

KATIE (BECOFSKY) POTTER

Department of Kinesiology • University of Massachusetts Amherst
110 Totman Building • 30 Eastman Lane • Amherst, MA 01003
413.545.6058 • katie.potter@umass.edu • www.umassbmedlab.com

EDUCATION & TRAINING

Warren Alpert Medical School of Brown University and The Miriam Hospital, Providence, RI
Cardiovascular Behavioral Medicine Postdoctoral Fellowship (NIH T32), 2016

University of South Carolina, Columbia, SC
Ph.D. Exercise Science, 2014
Concentration in Health Aspects of Physical Activity

University of North Carolina at Greensboro, Greensboro, NC
M.S. Kinesiology, 2010
Concentration in Sport and Exercise Psychology

State University of New York at New Paltz, New Paltz, NY
B.A. Psychology, 2008
B.A. Interpersonal Communication, 2008

POSITIONS

- 2019-current Center Faculty Fellow, Center for Animals and Public Policy, Cummings School of Veterinary Medicine at Tufts University, North Grafton, MA
- 2016 - current Assistant professor, Department of Kinesiology, University of Massachusetts, Amherst, MA
- 2016 - current Member, Center for Personalized Health Monitoring, Institute of Applied Life Sciences, University of Massachusetts, Amherst, MA
- Fall 2015 Special lecturer, Department of Psychology, Providence College, Providence, RI
- Spring 2014 Graduate assistant, CDC's Prevention Research Centers Healthy Aging Research Network (CDC- HAN), University of South Carolina
- 2012 - 2013 Graduate assistant, Department of Exercise Science, University of South Carolina
- 2010 - 2012 Research fellow, Behavioral-Biomedical Interface Program (NIH T32), University of South Carolina, Columbia, SC
- Spring 2010 Intern, North Carolina Prevention Partners, Chapel Hill, NC
- 2008 - 2010 Graduate assistant, University Writing Center, UNC-Greensboro, Greensboro, NC

HONORS & AWARDS

- 2018 Physical Activity & Public Health Postgraduate Course on Research Directions and Strategies fellow (held September 11-19, 2018 in Columbia, SC)
- 2018 SUNY New Paltz Athletics Hall of Fame inductee
- 2014 Society of Behavioral Medicine citation poster ("Social relations and all-cause mortality")
- 2014 Arnold School of Public Health Doctoral Fellowship

2008 State University of New York Chancellor's Award for Student Excellence

2007 ESPN The Magazine Academic All-American

PEER REVIEWED ARTICLES

1. **Potter, K.**, Teng, J., Masteller, B., ^aRajala, C., & Balzer, L.B. 2019. Examining how dog 'acquisition' affects physical activity and psychosocial well-being: Findings from the BuddyStudy pilot trial. *Animals*, 9(9). doi: 10.3390/ani9090666. PubMed PMID: 31500292.
2. **Potter, K.** & Sartore-Baldwin, M. 2019. Dogs as support and motivation for physical activity. *Current Sports Medicine Reports*, 18(7):275-280. doi: 10.1249/JSR.0000000000000611. PubMed PMID: 31283629.
3. Leach, H.J., **Potter, K.** & Hidde, M.C. 2019. A group dynamics-based exercise intervention to improve physical activity maintenance in breast cancer survivors. *Journal of Physical Activity & Health*, 18:1-7. doi: 10.1123/jpah.2018-0667. [Epub ahead of print]
4. Wing, R., **Becofsky, K.**, Wing, E.J., McCaffery, J., Boudreau, M., Evans, E.W., & Unick, J. (2019). Behavioral and cardiovascular effects of a behavioral weight loss program for HIV patients. *AIDS and Behavior*. doi: 10.1123/jpah.2018-0667. [Epub ahead of print]
5. McClung, H.L., Ptomey, L.T., Shook, R.P., Aggarwal, A., Gorczyca, A.M., Sazonov, E., **Becofsky, K.**, Weiss, R., & Das, S.K. (2018). Energy intake and physical activity assessment: Current tools, techniques and technologies for use in adult populations. *American Journal of Preventive Medicine*, 55(4): e93-e104. doi: 10.1016/j.amepre.2018.06.011
6. **Becofsky, K.**, Wing, E.J., McCaffery, J., Boudreau, M., & Wing, R.R. (2017). A randomized controlled trial of a behavioral weight loss program for Human Immunodeficiency Virus-infected patients. *Clinical Infectious Diseases*, 65(1): 154-157. doi: 10.1093/cid/cix238. PMID: 28369269.
7. Sui, X., Ott, J., **Becofsky, K.**, Lavie, C.J., Ernstsens, L., Zhang, J., & Blair, S.N. (2017). Cardiorespiratory fitness and all-cause mortality in men with emotional distress. *Mayo Clinic Proceedings*, 92(6): 918-924. doi: 10.1016/j.mayocp.2017.01.025. PMID: 28499513.
8. McGough, E.L., Lin, S., Belza, B., **Becofsky, K.**, Jones, D.L., Liu, M., Wilcox, S., & Logsdon, R. (2017). A scoping review of physical performance outcome measures used in exercise interventions for older adults with Alzheimer's disease and related dementias. *Journal of Geriatric Physical Therapy*, 00: 1-20. doi: 10.1519/JPT.0000000000000159.
9. **Becofsky, K.**, Wing, E., Wing, R., Richards, K., & Gillani, F. (2016). Obesity prevalence and related risk of co-morbidities among HIV+ patients attending a New England ambulatory center. *Obesity Science & Practice*, 2(2): 123-127. doi: 10.1111/osp4.38. PMID: 28835853. PMCID: PMC5523689.
10. **Becofsky, K.**, Baruth, M., & Wilcox, S. (2016). Physical activity mediates the relationship between program participation and improved mental health in older adults. *Public Health*, 132: 64-71. doi: 10.1016/j.puhe.2015.07.040. PMID: 26318601.
11. Baruth, M., Wilcox, S., Schoffman, D.E., & **Becofsky, K.** (2016). Understanding the effects of a self-directed exercise program on depressive symptoms among adults with arthritis through serial mediation analysis. *Mental Health and Physical Activity*, 11: 13-18. doi: 10.1016/j.mhpa.2016.06.001
12. Baruth, M., Wilcox, S., McClenaghan, B., **Becofsky, K.**, & Schoffman, D.E. (2016). Clinically meaningful changes in functional performance resulting from self-directed interventions in individuals with arthritis. *Public Health*, 133: 116-123. doi: 10.1016/j.puhe.2016.01.004. PMID: 26874892

13. Etnier, J.L., Wideman, L., Labban, J.D., Piepmeier, A.T., Pendleton, D.M., Dvorak, K.K. & **Becofsky, K.** (2016). The effects of acute exercise on memory and brain-derived neurotrophic factor (BDNF). *Journal of Sport & Exercise Psychology*, 38(4): 331-340. doi: 10.1123/jsep.2015-0335. PMID: 27385735.
14. **Becofsky, K.**, Shook, R., Sui, X., Wilcox, S., Lavie, C. & Blair, S. (2015). The influence of source of social support and size of social network on all-cause mortality. *Mayo Clinic Proceedings*, 90(7):895-902. doi: 10.1016/j.mayocp.2015.04.007. PMID: 26055526. PMCID: PMC4492806.
15. **Becofsky, K.**, Sui, X., Lee, D.C., Zhang, X., Wilcox, S. & Blair, S.N. (2015). A prospective study of fitness, fatness and depressive symptoms. *American Journal of Epidemiology*, 181(5):311-20. doi: 10.1093/aje/kwu330. PMID: 25693775.
16. Unick, J.L., Strohacker, K., O'Leary, K.C., Dorfman, L., Williams, D., Papandonatos, G., **Becofsky, K.** & Wing, R.R. (2015). Examination of the consistency in affective responses to acute exercise in overweight and obese women. *Journal of Sport and Exercise Psychology*, 37(5):534-46. doi: 10.1123/jsep.2015-0104. PMID: 26524099. PMCID: PMC4724861.
17. Friedman, D.B., **Becofsky, K.**, Anderson, L.A., Bryant, L.L., Hunter, R.H., Ivey, S.L., Belza, B., Logsdon, R.G., Brannon, S., Vandenberg, A.E., & Lin, S.Y. (2015). Public perceptions about risk and protective factors for cognitive health and impairment: A review of the literature. *International Psychogeriatrics*, 27(8):1263-1275. doi: 10.1017/S1041610214002877. PMID: 25592720. PMCID: PMC4496288.
18. **Becofsky, K.**, Baruth, M., & Wilcox, S. (2014). Psychosocial mediators of two community-based physical activity programs. *Annals of Behavioral Medicine*, 48(1):125-29. doi 10.1007/s12160-013-9578-3. PMID: 24347407.
19. Baruth, M., **Becofsky, K.**, Wilcox, S. & Goodrich, K. (2014). Health characteristics and health behaviors of African American adults according to self-rated health status. *Ethnicity & Disease*, 24(1): 97-103. PMID: 24620455. PMCID: PMC4230694.
20. Baruth, M., Wilcox, S., Sharpe, P.A., Schoffman, D.E. & **Becofsky, K.** (2014). Baseline predictors of physical activity in a sample of adults with arthritis participating in a self-directed exercise program. *Public Health*, 128(9): 834-41. doi: 10.1016/j.puhe.2014.06.018. PMID: 25204768.
21. **Becofsky, K.**, Baruth, M. & Wilcox, S. (2013). Physical functioning, perceived disability and depressive symptoms in adults with arthritis. *Arthritis*, 2013. <http://dx.doi.org/10.1155/2013/525761>. PMID: 24093063. PMCID: PMC3777208.
22. Baruth, M., Wilcox, S., Schoffman, D.E. & **Becofsky, K.** (2013). Factors associated with disability in a sample of adults with arthritis. *Disability and Health Journal*, 6(4): 377-84. <https://doi.org/10.1016/j.dhjo.2013.04.008>. PMID: 24060261.
23. Newman-Norlund, R., Burch, J. & **Becofsky, K.** (2013). Human mirror neuron system specific differences in resting-state functional connectivity in self-reported democrats and republicans. *Journal of Behavioral and Brain Science*, 3: 341-349. doi: 10.4236/jbbs.2013.34034
24. Gill, D.L., Hammond, C.C., Reifsteck, E.J., Jehu, C.M., Williams, R.A., Adams, M.M., Lange, E.H., **Becofsky, K.**, Rodriguez, E. & Shang, Y. (2013). Physical activity and quality of life. *Journal of Preventive Medicine and Public Health*, 45 Suppl 1:S28-34. doi: 10.3961/jpmph.2013.46.S.S28.

INVITED LETTERS/COMMENTS

1. **Becofsky, K.** & Shook, R. (2015). In reply: Social support source and size of social support network on all-cause mortality in a national prospective cohort study. *Mayo Clinic Proceedings, 90(11)*:1584-5. doi: 10.1016/j.mayocp.2015.08.018.
2. **Becofsky, K.,** Sui, X., Lee, D.C., Wilcox, S. & Blair, S.N. (2015). Becofsky et al. respond to “Misclassifying fitness and depression”. *American Journal of Epidemiology, 181(5)*:321-4. doi: 10.1093/aje/kwu328. PMID:25693773
3. **Becofsky, K.,** Sui, X., & Lee, D.C. (2015). Three authors reply. *American Journal of Epidemiology, 182(3)*: 279. doi: 10.1093/aje/kwv124.

ABSTRACTS (^agraduate student, ^bundergraduate student)

1. ^bSwainamer, K., & **Potter, K.** Examining how strength of the dog-owner bond affects dog owner’s mental health. Submitted for presentation at the Massachusetts Statewide Undergraduate Research Conference. Amherst, MA. 2019.
2. ^aPetrucci, G.J., ^aMarcotte, R., ^aRajala, C., Saleeba, C., & **Potter, K.** Examining the relationship between objectively measured human and dog activity. Submitted for poster presentation at the 2019 International Society for the Measurement of Physical Behaviour in Maastricht, Netherlands.
3. ^aRajala, C., ^aSato, S., & **Potter, K.** Effects of dog ownership on owners’ neighborhood social interaction. Society of Behavioral Medicine. Washington, DC. 2019.
4. **Potter, K.,** Masteller, B., & Balzer, L.B. Testing obedience training as a stealth physical activity intervention among inactive dog owners. Accepted for a poster presentation at the 2019 International Association of Human-Animal Interaction Organizations triennial meeting in Brewster, NY.
5. ^aRajala, C., ^aMarcotte, R., ^aPetrucci, G., ^bSaleeba, C., & **Potter, K.** Dog walking intensity and its contribution to owners’ total moderate-to-vigorous physical activity. Accepted for presentation at the 2019 American College of Sports Medicine annual meeting in Orlando, FL.
6. **Becofsky, K.,** ^aMasteller, B., ^bCawley, E., ^bMudway, R., ^bSaleeba, C., & ^bShostek, A. Preliminary findings from a stealth physical activity intervention targeting inactive dog owners. American College of Sports Medicine. Minneapolis, MN. 2018.
7. **Becofsky, K.,** ^aMasteller, B., ^bSaleeba, S., & ^bShostek, A. Do dog walkers accumulate more moderate physical activity minutes than non-dog walkers? Society for Behavioral Medicine. New Orleans, LA. 2018.
8. ^bWilcox, S., ^bDziewietin, I., & **Becofsky, K.** The effects of physical activity on sleep quality and psychosocial outcomes. Massachusetts Statewide Undergraduate Research Conference. Amherst, MA. 2018.
9. ^bCawley, E., ^bMudway, R., ^bSaleeba, S., ^bShostek, A., & **Becofsky, K.** Dog ownership in relation to physical activity and health. Massachusetts Statewide Undergraduate Research Conference. Amherst, MA. 2018.
10. **Becofsky, K.,** ^bCawley, E., ^aMasteller, B., ^bMudway, R. & ^bShostek, A. Barriers to dog walking among owners who do not walk their dog. New England regional meeting of the American College of Sports Medicine. Providence, RI. 2017.
11. **Becofsky, K.,** Wing, E., McCaffery, J., Boudreau, M, Wing, R.R. Randomized trial of behavioral weight loss for HIV-infected patients. Conference on Retroviruses and Opportunistic Infections (CROI). Seattle, WA. 2017.
12. **Becofsky, K.,** Lynch, L., Evans, E.W., & Wing, R. Using a community wellness program pairing people with shelter dogs to increase physical activity. American College of Sports Medicine. Boston, MA. 2016.
13. **Becofsky, K.,** Wing, R., Wing, E., Richards, K., & Gillani, F. The Obesity Epidemic in People Living with HIV: Prevalence in a New England Ambulatory Center. The Obesity Society. Los Angeles, CA. 2015.

14. **Becofsky, K.**, Wing, R., & Lynch, L. Methodology for the FosterFit™ Pilot Study: A Feasibility Study of a Foster-Dog-Centered Wellness Program. Brown Mind Brain Research Day. Providence, RI. 2015.
15. **Becofsky, K.**, Shook, R., Sui, X., Blair, S. & Wilcox, S. Social relations and all-cause mortality. Society of Behavioral Medicine. Philadelphia, PA. 2014.
16. **Becofsky, K.**, Newman-Norlund, R., Wang, X. & Wilcox, S. Cognitive reserve and fitness in healthy older women. American College of Sports Medicine. Orlando, FL. 2014.
17. **Becofsky, K.**, Newman-Norlund, R., Wang, X. & Wilcox, S. Cognitive reserve and fitness in healthy older women. Frontiers in Neurosciences Research Day. Charleston, SC. 2014.
18. **Becofsky, K.**, Sui, X., Lee, D.C., Blair, S.B. & Wilcox, S. Fitness, fatness and depressive symptoms. Southeast regional meeting of the American College of Sports Medicine. Greenville, SC. 2013.
19. **Becofsky, K.**, Baruth, M., Wilcox, S. Quality of life, depressive symptoms, and functional limitation in adults with arthritis. Society of Behavioral Medicine. New Orleans, LA. 2012.
20. **Becofsky, K.**, Ullmann, G., Newman-Norlund, R., & Williams, H.G. An fMRI Investigation of the relationship between physical activity and executive function in older adults. American College of Sports Medicine. San Francisco, CA. 2012.

CONFERENCE PRESENTATIONS

- *2019 Symposium presentation at Gerontological Society of America meeting, “Dog Walking Mediates the Relationship between Dog Ownership and Social Interaction”, Austin, TX
- 2019 Led panel discussion at annual Society of Behavioral Medicine meeting, “#AdoptDontShop: Leveraging the Dog Rescue Movement to Promote Physical Activity and Psychosocial Well-being”, Washington, DC.
- 2018 Symposium presentation at New England American College of Sports Medicine meeting, “Leveraging the Dog-Owner Bond to Promote Physical Activity as a Side Effect”, Providence, RI.
- 2018 Tutorial lecture at national American College of Sports Medicine meeting, “Dogs as Support and Motivation for Physical Activity and Health”, Minneapolis, MN.
- 2017 Themed discussion presentation at Conference on Retroviruses and Opportunistic Infections (CROI), “Randomized trial of behavioral weight loss for HIV-infected patients”, Seattle, WA.

*Slides were presented by Dr. Raeann Leblanc

INVITED TALKS

- 2019 Tufts Center for Animals and Public Policy *Animal Matters* Seminar Series, “Dogs as Support & Motivation for Physical Activity & Health”, North Grafton, MA
- 2018 Society of Behavioral Medicine Physical Activity Special Interest Group Webinar on Current Approaches to Physical Activity Promotion, “The BuddyStudy: A Pilot Pairing People with Foster Pups”
- 2018 UMass Amherst Department of Vet. & Animal Sciences Seminar Series, “Dogs as Support and Motivation for Physical Activity and Health”, Amherst, MA
- 2017 University of Iowa Department of Health and Human Physiology Carl Gisofi Lecture Series, “Shelter Dogs, Stealth, and Physical Activity”, Iowa City, IA.
- 2017 UMass Amherst Department of Kinesiology Graduate Seminar Series “Shelter Dogs and Physical Activity Promotion”, Amherst, MA
- 2017 BioTAP Honors First Year Biology Seminar, “Shelter Dogs and Physical Activity Promotion”, Amherst, MA

- 2014 University of South Carolina Center for Teaching Excellence Seminar Series, TA workshop. "Getting in Touch with your Inner-Undergrad: The Importance of Relatability", Columbia, SC
- 2013 Oktoberbest: A Symposium on Teaching, "Getting in Touch with your Inner-Undergrad: The Importance of Relatability", Columbia, SC.
- 2013 University of South Carolina Summer Research Experience in Brain and Cognitive Sciences Seminar Series, "Exercise & Cognitive Function", Columbia, SC.

COURSES TAUGHT

Institution: UMass Amherst		
Term	Course	Title
Fall 2019	KIN600 (1 credit)	Introduction to Research in Human Movement
Fall 2019	KIN440 (3 credits)	Physical Activity & Public Health
Spring 2019	KIN 597G (3 credits)	Physical Activity Behavior Change
Fall 2018	KIN 440 (3 credits)	Physical Activity & Public Health
Spring 2018	KIN 440 (3 credits)	Physical Activity & Public Health
Spring 2018	KIN 697AS (3 credits)- co-taught	Physical Activity Interventions: A Solution-Oriented Approach
Fall 2017	KIN 440 (3 credits)	Physical Activity & Public Health
Fall 2017	KIN 697E (1 credit)- co-taught	Physical Activity & Health Journal Club
Spring 2017	KIN 440 (3 credits)	Physical Activity & Public Health
Fall 2016	KIN 440 (3 credits) – co-taught	Physical Activity & Public Health
Institution: Providence College		
Term	Course	Title
Fall 2015	PSY 100 (3 credits)	Introduction to Psychology
Institution: University of South Carolina		
Term	Course	Title
Fall 2013	EXSC 410	Psychology of Physical Activity
Fall 2012	EXSC 410	Psychology of Physical Activity

Teaching awards

- Fall 2012 Guest Coach, University of South Carolina
Recognized for outstanding academic support of student-athletes in EXSC410

Professional societies

- 2012-current Member, American College of Sports Medicine
2017-current Member, Society of Behavioral Medicine