 2022	Women's Alzheimer's Risk Reduction in Midlife, JayCrew KUMC
May 2022	Lifestyle Habits for Long-term Brain Health, Rotary Club
Fall 2021	Brain Behavior and Quantitative Psychology Proseminar
Summer 2021	Not your mother's midlife crisis, Continuing Education Webinar, School of Social Welfare
2020-2022	Weekly webinar series for the KU-Alzheimer's Disease Research Center Taking Lifestyle Change Online (Nov 2020, Feb 2021) Estrogen and the Brain (April 2021, Sept 2021, Jan 2022, Aug 2022) Lifestyle Empowerment for Alzheimer's Prevention (LEAP!) (May 2022)
Spring 2021	Meet the KU-Alzheimer's Disease Research Center, NIH
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	Gerontology Proseminar

### **Diversity, Equity, and Inclusion**

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- Psychology Department Diversity Committee, Faculty Member (2022 – present)
- DEI representative for Faculty Hiring Committee, Psychology (Fall 2021)
- Justice through Equity, Diversity, and Inclusion, founding member, University of Kansas Alzheimer's Disease Center (Fall 2020- present)
- Unconscious Bias Training, University of Kansas Medical Center Office of Organizational Improvement (2-hour workshop July 14, 2020)
- White Accountability Group, Academic Mamas (8 weeks, Summer 2020)
- Safe Zone Training Certification (Half Day Training, Fall 2019)
- Our Whole Lives Sexuality Education Program, Certified Facilitator (Summer 2019)
- Diversity Scholars Program, Center for Teaching Excellence (2019-2021)

## Recent Media Coverage

- 2024 Closing the Women's Health Care Gap  
<https://www.kumc.edu/communications/about/publications/kansas-medicine-and-science/spring-summer-2024/closing-the-womens-health-care-gap.html>
- Turning Back the Clock  
<https://www.kumc.edu/communications/about/publications/kansas-medicine-and-science/spring-summer-2024/turning-back-the-clock.html>
- Sept 2023 Bringing Hope to Alzheimer's with Anne Fraser, Podcast
- 2022 Quoted for Commentary in New York Times, *Keep getting lost? Maybe you grew up on the grid*, by Benjamin Mueller.  
<https://www.nytimes.com/2022/03/30/science/navigation-directions-brain-dementia.html>
- 2022 Highlighted in Kansas Women's Lifestyle Magazine, *Hot Take: Menopause Part 2*, by Tracey English. [https://issuu.com/lwomenslifestyle/docs/kswlmag\\_april\\_q2-2022\\_final\\_-\\_singles\\_-\\_online](https://issuu.com/lwomenslifestyle/docs/kswlmag_april_q2-2022_final_-_singles_-_online)
- 2020 Featured in Gender, Sexuality, and Aging Newsletter, American Psychological Association Division 20 (Adult Development & Aging)
- 2020- present My lab produces a variety of public outreach/educational materials called Women's Midlife Adventure. The goal is to increase public health education regarding menopause, aging health, and Alzheimer's disease. This includes a quarterly e-Newsletter, and weekly posts on Facebook and Instagram.

## Recent Teaching & Mentoring Highlights

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Board of Directors, Brain Health Training Program, KU Alzheimer's Disease Research Center (2022- Present)

Mentor, Undergraduate Research Award, Sophia Peterson (2022)

Curriculum Innovation Project awardee, Center for Teaching Excellence (2020-2021)

Center for Teaching Excellence, Diversity Scholar (2018-2019)

Nominated for Outstanding Graduate Mentorship Award (2017)

Faculty Mentor for the Kansas Women's Leadership Institute (2012- present)

### Continuing Education Attendance

Liquid Margins 38: The rise of ChatGPT and how to work with and around it, Hypothesis Community (Feb 2023)

Can We Adapt Assignments and Assessments for the AI Era?, Center for Teaching Excellence (Jan 2023)

Flexible Teaching Webinar, Center for Teaching Excellence (Summer 2020)

## Honors and Awards

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<b>2022-2024</b>	<b>Mentee</b> , The Menopause Society Mentorship Program
<b>2022</b>	<b>Trainee</b> , KU Public Scholars Program
<b>2020</b>	<b>Recipient</b> , Keeler Intra-University Professorship
<b>2020</b>	<b>Trainee</b> , First Book Workshop, Hall Center
<b>2018</b>	<b>Fellow</b> , Gerontological Society of America
<b>2016, 2015</b>	<b>Visiting Fellow</b> , Retirement Research Foundation, Johns Hopkins
<b>2010, 2013</b>	<b>Awardee</b> , National Institute on Aging Clinical Loan Repayment Program
<b>2008</b>	<b>Dissertation Fellowship</b> , University of Southern California
<b>2006-2008</b>	<b>Pre-Doctoral Fellowship</b> , Ruth L. Kirschstein National Research Service Award, National Institute on Aging

## Advanced Research and Methods Training

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2017	Advanced Psychometric Workshop in Cognitive Aging, Genetics of Cognitive Aging (University of Washington, UC Davis) - Competitive
2016	Developing & Advancing Behavioral Interventions (Johns Hopkins University, Center for Innovative Care in Aging) - Competitive
2015	Developing & Advancing Behavioral Interventions (Johns Hopkins University, Center for Innovative Care in Aging) - Competitive
2012	International Workshop on Statistical Genetics and Methodology of Twin and Family Studies (University of Colorado, Boulder)
2011	Summer Institutes in Statistics (University of Kansas), Consultant to Participants
2009	Advanced Psychometric Workshop in Cognitive Aging, Cognitive Reserve (University of Washington, UC Davis) - Competitive
2009	Summer Institutes in Statistics (University of Kansas) Multi-Level Modeling (K. Preacher) Item-Response Theory (M. Edwards)
2008	Methodology of Twin and Family Studies (University of Colorado, Boulder)
2007	Summer Institutes in Statistics (University of Kansas) Advanced Longitudinal Structural Equation Modeling (T. Little)
2005	Growth Curve Modeling Workshop at American Psychological Society (B. Muthen)
2005	Structural Equation Modeling for Longitudinal Data, University of Southern California (J. McArdle)
2005	RAND Summer Institute (Mini-Medical School)

## Other Leadership & Service

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### *External*

2024-	Board of Directors, Night of Hope
2024	Session Chair, Annual Meeting of the Gerontological Society of America (GSA)
2019-2020	Program Committee Member, Behavioral and Social Sciences Section Gerontological Society of America (GSA)
2019, 2021	Grant Reviewer, Florida Department of Health
2017-2019	Publications Committee, Gerontological Society of America

2016-2016 Grant Reviewer, BUILD EXITO program  
 2016-2016 Reviewer, Alzheimer's Association International Conference  
 2013-2013 Grant Reviewer, Alzheimer's Association  
 2010-2011 Program Committee Member, Behavioral & Social Sciences Section, GSA  
 2009-present Reviewer, Gerontological Society of America Annual Meeting Abstracts  
 2009-2010 Secretary, Emerging Scholar & Professional Organization, GSA

***KU, KUMC***

2023-present Director, Undergraduate Honors in Psychology  
 2023-present Faculty Member, Promotion and Tenure Committee, Psychology  
 2023-Present Faculty Advisor, Nu Rho Psi, Undergraduate Honor's Society  
 2022-Present Faculty Member, Psychology Department Diversity Committee  
 2021-2022 DEIB Representative, Hiring Search Committee, Psychology  
 2020 Graduate Admissions Committee, Brain Behavior Quantitative Psychology  
 2020 Transition Team to Close Gerontology PhD Program  
 2020 Annual Faculty Review Committee

**University**

2022-present Board of Directors, Brain Health Training Program, KUMC  
 2022-2023 Chair, Faculty Search Committee, Department of Psychology  
 2023-2023 Reviewer, Frontiers Clinical Translational Science Institute, Mock Review Panel  
 2021-2022 Diversity Representative, Hiring Search Committee, Psychology  
 2021-2021 Reviewer, Fulbright Review Committee  
 2020-2022 Reviewer, General Research Fund, Behavioral Science (Spring), New Faculty (Fall)  
 2020-present Founding Member, Justice through Equity, Diversity, and Inclusion, University of Kansas Alzheimer's Disease Center  
 2019-2020 Curriculum revision committee BS Behavioral Neuroscience degree  
 2019-2019 Reviewer, Center for Undergraduate Research Awards  
 2019-present Reviewer, Gerontology Awards Committee  
 2019-2019 Reviewer, Clinical Psychology Awards Committee  
 2018-2018 Reviewer, Dissertation Fellowship Awards, Psychology  
 2017-present Biostatistics / Investigator Liaison, KU Alzheimer's Disease Research Center  
 2017-present Reviewer, Pilot Award Applications, KU Alzheimer's Disease Research Center  
 2016-2017 Mentor at risk students, College of Liberal Arts & Sciences  
 2016-2018 Member, Faculty Evaluation Committee, Psychology  
 2015-2018 Member, Participant Use Committee, Psychology  
 2013-2015 Co-director of the B.S. in Behavioral Neuroscience Program  
 2012-2014 Member, Admissions Committee, Clinical Psychology  
 2012- Mentor, Women's Leadership Institute

**Professional Organization Membership**

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Gerontological Society of America  
 Alzheimer's Association International Society to Advance Alzheimer's Research and Treatment



