

Erica L. Rauff, Ph.D.

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DEGREES RECEIVED

- 2013 Ph.D. in Kinesiology
Area of Specialization: Exercise Psychology
The Pennsylvania State University, State College, PA
Adviser: Dr. Danielle Symons Downs
- 2010 Master of Science in Kinesiology
The Pennsylvania State University, State College, PA
Adviser: Dr. Danielle Symons Downs
- 2007 Bachelor of Arts in Psychology, Minor: Health Care Studies
Susquehanna University, Selinsgrove, PA
Regents College, London, England (*International Student Exchange Program*)

POSITIONS AND EMPLOYMENT

- 2007-2013 Graduate Teaching Assistant, Department of Kinesiology
The Pennsylvania State University, University Park, PA
- Kinesiology 180: Introduction to Kinesiology (2007-2008; 2009)
 - Kinesiology 321: Psychology of Movement Science (2009, 2010, 2011)
 - Kinesiology 321: Psychology of Movement Science – co-taught summer 2010
 - Kinesiology 197A: Biophysical Basis of Kinesiology (2011-2012)
 - Kinesiology 295B: Careers in Kinesiology (2012)
- 2013 Instructor, Department of Kinesiology
Kinesiology 421: Exercise Psychology
The Pennsylvania State University, University Park, PA
- January 2014 – July 2014 Postdoctoral Fellow
Healthy Mom Zone, NHLBI 1R01HL119245-01
The Pennsylvania State University, University Park, PA
- July 2014- September 2014 Research Scientist (Project specific contract work)
Clearinghouse for Military Family Readiness
The Pennsylvania State University, University Park, PA
- March 2015- present Research & Evaluation Scientist (working remotely from Seattle, WA)
Clearinghouse for Military Family Readiness
The Pennsylvania State University, University Park, PA

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|------------------------------|---|
| January 2016- March 2016 | Adjunct Instructor, Department of Sport & Exercise Science SPEX 4210: Sport and Exercise Psychology Seattle University, Seattle, WA |
| September 2016 – August 2016 | Adjunct Instructor & Internship Coordinator, Department of Sport & Exercise Science SPEX 4210: Sport & Exercise Psychology; SPEX 4950: Internship Seattle University, Seattle, WA |
| September 2017- Present | Assistant Professor, Kinesiology Department College of Arts & Sciences Seattle University, Seattle, WA |

AWARDS

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| 2009 | Golden Key International Honor Society |
| 2010 | NASPSPA Student Research Award |
| 2013 | Graduate Exhibition, 2 nd place poster for Social and Behavioral Sciences |

PUBLICATIONS

Peer Reviewed Journal Publications

1. **Rauff, E. L.** & Symons Downs D. (2011). The Mediating Effects of Body Image Satisfaction on Exercise Behavior, Depressive Symptoms, and Gestational Weight Gain in Pregnancy. *Annals of Behavioral Medicine*, 42(3), 381-390.
2. Symons Downs, D., Savage, J. S., & **Rauff, E. L.** (2014). Falling short of guidelines? Lacking nutrition education knowledge to achieve gestational weight gain recommendations in pregnancy. *Journal of Women's Health Care*, In press.

Published Abstracts

1. **Rauff, E. L.**, & Symons Downs, D. (2011). Contributions of depression and exercise for predicting gestational weight gain in pregnancy. *Obesity*, 19, S149.
2. Symons Downs, D. **Rauff, E. L.**, Savage, J. S. (2011). Preconception physical activity behavior and psychological well being in pregnancy. *Obesity*, 19, S148.
3. **Rauff, E. L.** & Symons Downs. D. (2011). The mediating effects of body image satisfaction on exercise behavior, depressive symptom, and gestational weight gain in early pregnancy. *Annals of Behavioral Medicine*, 41 S229.

4. Downs, D. S., DiNallo, J. M., **Rauff, E. L.**, Ulbrecht, J. S., Birch, L. L. & Paul, I. M. (2010). Pregnant women's exercise motivation and behavior: Preliminary findings from a randomized physical activity intervention. *Journal of Sport & Exercise Psychology*, 32, S157-S158.
5. **Rauff, E. L.**, & Downs, D. S. (2010). Examining the mediating relationship between body image satisfaction and its biopsychosocial correlates from first to second pregnancy trimester. *Journal of Sport & Exercise Psychology*, 32, S210-S211.
6. **Rauff, E.L.**, Symons Downs, D., DiNallo, J. M. (2009). Relationship between pregnancy body mass index, psychological health, and physical activity in pregnancy. *Medicine & Science in Sports & Exercise*, 41 (5), S505.
7. Symons Downs, D., DiNallo, J. M., **Rauff, E.L.**, & Minogue, A. (2009). Perceived control and physical activity determinants and behaviors among pregnant women with gestational diabetes. *Medicine & Science in Sports & Exercise*, 41 (5), S505.
8. **Rauff, E. L.**, Symons Downs, D., DiNallo, J. M. (2008). Prospective examination of physical activity and gestational weight gain in pregnancy. *Journal of Sport & Exercise Psychology*, 30, S194.

Book Chapters

1. Symons Downs, D., Nigg, C. R., Hausenblas, H. A., & **Rauff, E. L.** (2013). Understanding of why people change physical activity behavior. In Nigg, C. (Ed). *Behavioral Aspects of Exercise*. Lippincott Williams & Wilkins.

WORK IN PROGRESS

Manuscripts in Preparation

1. **Rauff, E. L.** & Symons Downs (2016). Examining M-Health Interventions for Managing Weight in Normal Weight and Overweight/Obese Adults.
2. **Rauff, E. L.** & Symons Downs (2016). What's the big difference? Physical activity predictors of prenatal weight gain in normal weight and overweight/obese women.
3. **Rauff, E. L.** & Symons Downs (2016). M-health technology in prenatal care: Understanding obgyn providers' beliefs about using technology to manage gestational weight gain.
4. **Rauff, E. L.**, Dinallo, J. D., & Perkins, D.F. (2016). Promoting health among military families: 5210 healthy military children.

PRESENTATIONS

Refereed Presentations at National Conferences

1. DiNallo, J. M., **Rauff, E. L.**, Kaye, M. P., & Perkins, D. F. (2017). Child obesity programs: Where is the evidence? Presented at the Society for Prevention Research, Washington, D.C.
2. DiNallo, J. M., **Rauff, E. L.**, & Perkins, D. F. (2017). Promoting health among military families: 5210 Healthy Military Children. Presented at the Society of Behavioral Medicine, San Diego, CA.
3. Symons Downs, D. Feinberg, M. E., Heron, K. E., Hillemeier, M., **Rauff, E. L.**, Smyth, J. M., Fonzi, P., Govey, P., & Wales, F. E. (2015). Women's preferences about using smartphones in a preconception health intervention. Presented at the Society of Behavioral Medicine, San Antonio, TX.
4. **Rauff, E. L.** & Symons Downs, D. (April 2014). Technology in health care: Understanding OBGYN providers' beliefs about integrating e-health technology in prenatal care. Presented at the Society of Behavioral Medicine, Philadelphia, PA.
5. **Rauff, E. L.**, Symons Downs, D. & Savage, J. S. (September 2012). Gestational weight gain...does knowledge really matter? Presented at the Obesity Society, San Antonio, TX.
6. Downs, D. S., **Rauff, E. L.**, Savage, J. S. (October 2011). Preconception Physical Activity Behavior and Psychological Well-Being in Pregnancy. Presented at the Obesity Society, Orlando, FL.
7. **Rauff, E. L.**, & Symons Downs, D. (October 2011). Contributions of depression and exercise for predicting gestational weight gain in pregnancy. Presented at the Obesity Society, Orlando, FL.
8. **Rauff, E. L.**, & Symons Downs, D. (March 2011). The mediating effects of body image satisfaction on exercise behavior, depressive symptoms, and gestational weight gain in pregnancy. Presented at the Society of Behavioral Medicine, Washington, D.C.
9. **Rauff, E. L.**, & Downs, D. S. (June 2010). *Examining the mediating relationship between body image satisfaction and its biopsychosocial correlates from first to second pregnancy trimester*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity, Tucson, AZ.
10. Downs, D. S., DiNallo, J. M., **Rauff, E. L.**, Ulbrecht, J. S., Birch, L. L. & Paul, I. M. (June 2010). Pregnant women's exercise motivation and behavior: Preliminary findings from a randomized physical activity intervention. Paper presented at the North American Society for the Psychology of Sport and Physical Activity, Tucson, AZ.
11. Symons Downs, D., DiNallo, J. M., **Rauff, E. L.**, & Minogue, A. C. (June 2009). *Perceived Control and Physical Activity Determinants & Behaviors among Pregnant Women With and Without Gestational Diabetes*. Paper presented the National American College of Sports Medicine, Seattle, WA.

12. **Rauff, E. L.**, Symons Downs, D., & DiNallo, J. M. (June 2009) *The moderating influence of pre-pregnancy BMI on body satisfaction and physical activity in pregnancy*. Paper presented at the National American College of Sports Medicine, Seattle, WA.
13. **Rauff, E. L.**, Symons Downs, D., & DiNallo, J. M. (June, 2008). *Prospective examination of physical activity and gestational weight gain in pregnancy*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity. Niagara Falls, Ontario, Canada.
14. DiNallo, J. M., Symons Downs, D., **Rauff, E. L.**, & Ulbrecht, J. S. (November, 2007). *Effects of structured exercise on blood glucose in GDM women*. Paper presented at the Mid-Atlantic Regional Chapter for the American College of Sports Medicine, Harrisburg, PA.
15. **Rauff, E. L.**, DiNallo, J. M., & Symons Downs, D. (November, 2007). *Gestational weight gain and physical activity*. Paper presented at the Mid-Atlantic Regional Chapter for the American College of Sports Medicine, Harrisburg, PA.

Refereed Local Presentations

1. Symons Downs, D., Feinberg, M.E., Heron, K.E., Hillemeier, M., **Rauff, E.L.**, Smyth, J.M., Fonzi, P., Govey, P., & Wales, F.E. (April 2015). SMART Strong Healthy Women: Preliminary Findings from a Pilot Study. Presented at Women's Health Research Day, The Pennsylvania State University & Pennsylvania State University College of Medicine: Hershey, PA.
2. **Rauff, E. L.** & Symons Downs, D. (April 2014). Technology in health care: Understanding OBGYN providers' beliefs about integrating e-health technology in prenatal care. Presented at the Women's Health Research Day, The Pennsylvania State University & Pennsylvania State University College of Medicine: Hershey, PA.
3. Symons Downs, D., Feinberg, M. E., Heron, K. E., Hillemeier, M., **Rauff, E. L.**, Smyth, J. M., Fonzi, P., & Wales, F. E. (2014). SMART strong healthy women: Preliminary findings from a pilot study. Pennsylvania State University College of Medicine, Hershey, PA.
4. **Rauff, E. L.**, Symons Downs, D. & Savage, J. S. (March 2013). *Gestational weight gain...does knowledge really matter?* Presented at the Pennsylvania State University Graduate Exhibition.
5. **Rauff, E. L.**, Heaslip, C., Bowling, M., Symons Downs D. *Contributions of depression and exercise for predicting prenatal gestational weight gain*. (November 2012). Presented at the Pennsylvania State Institute of Diabetes and Obesity Research Forum, The Pennsylvania State University.
6. Ludwig C., **Rauff E. L.**, Pugh, S., & Symons Downs, D. (November 2012). *Pregnancy Brain: Physical Activity, Psychological Health, and Cognitive Functioning of Mothers During and After Pregnancy*. Presented at the Pennsylvania State Institute of Diabetes and Obesity Research Forum, The Pennsylvania State University.

7. **Rauff, E. L.**, Symons Downs, D., Ludwig C., Adams, A., & Savage, J. (April 2012). *Gestational weight gain...does knowledge really matter?* Presented at the Pennsylvania State Institute of Diabetes and Obesity Research Forum, The Pennsylvania State University.
8. **Rauff, E. L.** & Symons Downs, D. (February 2012). *Contributions of depression and exercise for predicting gestational weight gain in pregnancy.* Presented at the Childhood Obesity Prevention Transdisciplinary Research Forum, The Pennsylvania State University.
9. **Rauff, E. L.** & Symons Downs, D. (November 2011). *Contributions of depression and exercise for predicting gestational weight gain in pregnancy.* Presented at the Pennsylvania State Institute of Diabetes and Obesity Research Forum, The Pennsylvania State University.
10. **Rauff, E. L.** & Symons Downs, D. (March 2011). *The mediating effects of body image satisfaction on exercise behavior, depressive symptoms, and gestational weight gain in pregnancy.* Presented at the Pennsylvania State University Graduate Exhibition.
11. **Rauff, E. L.** & Symons Downs, D. (March 2011). *The mediating effects of body image satisfaction on exercise behavior, depressive symptoms, and gestational weight gain in pregnancy.* Presented at the Pennsylvania State University Institute for Diabetes and Obesity Research Summit, The Pennsylvania State University.
12. **Rauff, E. L.** & Symons Downs, D. (November 2010). *The mediating effects of body image satisfaction on depression and gestational weight gain in early pregnancy.* Presented at the Pennsylvania State Institute of Diabetes and Obesity Research Forum, The Pennsylvania State University.
13. DiNallo, J. M., Symons Downs, D., & **Rauff, E. L.** (November 2010). *Process evaluation of a structured exercise program for pregnant women.* Presented at the Pennsylvania State Institute of Diabetes and Obesity Research Forum, The Pennsylvania State University.
14. DiNallo, J. M., Symons Downs, D., & **Rauff, E. L.** *Beliefs about exercise after pregnancy among women with GDM.* (April 2010). Presented at the Pennsylvania State University Institute for Diabetes and Obesity Research Summit, The Pennsylvania State University.
15. Symons Downs, D., DiNallo, J. M., **Rauff, E. L.**, Ulbrecht, J. S., Birch, L. L., Paul, I. M., & Parker Klees, L. (April 2010). *Pregnant women's exercise motivation and behavior: preliminary findings from a randomized physical activity intervention.* Presented at the Pennsylvania State University Institute for Diabetes and Obesity Research Summit, The Pennsylvania State University.
16. **Rauff, E. L.** & Symons Downs, D. (April 2010). *Examining the mediating relationship between body image satisfaction and its biopsychological correlates from first to second trimester.* Presented at the Pennsylvania State University Institute for Diabetes and Obesity Research Summit, The Pennsylvania State University.
17. **Rauff, E. L.** & Symons Downs, D. (March 2010). *Examining the mediating relationship between body image satisfaction and its biopsychological correlates from first to second trimester.* Presented at the Department of Health and Human Development Research Forum, The Pennsylvania State University.

18. **Rauff, E. L.** & Symons Downs, D. (November 2009) *Relationship between prepregnancy weight status and body image satisfaction in the first and second trimesters of pregnancy*. Presented at the Pennsylvania State Institute of Diabetes and Obesity Research Forum, The Pennsylvania State University.
19. **Rauff, E.L.**, Symons Downs, D., DiNallo, J. M. (August, 2009). *Relationship between pregnancy body mass index, psychological health, and physical activity in pregnancy*. Presented at the 28th Summer Symposium in Molecular Biology: Nutrition, Genes, and Physical Activity: Understanding Obesity from Conception and Beyond, The Pennsylvania State University.
20. DiNallo, J. M., **Rauff, E. L.**, Parker Klees, L., Berlyand, D., Ulbrecht, J. S., & Symons Downs, D. (April 2009). *Effects of Structured Exercise on Blood Glucose in GDM Women*. Presented at the Pennsylvania State University Institute for Diabetes and Obesity, The Pennsylvania State University.
21. DiNallo, J. M., **Rauff, E. L.**, Parker Klees, L., Berlyand, D., Ulbrecht, J. S., & Symons Downs, D. (April 2009). *Fasting Blood Glucose in GDM Women Participating in an Exercise Intervention*. Presented at the Pennsylvania State University Institute for Diabetes and Obesity Research Summit, The Pennsylvania State University.
22. Symons Downs, D., DiNallo, J. M., **Rauff, E. L.**, Ulbrecht, J. S., Klees, L. P., Birch, L. L., & Paul, I. M. (April, 2008). *Active MOMS: Physical activity intervention for women with gestational diabetes*. Presented at the Pennsylvania State Institute of Diabetes and Obesity Research Summit, The Pennsylvania State University.
23. DiNallo, J. M., Symons Downs, D., **Rauff, E. L.**, & Ulbrecht, J. S. (April, 2008). *Effects of structured exercise on blood glucose in GDM women*. Presented at the Pennsylvania State Institute of Diabetes and Obesity Research Summit, The Pennsylvania State University
24. **Rauff, E. L.**, Symons Downs, D., & DiNallo, J. M. (April, 2008). *Gestational weight gain and physical activity*. Presented at the Pennsylvania State Institute of Diabetes and Obesity Research Summit, The Pennsylvania State University.
25. **Rauff, E. L.**, Symons Downs, D., & DiNallo, J. M. (March, 2008). *Gestational weight gain and physical activity*. Presented at the Pennsylvania State University Graduate Exhibition.

Invited Presentations/Discussions

1. **Rauff, E. L.** (2017). Sport and Exercise Science Department, Seattle University. Invited Speaker. Lecturer for SPEX 1550 [Introduction to Kinesiology] Title of Presentation: Sport and Exercise Psychology: An Introduction.
2. **Rauff, E. L.** (2016). Sport and Exercise Science Department, Seattle University. Invited Speaker. Lecturer for SPEX 1550 [Introduction to Kinesiology] Title of Presentation: Sport and Exercise Psychology: An Introduction.
3. **Rauff, E. L.** (2014). Department of Exercise and Sport Sciences, Ithaca College. Invited Speaker. [Graduate Student Colloquium]. Title of Presentation: *Managing Weight Gain in Pregnancy*.

4. **Rauff, E. L.** (2013). Department of Exercise and Sport Sciences, Ithaca College. Invited Speaker. [Graduate Student Colloquium]. Title of Presentation: *Maternal Health Behaviors in Pregnancy: The Link to Obesity?*
5. **Rauff E. L.** (2012). Department of Nutrition, Pennsylvania State University. Lecturer for Nutrition 251 [Introductory Principles of Nutrition] Title of Presentation: *Fitness and Nutrition.*
6. **Rauff, E. L.** (2009). Department of Kinesiology, Pennsylvania State University. Lecturer for Kinesiology 180 [Introduction to Kinesiology] Title of Presentation: *Sport and Exercise Psychology: An Introduction to the Field.*

RESEARCH EXPERIENCE

NIDDK (PI: Downs, D. Symons)
R21DK075867-01

09-15-2006 -06-30-2009

ACTIVE MOMS: A Physical Activity Intervention for Women with Gestational Diabetes

The goal of this study was to compare the effectiveness of a lifestyle physical activity intervention and a structured exercise intervention for increasing GDM women's physical activity beliefs and behaviors and decreasing diabetes-related complications.

Role: Research Assistant

SSRI (PI Downs, D. Symons)

Beliefs About Exercise After Pregnancy (BEAP)

The goal of this study was to examine the beliefs and health behaviors of postpartum women who had gestational diabetes in their most recent pregnancy. Participants completed self-report surveys at 6 and 24 weeks postpartum, participated in a 60-min focus group with other postpartum women, and wore exercise monitors for one week during their free-living.

Role: Research Assistant

SSRI (PI: Downs, D. Symons)

Pregnancy and Exercise Survey Study

This research study longitudinally examined exercise, healthy eating, and other health beliefs and behaviors of pregnant and postpartum women. Women completed surveys midway through the first, second, and third pregnancy trimesters and at 6-weeks, 6-months, 1-year, and 2-years postpartum. Standardized measures obtained in this study included: exercise intention, attitude, subjective norm, perceived behavioral control, control beliefs, normative beliefs, behavioral beliefs, exercise behavior, body image, depression, anxiety, social support, self-efficacy, exercise dependence, exercise barriers, eating beliefs and behaviors, weight gain attitudes, health history, pregnancy complications, cognition, and memory.

Role: Research Assistant

SSRI (PI: Downs, D. Symons & Gottschal, J.)

Moms Overcoming Barriers & Incorporating Lifestyle walking & Exercise (MOBILE)

This study examined the psychological, physical, and environmental barriers associated with exercise in pregnancy. Pregnant women were asked to complete two walking protocols, one in their 2nd trimester and the other in their 3rd trimester. In addition, women wore activity monitors for a week in both their 2nd and 3rd trimesters and completed surveys in each trimester as well as in their postpartum.

Role: Research Assistant

CTSI (PI: Downs, D.)

Strong Healthy Women Study Re-Design

This study aimed to re-design a health behavior change intervention for women (Strong Healthy Women). This program was previously delivered to women ages 18-35 years all over the state of Pennsylvania with the goal of improving health behaviors such as increasing physical activity and healthy eating, reducing stress, and managing weight. This program was delivered to women in small group, face-to-face sessions, and relied heavily on paper and binder format for the content. With the recent advances in mobile phone technology, focus groups were conducted with women to understand how to deliver this content on a Smartphone/Internet. The next phase will be to develop the technology based on content analysis from the focus groups to pilot test a technology-based version of the Strong Healthy Women intervention.

Role: Research Assistant

NHLBI (PI: Downs, D.)

1R01HL119245-01

Healthy Mom Zone

This research aimed to establish feasibility of delivering an individually-tailored, behavioral intervention to manage gestational weight gain that adapts to the unique needs and challenges of overweight/obese pregnant women and will utilize control systems engineering to optimize this intervention.

Role: Postdoctoral Research Fellow

Clearinghouse for Military Family Readiness

This research aims to identify, select, and implement the right evidence-based programs and practices to address wide-ranging family and mental health issues—from healthy parenting to preventing problematic and risky behaviors. Specifically, my role is to review and categorize obesity prevention programs. The programs are intended for both military and civilian populations and provide many individuals (i.e., researchers, military staff, civilians) with an interactive, searchable database that allows them to view effective and promising intervention programs as well as practical resources and strategies to help them achieve their mission and ensure the welfare of military and civilian families.

Another project I am involved in through the Clearinghouse for Military Family Readiness is 5210 Healthy Military Children and 5210 Healthy Children. This community-based program aims to improve the health of children and families by spreading a common health message about children's dietary, physical activity, screen-time behaviors and beverage consumption. The 5210 Healthy Military Children and 5210 Healthy Children campaigns were developed through collaboration between the Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy and the Resource Center for Obesity Prevention within the Clearinghouse for Military Family Readiness at The Pennsylvania State University.

Role: Research & Evaluation Scientist

PREVIOUS SUPPORT

Penn State Clinical and Translational Science Institute
Predoctoral Training Program TL1

Needs Assessment of Healthy Eating & Physical Activity in Pregnancy to Promote Appropriate Gestational Weight Gain.

The goal of this study was to conduct semi-structured individual interviews and focus group interviews with OBGYN residents, physicians, nurses, and dietitians to examine the following: (1) OBGYN providers' beliefs and preferences for incorporating e-health technology into prenatal care, (2) OBGYN providers' barriers in using e-health technology in prenatal care, and (3) OBGYN providers' perceptions of their patients' barriers in using e-health technology to monitor diet and PA behaviors to manage GWG.

Role: Principal Investigator

EXTERNAL REVIEWER

Research Quarterly for Exercise and Sport (2012-Present)

Sport, Exercise, and Performance Psychology (2012)

BMC Pregnancy and Childbirth (2014)

PROFESSIONAL MEMBERSHIPS

The Obesity Society (2011 -Present)

Society of Behavioral Medicine (2011, 2014)

North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Member (2008-Present)

Golden Key International Honor Society (2009 – Present)

Psi Chi National Psychology Honor's Society (2003 – 2007)

Alpha Lambda Delta National Honor Society (2003-2007)

CERTIFICATIONS

2004 – 2013

American Red Cross First Aid Certification