

JENNIFER LOGAN GREEN, PHD
 (Formerly Jennifer Matthews)
 Assistant Professor
 School of Exercise and Nutritional Sciences
 San Diego State University
 5500 Campanile Drive, San Diego, CA 92182
 Phone: 801.927.8558; Email: jgreen5@sdsu.edu

EDUCATION

PhD in Exercise and Nutritional Sciences **August 2015-August 2019**

Arizona State University

Focus: Health behavior and promotion

Dissertation: The Power of Yoga: Investigating the feasibility and preliminary effects of prenatal yoga on excessive gestational weight gain.

Graduate certificate: Assessment of Integrative Health (School of Social Work)

MS in Exercise Science and Health Promotion **August 2014-August 2015**

Arizona State University

Focus: Physical activity and health promotion

Thesis: Interest in alternative approaches for gestational weight gain and maternal stress management during pregnancy: A survey

BS in Exercise and Sport Science **August 2008-August 2011**

University of Utah

Emphasis: Fitness Leadership

ACADEMIC APPOINTMENTS

San Diego State University, College of Health and Human Services **January 2023 - present**

Assistant Professor, Exercise and Nutritional Sciences

Arizona State University, College of Health Solutions **June 2020-February 2022**

Calm.com, Inc.

Postdoctoral Research Scholar (Academic/industry appointment)

Focus: Mobile applications for the delivery of complementary health approaches (e.g., meditation, mindfulness-based interventions, yoga) to improve health and wellness.

Bryan University **July 2018-Dec 2021**

Adjunct Faculty (Fitness)

INVITED PRESENTATIONS

University of Colorado Denver

Population Mental Health & Wellbeing Guest Lecturer

- Mindfulness research

February 2019, September 2021

Arizona State University & Mayo Clinic

Invited Course Instructor

- Health and Wellness: Physical Activity **July 2019**
 - Invited to develop and write curricula as a content expert for a 5-part online series (continuing education).

Arizona State University

Community Health Guest Lecturer

- Maternal and Child Health **October 2017**
- Complementary health approaches in the community **April 2017**

Curriculum Vitae
October 2016
April 2016
November 2015

- Minority Health
- Complementary health approaches in the community
- Complementary health approaches in the community

Health Promotion & Program Evaluation Guest Lecturer

- Nutrition policy (Toy ban in fast food)

February 2016

The Healing Journey Retreat

Maple Grove Hospital in Montgomery, MN

- Self-care/Yoga Workshop for Nurses

October 2015

PEER-REVIEWED PUBLICATIONS

Note: Bolded text represent my current contributions; Green is my married name and Matthews is my maiden's name.

In Review (N=8)

1. Farewell, C., **Green, J.**, Leiferman, J., & Huberty, J. Racial and ethnic variations in two dimensions of stress during pregnancy: The role of socioeconomic status. (In review).
2. **Green, J.**, Huberty, J., Leiferman, J., & Larkey, L. Stressors and behavioral coping strategies of pregnant women with varying perceived stress scores: A descriptive study. (In review).
3. **Green, J.**, Gorczyca, A., & Huberty, J. Comparisons of lifestyle factors and health care provider recommendations in active and non-active pregnant women. (In review).
4. Huberty, J., Sullivan, M., **Green, J.**, Joeman, L., Gold, K., Guastaferrro, K., Leiferman, J., & Cacciatore, J. How does online yoga help women who have experienced a stillbirth? (In review).
5. **Green, J.**, Puzia, M., & Huberty, J. Associations between mobile app-based meditation, mood tracking, and mood valence: A longitudinal analysis in Calm subscribers. (In review).
6. **Green, J.**, Puzia, M., & Huberty, J. Impact of COVID-19 on mental health and meditation, physical activity, and yoga behaviors. (In review).
7. Puzia, M, **Green, J.**, Clarke, C., Cloonan, S., & Huberty, J. Examining the Associations of Using the Calm App on Team Mindfulness and Psychological Safety in Remote Workers. (In review).
8. **Green, J.**, Cloonan, S., Clarke, C., Puzia, M, & Huberty, J. The Calm app as an employee health benefit: Associations between app usage, mindfulness, and resilience. (In review).

Published (N=24)

2022 (N=3)

9. **Green, J.**, Neher, T., Puzia, M., Laird, B., & Huberty, J. (2022). Pregnant women's use of a consumer-based meditation mobile app: A descriptive study. *Digit Health*, 8. DOI: 10.1177/20552076221089098.
10. Sullivan, M., Huberty, J., **Green, J.**, & Cacciatore, J. Adding a Facebook support group to an online yoga randomized trial for women who have experienced stillbirth: A feasibility study. *Journal of Integrative Complementary Medicine*, 8(2), 179-187. DOI: 10.1089/jicm.2021.0097
11. **Green, J.**, Larkey, L., Leiferman, J., Buman, M., Oh, C., & Huberty, J. Prenatal yoga and excessive gestational weight gain: A review of evidence and potential mechanisms. *Complementary Therapies in Clinical Practice*, 46. DOI: 10.1016/j.ctcp.2022.101551

2021 (N=8)

12. Huberty, J., Sullivan, M., **Green, J.**, Gorczyca, A., Leiferman, J., & Fuller, K. (2021). Running behaviors in a convenience sample of pregnant women: A descriptive study. *International Journal of Women's Health and Wellness* 7(1), 1-7. DOI: 10.23937/2474-1353/1510120
13. Neher, T., **Green, J.**, Puzia, M., & Huberty, J. (2021). Describing the use of a mindfulness-based app for sleep and well-being, across age, in children. *Child & Youth Care Forum*, 1-20.
14. Huberty, J., Puzia, M., **Green, J.**, Vlisides-Henry, R., Larkey, L., Irwin, M., & Vranceanu. (2021). A mindfulness meditation mobile app improves depression and anxiety in adults with sleep disturbance: A secondary analysis of a randomized controlled trial. *General Hospital Psychiatry*, 73, 30-37.
15. **Green, J.**, James, D., Larkey, L., Leiferman, J., Buman, M., Oh, C., & Huberty, J. (2021). A qualitative investigation of a prenatal yoga intervention to prevent excessive gestational weight gain: A thematic analysis of interviews with pregnant women. *Complementary Therapies in Clinical Practice*, 44, 101414. DOI: 10.1016/j.ctcp.2021.101414
16. Huberty, J., **Green, J.**, Puzia, M. & Stecher, C. (2021). Evaluation of mood check-in feature for participation in meditation mobile app users: Retrospective longitudinal analysis. *JMIR Mhealth Uhealth*, 9(4):e27106 DOI: 10.2196/27106
17. **Green, J.**, Huberty, H., Puzia, M., & Stecher, C. (2021). The Effect of Meditation and Physical Activity on the Mental Health Impact of COVID-19–Related Stress and Attention to News Among Mobile App Users in the United States: Cross-sectional Survey. *JMIR Ment Health*, 8(4):e28479 DOI: 10.2196/28479
18. Huberty, J., Puzia, M., **Green, J.**, & Stecher, C. (2021) Mental health and meditation practices of pregnant women during COVID-19. *Obstetrics and Gynecology Research*, 4, 001-006.
19. Huberty, J., **Green, J.**, Puzia, M.E., Larkey, L., Liard, B., Vranceanu., A.M., Vlisides-Henry, R.D., & Irwin, M.R. (2021). Testing a mindfulness meditation mobile app, Calm, for the treatment of daytime symptoms in adults with sleep disturbance: A randomized controlled trial. *PLOS ONE*, 16(1): e0244717.h

2020 (N=2)

20. Huberty, J., Sullivan, M., **Green, J.**, Kurka, J., Leiferman, J., Gold, K., & Cacciatore, J. (2020). Online yoga to reduce post-traumatic stress in women who have experienced stillbirth: A randomized control feasibility trial. *BMC Complementary Medicine and Therapies*, 20(1), 1-19.
21. Puzia, M., Laird, B., **Green, J.**, & Huberty, J. (2020). Parent's Perceptions of Children's Engagement in a Consumer-based Meditation Mobile App. *JMIR Pediatrics and Parenting*, 3(2):e24536.

2019 (N=2)

22. Huberty, J., **Green, J.**, Cacciatore, J., Gold, K., & Leiferman, J. (2019). An iterative design process to develop a randomized feasibility study and inform recruitment of minority women after stillbirth. *Pilot and Feasibility Studies*, 5, article 140.
23. Huberty, J., **Green, J.**, Glissmann, C., Larkey, L., Puzia, M., & Lee, C. (2019). Efficacy of the mindfulness meditation mobile app "Calm" to reduce stress among college students: Randomized controlled trial. *JMIR mHealth uHealth*, 7(6), e14273.

2018 (N=4)

24. Huberty, J., **Green, J.**, Cacciatore, J., Buman, M., & Leiferman, J. (2018). Relationship between mindfulness and post-traumatic stress in women who experienced stillbirth. *Journal of Obstetric, Gynecologic, & Neonatal Nursing*, 47(6), 760-770.

25. Huberty, J., **Matthews, J.**, Leiferman, J., & Lee, C. (2018). Use of complementary approaches in pregnant women with a history of miscarriage. *Complementary Therapies in Medicine*, 36, 1-5.
26. **Matthews, J.**, Huberty, J., Leiferman, J., & Buman, M. (2018). Psychosocial predictors of gestational weight gain and the role of mindfulness. *Midwifery*, 56, 86-93.
27. Huberty, J., **Matthews, J.**, Toledo, M., Smith, L., Jarrett, C., Duncan, B., & Buman, M. (2018). Vinyasa Flow: Metabolic cost and validation of hip- and wrist-worn wearable sensors. *Journal for the Measurement of Physical Behaviour*, 1(4), 174-180.

2017 (N=5)

28. Huberty, J., **Matthews, J.**, Leiferman, J., & Cacciatore, J. (2017). Experiences of women who participated in a beta-test for an online-streamed yoga intervention. *International Journal of Yoga Therapy*, 27(1), 59-68.
29. **Matthews, J.**, Huberty, J., Leiferman, J., McClain, D., & Larkey, L. Perceptions, uses of, and interests in alternative health care approaches in depressed pregnant women: The PAW survey. (2017). *JEBCAM*, 22(1), 81-95.
30. Huberty, J., Leiferman, J., Kruper, A., Jacobson, L., Waring, M., **Matthews, J.**, Wischenka, D., Braxter, B., & Kornfield, S. (2017). Exploring the need for interventions to manage weight and stress during inter-conception. *Journal of Behavioral Medicine*, 40(1), 145-158.
31. Huberty, J., **Matthews, J.**, Leiferman, J., Hermer, J., & Cacciatore, J. (2017). When a Baby Dies: A systematic review of experimental interventions for women after stillbirth. *Reproductive Sciences*, 24(7), 967-975.
32. Huberty, J., **Matthews, J.**, Leiferman, J., Cacciatore, J., & Gold, K. (2017). A study protocol of a three-group randomized feasibility trial of an online yoga intervention for mothers after stillbirth (The Mindful Health Study). *Pilot and Feasibility Studies*, 4(1), 12.

NON-PEER REVIEWED PUBLICATIONS (N=3)

2018

Green, J., Huberty, J., & Redwine, L. Letting go of stress has never zen easier. Society of Behavioral Medicine Connect Blog 2018.

2017

Matthews, J. & Soto, S. Don't dread the dissertation: An interview with Valerie H. Myers. Outlook Newsletter of the Society of Behavioral Medicine Winter 2017.

2015

Matthews, J., Pedersen, M., & Huberty, J. (2015). Recruitment strategies for women in the reproductive period. Outlook Newsletter of the Society of Behavioral Medicine Fall 2015.

GRANTS

Submitted – pending review (N=1)

National Center for Complementary and Integrative Health. (K01). "Culturally tailoring a mindfulness meditation mobile app to reduce psychological distress in Black adults." November 2021 (\$684,408) [PI: **Green**]. Resubmission-A1.

Submitted- not funded (N=3)

National Center for Complementary and Integrative Health. (K01). "Culturally tailoring a mindfulness meditation mobile app to reduce psychological distress in Black adults." February 2021 (\$682,315) [PI: **Green**]. Not Discussed.

National Institute of Child Health and Human Development. (F31). "The Power of Yoga: Investigating the feasibility and preliminary effects of yoga on excessive gestational weight gain." August 2016 (\$86,059) [PI: **Matthews**]. Not Discussed.

Matthews, J., Huberty J., Leiferman, J., Larkey, L., & Buman, M. (2016). The Power of Yoga: Investigating the feasibility and preliminary effects of yoga on excessive gestational weight gain. American College of Sports Medicine Foundation. Not Funded.

Funded (N=4)

Green, J. (2020). A cross-sectional survey assessing perceived stress, everyday discrimination, social support, and the use of and interest in mHealth delivered mindfulness-based practices in racial/ethnic minorities. Arizona State University, Institute for Social Science Research (\$8,000).

Matthews, J. (2018). The Power of Yoga: Investigating the feasibility and preliminary effects of yoga on excessive gestational weight gain. Arizona State University Graduate College, Graduate and Professional Student Association, Office of Knowledge Enterprise Development (\$2,000).

Matthews, J., Huberty J., Leiferman, J., Larkey, L., & Buman, M. (2017). The Power of Yoga: Investigating the feasibility and preliminary effects of yoga on excessive gestational weight gain. Kripalu Institute- Hanser Award (\$10,000).

Matthews, J. & Huberty J. (2015). Interest in Alternative Approaches for Gestational Weight Gain and Maternal Stress Management During Pregnancy: A Survey. Arizona State University Sun Devils Athletics Department (\$3,500).

PRESENTATIONS AT SCIENTIFIC CONFERENCES (N=13)

1. **Green, J.**, Neher, T., Huberty, J. Pregnant women's use and perceptions of a commercial mindfulness meditation mobile app: A descriptive survey. Live Research Spotlight and Recorded Research Spotlight at the Society of Behavioral Medicine Conference, Baltimore, MD (Accepted for April 2022).
2. Huberty, J., Sullivan, M., Cacciatore, J., Leiferman, J., & **Green J.** Feasibility of a home-based online yoga intervention in women who have experienced stillbirth. Paper session at the Society of Behavioral Medicine Conference, San Francisco, CA, April 2020. *Cancelled due to COVID-19.*
3. Kinser, P., Huberty, J., Haga, S., Garthus-Niegel, S., Thacker, L., Jallo, N., Serlin, D., Sullivan, M, **Matthews, J.**, & Drozd, F. Mama Mia- A U.S. based pilot study of an internet intervention for perinatal depressive symptoms. Presentation at the Norwegian Society for Research on Internet Interventions, May 2019.
4. **Green, J.**, Glissmann, C., Larkey, L., Sebren, A., Lee, C., & Huberty, J. Impact of an 8-week mindfulness-based meditation mobile app on stress, mindfulness, and self-compassion in college students. Poster session at the Society of Behavioral Medicine Conference, Washington D.C., March 2019.
5. **Green, J.**, Gorczyca, A., & Huberty, J. Self-reported physical activity, lifestyle factors, and health care provider recommendations in active and non-active pregnant women. Symposium at the Society of Behavioral Medicine Conference, Washington D.C., March 2019.
6. **Matthews, J.**, Huberty, J., Toledo, M., Hand, L., & Buman, M. Vinyasa Flow: Metabolic cost and lab-based estimates with hip- and wrist-worn wearable sensors. Poster session at the Society of Behavioral Medicine Conference, New Orleans, LA, April 2018.
7. Huberty, J., **Matthews, J.**, Leiferman, J., Mitchell, J., Cacciatore, J., & Gold, K. Study protocol and phase one findings for a feasibility trial of an online yoga intervention for mothers after stillbirth. Symposium at the Society of Behavioral Medicine Conference, New Orleans, LA, April 2018.

8. **Matthews, J.**, Huberty, J., & Leiferman, J. Differences in stressors and coping strategies of pregnant women with low-moderate and high-severe perceived stress scores. Symposium for the Society of Behavioral Medicine Conference, San Diego, CA, March 2017.
9. **Matthews, J.**, Huberty, J., & Leiferman, J. Physical activity recommendations of health care providers: A pregnant patient's perspective. Oral presentation at the North American Society for Psychosocial Obstetrics & Gynecology Conference, New York, NY, April 2016.
10. Huberty, J., **Matthews, J.**, Leiferman, J., Cacciatore, J., & McClain, D. Mental health and physical activity in mothers after stillbirth. Poster presentation at the North American Society for Psychosocial Obstetrics & Gynecology Conference, New York, NY, April 2016.
11. **Matthews, J.**, Huberty J., Leiferman, J., Larkey, L., & McClain, D. Examining the associations among gestational weight gain, behavioral factors, and maternal mental health during pregnancy. Poster Session at the Society of Behavioral Medicine Conference, Washington D.C., March 2016.
12. Huberty, J., **Matthews, J.**, & Kinser, P. Complementary approaches for mental health across the perinatal period. Symposium for the Society of Behavioral Medicine Conference, Washington D.C., March 2016.
13. Huberty, J., Mitchell, J., & **Matthews, J.** Connecting a national community of mothers to online yoga therapy to reduce PTSD symptoms after stillbirth. Oral presentation at the International Association of Yoga Therapists Conference, Los Angeles, CA, June 2015.

MENTORSHIP

Manuscript Committee Member

Ryann Kipping – MS, San Diego State University

“Social media use by pregnant people seeking health-related information: a descriptive study”

Barrett Honors Thesis Committee Member

Meredith Munn – BS, Arizona State University

“Identifying the active ingredients of an app-based mindful movement program”

PRESS

- ASU NOW News: Working on your fitness: Yoga for pregnancy and new moms (2019)
- ASU NOW News: ASU researchers study impact of yoga on PTSD (2015)
- PBS 8 HD Cronkite News at Arizona State University (2015)

SERVICE

ASU Mentor Network Member

April 2021-Present

Ad Hoc Reviewer

2018-Present

The Journal of Science and Healing

Journal of Medical Internet Research

Data and Safety Monitoring Board Member

July 2020-Present

A multisite randomized controlled trial of an internet-based program for preventing and reducing perinatal depressive symptoms (1R01HD100395-01; PI Patricia Kinser)

Workshop Presenter

October 2018-Present

Hamilton Highschool – Chandler Unified School District

- Mindful breathing practices to help with stress and anxiety
- How meditation changes your brain
- Yoga poses for self-love and acceptance

Exercise and Wellness Graduate Club

ASU- Graduate Student Organizations

- Volunteer opportunities in the local community (e.g., food packaging, health focused workshops)

Planning Committee

ASU- Building Healthy Lifestyles Conference

- Participate in weekly meetings
- Set-up and organization of event on location

August 2015-May 2019

Research/Travel Grant Reviewer

ASU- Graduate and Professional Student Association

- Participate in trainings and orientations
- Read and appraise 5-10 research applications per cycle (2 per year)
- Read and appraise 5-7 travel applications monthly

August 2015-May 2019

Volunteer Workshop Presenter

Light the Fire Conference

- Taught 'Stress Management' presentation
- Conducted meditation session
- Assessed perceived stress
- Developed presentation materials

October 2016

Student Special Interest Group (SIG) Chair

Society of Behavioral Medicine

- Communicated student needs and concerns to board members
- Completed annual reports/reviews
- Networked with other SIGs
- Managed Student SIG communication outlets
- Reviewed student abstracts
- Participated in Bi-monthly conference calls
- Attended annual meeting

April 2016-2017

Student Volunteer

Society of Behavioral Medicine

- Checked attendees in at the registration booth and provided directions/general information
- Taught meditation

April 2016

Yoga Instructor

The Road Home Women's Shelter

- Instructed women and children with simple yoga practices
- Taught breathing, and meditation exercises
- Assisted and adjust women and children into safe yoga postures

August 2012-November 2012

Yoga Instructor

Odyssey House

- Instructed troubled youth with simple and advanced yoga practices
- Taught breathing, meditation and relaxation exercises
- Monitored student's safety during yoga practice

November 2012-February 2013

Student Researcher for the AWESOME Study

University of Utah

This study involved a wireless pressure sensor that is place in the upper vagina to monitor intra-abdominal pressures (IAP) in women. The goals of the project were to monitor IAP during physical activity to reformulate

February 2012-July 2012

post-surgical guidelines of women undergoing pelvic floor (PF) surgery, and to develop exercise guidelines to prevent occurrence and reoccurrence of PF disorders by promoting PF health.

- Lab set up and tear down
- Collected participant height and weight
- Ran a computer program
- Data entry, data analysis, and data conversion

PROFESSIONAL AFFILIATIONS

2021 – Present	Digital Mental Health Hub
2018 – Present	American Mindfulness Research Association
2018 – Present	Yoga Alliance
2016 – Present	American College of Sports Medicine
2015 – Present	Society of Behavioral Medicine

AWARDS/HONORS

2019- Arizona State University: ENS PhD Student Block Grant Award (\$2,204)
 2019- Arizona State University: John and Elizabeth Ainsworth Travel Award (\$500)
 2019- Arizona State University: GPSA Travel Award (\$950)
 2018-Mind & Life Institute: International Symposium for Contemplative Research Registration Scholarship (\$300)
 2018- Arizona State University: ENS PhD Student Block Grant Award (\$3,460)
 2018- Arizona State University: GPSA Travel Award (\$950)
 2017- Arizona State University: ENS PhD Student Block Grant Award (\$4,570)
 2017- Kripalu Institute for Extraordinary Living: Samuel B. Hanser Visionary Award for Yoga Research (\$10,000)
 2017- Arizona State University: GPSA Travel Award (\$950)
 2016- Pregnancy Loss and Infant Death Awareness (PLIDA): Conference Scholarship (\$495)
 2016- Arizona State University: John and Elizabeth Ainsworth Travel Award (\$250)
 2016- Arizona State University: GPSA Travel Award (\$950)
 2016- Arizona State University: Graduate Education Travel Award (\$500)
 2016- Society of Behavioral Medicine Obesity & Eating Disorders SIG: Excellence in Research Award (\$300)- Examining the associations among gestational weight gain, behavioral factors, and psychosocial health during pregnancy.

CERTIFICATIONS/ADDITIONAL TRAINING

- Yoga Alliance 500-Hour Registered Yoga Teacher (March 2018)
- Compassionate Bereavement Care (CBC) Certified Provider (March 2018)
- American Heart Association CPR and AED certified (Current through 2019)
- 200-Hour Hatha Yoga Teacher Training Certification through AyurYoga Eco-Ashram, India (2017)
- Traumatic grief after perinatal death with Joanne Cacciatore (6 hours). Topics include identifying signs and symptoms of Post-traumatic Stress Disorder (PTSD) and how the research team should respond if they suspect that a participant is suicidal, experiences of mothers after stillbirth, coping, and communication with the bereaved (September 2016).
- Teaching in Higher Education and Cyber Pedagogy (continuing education courses)- University of Utah (January-May 2014).
- 1000-Hour Hatha Yoga Teacher Training Certification through InBody Academy, Utah (2012)