



Health Promoting Behaviors Across the Lifespan Research Interest Group

Spring 2021 Newsletter



RIG Co-Chairs for 2020/2021

Lorraine Robbins, PhD, RN, FNP-BC, FAAN, a Professor in the College of Nursing at Michigan State University. Her research focuses on increasing physical activity and healthy eating behaviors in young adolescents to assist them in attaining or maintaining a healthy weight. In early fall 2019, she received a R61 grant from NHLBI to test a multi-component school-and home-based intervention for this purpose. The 1-year R61 Phase is expected to be followed by a 4-year R33 Phase.

Jiying Ling, PhD, RN, an Associate Professor in the College of Nursing at Michigan State University. His research interests involve early childhood obesity prevention and stress management in lifestyle behavior interventions. In fall 2019, she received a R21 grant from NINR and a state grant from Michigan Health Endowment Fund.

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Announcing:

HPBAL RIG AWARD WINNERS!

New Investigator Award:

Shannon Halloway, PhD, RN
Assistant Professor at Rush University
College of Nursing

Senior Investigator Award:

Mei-Wei Chang, PhD, RN, FAAN
Associate Professor at the Ohio State
University College of Nursing

**The awards will be presented at
the 2021 RIG meeting virtually on
Tuesday, March 23, 11:00 AM –
12:30 PM Central Time**





**Health Promoting Behaviors
Across the Lifespan
Research Interest Group**

Information from the Co-Chairs



HPBAL RIG

Last voting meeting: April 4, 2020

Meeting attendance: 67

Total enrolled members: 101

Top 5 largest RIGs in MNRS

Guaranteed Symposium

Four RIG members will present their research at our Guaranteed Symposium, followed by a panel discussion!

**“Health Promotion and Risk Reduction in Diverse Populations
through Team Science”**

Saturday, March 27, 2021 8:00 AM to 9:30 AM Central Time

Dr. Susan L. Dunn

Suicidal Ideation in Ischemic Heart Disease Patients Who Report Hopelessness During Enrollment into a Randomized Controlled Trial

Dr. Susan W. Buchholz

Relation of Neighborhood Environment and Physical Activity in Employed Women

Dr. Kelly L. Wierenga

Depression and Anxiety Symptoms are Associated with Perceptions of the COVID-19 Pandemic among Adults living in the US

Dr. Jiying Ling

COVID-19 Negatively Affected Low-Income Parents' Life and Emotional Well-Being

We look forward to seeing our RIG members at this symposium!



Health Promoting Behaviors Across the Lifespan Research Interest Group

2020-2021 HPBAL RIG Executive Members

Co-Chairs

Dr. Lorraine Robbins (robbin76@msu.edu)

Dr. Jiying Ling (lingjiyi@msu.edu)

Co-Chairs Elect

Dr. Mei-Wei Chang (chang.1572@osu.edu)

Dr. Shanina Knighton (sck46@case.edu)

Past Co-Chairs

Dr. Pallav Deka (pdeka@msu.edu)

Dr. Susan Dunn (sdunn01@uic.edu)

Grants Committee Representatives

Dr. Joanne Kraenzle Schneider (joanne.schneider@slu.edu)

Dr. Leeza Struwe (lstruwe@unmc.edu)

RIG Website

<http://www.mnrs.org/health-promoting-behaviors-across-lifespan-rig>

HPBAL RIG Purpose Statement

The focus of the Health Promoting Behaviors Across the Lifespan RIG is to advance nursing knowledge of successful approaches to health promotion, disease prevention, and self-management in diverse populations. As part of the larger health care community, nursing scholars work to better understand the complexity of factors that contribute to health behavior. We seek to promote discussion about the diverse types of health promoting behavior research conducted by MNRS members, and to provide avenues for collaboration, consultation, and dissemination.



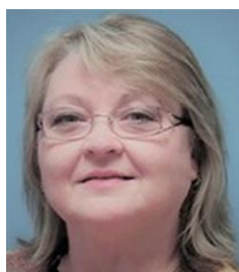


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2020 HPBAL RIG Member Accomplishments



Dr. Christine Eisenhauer, Principal Investigator, was awarded a NIH grant (1R15NR017522-01) for her research project titled: Engaging rural men with mobile technologies for weight loss: A randomized controlled trial. She was also recognized as the 2020 NLN Elevating Leaders in Academic Nursing Fellow. Institution: University of Nebraska Medical Center.



Dr. Frances Hardin-Fanning, Principal Investigator, was awarded an Aetna/American Public Health Association/National Association of Counties Challenge Grant (2020-2022, \$100,000) for her research project titled: Food Security and Healthy Eating in Rural Perry County. Institution: University of Louisville.



Dr. Mei-Wei Chang, Principal Investigator, was awarded a NIH grant (1R21HD099380-01A1) for her research project titled: Using Mental Imagination to Prevent Excessive Gestational Weight Gain in Overweight and Obese Pregnant Women. Institution: The Ohio State University.



Dr. Shannon Halloway, Principal Investigator, was awarded a NIH grant (1R01NR018443-01) for her project titled: Lifestyle Physical Activity and Cognitive Training Interventions: Preventing Memory Loss in Older Women with Cardiovascular Disease. Institution: Rush University. Co-Investigators (other MNRS members): JoEllen Wilbur, Susan J. Pressler.



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Dr. Susan Dunn, Principal Investigator, was awarded a two-year NIH/NINR COVID-19 Supplement (R01 NR017649-04S1). The purpose of the supplement is to determine whether and how the ongoing RCT intervention (Heart Up!) limits the negative impact of COVID-19 shelter-in-place/physical distancing measures on key mental, social, and behavioral health outcomes in ischemic heart disease patients who report hopelessness. Institution: University of Illinois Chicago.



Dr. Lorraine Robbins, PhD, RN, FNP-BC, FAAN

Distinguished Abstract

Robbins, L. B., Ling, J., & Chang, M. W. Importance of participation in sports and organized physical activity programs for improving perceptions related to physical activity and the behavior among underserved adolescents (Postcard Presentation). MNRS 45th Annual Research Conference, Des Moines, Iowa. March 24-27, 2021.



Dr. Jiying Ling, PhD, MS, RN

Distinguished Abstract

Ling, J., Zahry, N., & Liu, C. Stress management among parents of low socioeconomic status: A meta-analysis and meta-regression (20x20 Oral Presentation). MNRS 45th Annual Research Conference, Des Moines, Iowa. March 24-27, 2021.





Health Promoting Behaviors Across the Lifespan Research Interest Group



2020-21 Member Publications



- Alali, M., **Robbins, L. B., Ling, J.,** Kao, T.-S. A., & Smith, A. (2020). Concept analysis of relatedness in physical activity among adolescents. *Journal of Pediatric Nursing*, 55, e293-304. doi:10.1016/j.pedn.2020.06.005
- Alder, M. L.,** Ye, F., Fan, R., Bagai, K., Fawkes, D. B., Peterson, B. T., & Malow, B. A. (2020). Application of a novel actigraphy algorithm to detect movement and sleep/wake patterns in children with autism spectrum disorder. *Sleep Medicine*. doi:10.1016/j.sleep.2020.02.020
- Alonso, W., Kupzyk, K., Norman, J., Bills, S. E., Bosak, K., **Dunn, S. L., Deka, P.,** & Pozehl, P. (in press). Negative attitudes, self-efficacy, and relapse management mediate long-term adherence to exercise in patients with heart failure. *Annals of Behavioral Medicine*. doi:10.1186/1471-2261-14-172
- Buursma, M., Tintle, N. L., Boven, E., DeVon, H. A., & **Dunn, S. L.** (2020). Perceived social support in ischemic heart disease patients who report hopelessness: A pilot study. *Archives of Psychiatric Nursing*, 34, 14-16. doi:10.1016/j.apnu.2019.12.001
- Chang, M. W.,** Tan, A., **Ling, J.,** Wegener, D., & **Robbins, L. B.** (2020). Mediators of intervention effects on dietary fat intake in low-income overweight or obese women with young children. *Appetite*. doi:10.1016/j.appet.2020.104700
- Chang, M. W., Robbins, L. B., Ling, J.,** Brown, R., & Wegener, D. T. (2019 Epub). Mediators affecting the association between a lifestyle behavior intervention and stress in low-income overweight or obese mothers of young children. *Journal of Health Psychology*. doi:10.1177/1359105319887780
- Choi, S. H., Ling, J.,** Noonan, D., & Kim, W. (2020). Smoking behavior and social contexts associated with smoking among dual-smoker couples. *Public Health Nursing*, 37(2): 161-168. doi:10.1111/phn.12686
- Choi, S. H.,** Stommel, M., **Ling, J.,** Noonan, D., & Chung, J. (2020). The impact of smoking and multiple health behaviors on all-cause mortality. *Behavioral Medicine*. doi:10.1080/08964289.2020.1796570
- Dickins, K. A., **Buchholz, S. W.,** Ingram, D., Braun, L. T., Hamilton, R. J., Earle, M., & Karnik, N. S. (2020). Supporting primary care access and use among homeless persons. *Social Work in Public Health*, 35(6): 335-357. doi:10.1080/19371918.2020.18095389.
- Dunn, S. L.,** Buursma, M., Boven, E., DeVon, H. A., & Tintle, N. L. (2020). Reliability and validity of the State-Trait Hopelessness Scale in heart disease patients with moderate to severe hopelessness. *Journal of Cardiovascular Nursing*, 35(2), 126-130. doi:10.1097/JCN.0000000000000647
- Dunn, S. L.,** DeVon, H. A., Collins, E. G., Luong, A. T., Buursma, M., Gutierrez-Kapheim, M., & Bronas, U. B. (2020). Suicide risk management protocol for a randomized controlled trial of cardiac patients reporting hopelessness. *Nursing Research*. doi:10.1097/NNR.0000000000000474
- Dunn, S. L., Robbins, L.,** Tintle, N. L., Collins, E. G., Bronas, U. G., Goodyke, M. P., Luong, A., Gutierrez-Kapheim, M., & DeVon, H. A. (2021). Heart Up! RCT protocol to increase physical activity in cardiac patients who report hopelessness: Amended for the COVID-19 pandemic. *Research in Nursing and Health*, 1-16. doi.org/10.1002/nur.22106



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- Eisenhauer, C.,** Brito, F., Kupzyk, K. Pullen, C., Miller, J., Salinas, K., & Hageman, P. (2020). Mobile Technology intervention for weight loss in rural men: Protocol for a pilot pragmatic randomized controlled trial. *BMJ Open* 2020, e035089. doi:10.1136/bmjopen-2019-035089
- Frenn, M.,** Kaugars, A., Garcia, J., & Garnier-Villarreal, M. (2020). Child body fat and body mass index: Which determinants are most important? *Western Journal of Nursing Research*, 42(8), 593-602. doi:10.1177/0193945919879960
- Frenn, M.** (2020). Engage in scholarship of teaching. In V. Caputi (Ed.). *Certified Nurse Educator review book: The official NLN guide to the CNE exam* (2nd ed.). Washington, D.C.: National League for Nursing.
- Hannan, M.,** Ricardo, A., Cai, J., Franceschini, N., Kaplan, R., Marquez, D.,...Lash, J. Sedentary behavior and change in kidney function: The hispanic community health study/study of Latinos (HCHS/SOL). *Kidney* 360. doi:10.34067/KID.0006202020.
- Hannan, M.,** Ansari, S., Meza, N., Anderson, A., Srivastava, A., Waikar, S.,...the CRIC Study Investigators. (2020). Risk factors for CKD progression: Overview of findings from the CRIC Study. *Clinical Journal of the American Society of Nephrology*. doi:10.2215/CJN.07830520
- Hannan, M.,** Collins, E., Phillips, S., Quinn, L., Steffan, A., & Bronas, U. (2020). Cognitive and vascular function in older adults with and without CKD. *Journal of Aging Clinical and Experimental Research*. doi:10.1007/s40520-020-01695-w
- Hardin-Fanning, F. & Witt, C.** (2020). Implications of social norms when measuring childhood food insecurity in Appalachia. *Journal of Nutrition Education and Behavior*, 52(7), S4. doi:10.1016/j.jneb.2020.04.020
- Hardin, H. K.,** Alchami, H. K., & Connell, A. (2020). Depressive symptoms and trust of healthcare provider in rural adolescents: Predictors and relationships. *Issues in Mental Health Nursing*. doi:10.1080/01612840.2020.1789783
- Hardin, H. K.,** Moore, S. M., Moore, S., & Uli, N. (2020). Associations between trust of healthcare provider and body mass index percentile in adolescents. *Comprehensive Child and Adolescent Nursing*. doi:10.1080/24694193.2020.1783028
- Hensley, A., Wilson, J., Culp-Roche, A., Hampton, D., **Hardin-Fanning, F.,** Cheshire, M., & Wiggins, A. (2020). Characteristics of RN to BSN Students in online programs. *Nursing Education Today*, 89, 104399. doi:10.1016/j.nedt.2020.104399
- Hetland, B., Lindroth, H., Kamp, K., Edmiston, E., Wierenga, K. L., Hardin, H. K., Gilmore-Bykovskyi, A., Topp, R., Hershberger, P. E., & Madigan, E.** (2020). The emerging scholars' network within MNRS: From Acorns to Oaks. *Western Journal of Nursing Research*, 42(2), 143-152. doi:10.1177/0193945919845065
- Kantawong, E., **Robbins, L. B., Ling, J.,** Kaston, A.-C., & Kao, T.-S. A. (in press). Adolescents' perceived drinking norms toward alcohol misuse: An integrative review. *Western Journal of Nursing Research*.
- Kao, T.-S. A., **Ling, J.,** Dalaly, M., **Robbins, L. B.,** & Cui, Y. (2020). Parent-child dyad's collective family efficacy and risky adolescent health behaviors. *Nursing Research*, 69(6), 455-465. doi:10.1097/NNR.0000000000000465

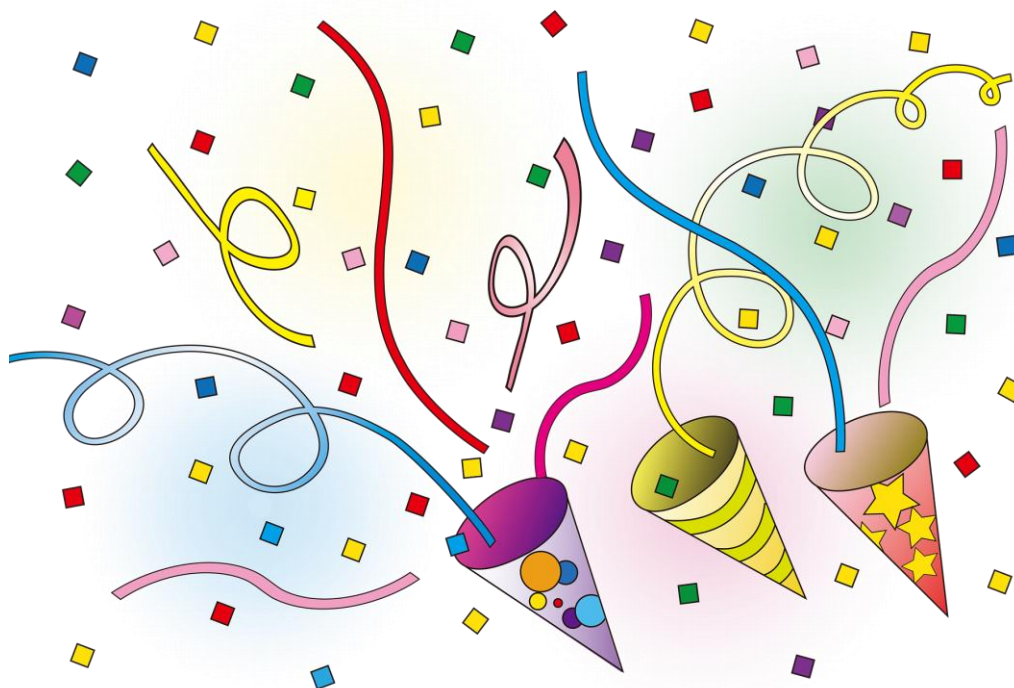


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- Kao, T.-S. A., **Ling, J.**, & Dalaly, M. (2020). Parent-adolescent dyads' efficacy, coping, depression, and adolescent health risks. *Journal of Pediatric Nursing*, 13(56), 80-89.
doi:10.1016/j.pedn.2020.09.008
- Kitsiou, S., Gerber, B., **Buchholz, S.**, Kansal, M., Chen, J., Nawrocki, L., Leigh, J., Nieto, A., Owoyemi, A., Pressler, S. (2020). Development and pilot testing of a tailored text messaging intervention to improve self-efficacy and health beliefs about self-care in people with heart failure. *Journal of Cardiac Failure*, 26(10). doi:10.1016/j.cardfail.2020.09.260
- Ling, J.**, Kao, T.-S. A., & **Robbins, L. B.** (2020). Body mass index, waist circumference, and body fat are positively correlated with hair cortisol in children: A systematic review and meta-analysis. *Obesity Reviews*, 21, e13050. doi:10.1111/obr.13050
- Ling, J.**, Xu, D., **Robbins, L. B.**, & Meyer, J. S. (2020). Does hair cortisol really reflect perceived stress? Findings from low-income mother-preschooler dyads. *Psychoneuroendocrinology*, 111, 104478. doi:10.1016/j.psyneuen.2019.104478
- Ling, J.**, Xu, D., **Robbins, L. B.**, & Kao, T.-S. A. (2020). Obesity and hair cortisol: Relationships varied between low-income preschoolers and mothers. *Maternal and Child Health Journal*, 24(12), 1495-1504. doi:10.1007/s10995-020-03008-z
- Marques, I. G., Kitsiou, S., Gerber, B. S., **Buchholz, S. W.**, Bustamante, E. E., & Marquez, D. X. (2021). Feasibility of a Latin Dance Program with mHealth for Middle-Aged and Older Latinas (BAILA TECH). *Translational Journal of the American College of Sports Medicine*, 6(1), e000143. doi:10.1249/TJX.0000000000000143
- Palmer, K., **Robbins, L. B.**, **Ling, J.**, Kao, T.-S. A., Voskuil, K., & Smith, A. (2020). Adolescent autonomous motivation for physical activity: A concept analysis. *Journal of Pediatric Nursing*, 54, e36-46. doi:10.1016/j.pedn.2020.04.020
- Robbins, L. B.**, **Ling, J.**, & Wen, F. (2020). Attending after-school physical activity club two days a week attenuated an increase in percent body fat and a decrease in fitness among adolescent girls at risk for obesity. *American Journal of Health Promotion*. doi:10.1177/0890117120915679
- Robbins, L. B.**, **Ling, J.**, & Wen, F. (2020). Moderators in a physical activity intervention for adolescent girls. *Pediatric Research*. doi:10.1038/s41390-020-0818-5
- Robbins, L. B.**, **Ling, J.**, Clevenger, K., Voskuil, V. R., Wasilevich, E., Kerver, J. M., Kaciroti, N., & Pfeiffer, K. A. (2020). A school- and home-based intervention to improve adolescents' physical activity and healthy eating: A pilot study. *Journal of School Nursing*, 36(2): 121-134. doi:10.1177/1059840518791290
- Smith, Y., Garcia, R., Coughlin, S., **Ling, J.**, Marin, T., Su, S., & Young L. (2020). The Effectiveness of social cognitive theory-based interventions on glycemic control in adults with type 2 diabetes mellitus: A systematic review and meta-analysis protocol. *JMIR Research Protocols*, 9(9), e17148. doi:10.2196/17148
- Watts T.**, Lauver D. R., Sethi A. K., Snedden T. & Zahner S. J. (2020). Hepatitis C virus infections among people aged 15–44, United States, 2009–2018. *Public Health Nursing*, 1-9. doi:10.1111/phn.12808
- Wierenga, K. L.**, Moore, S. M., Liu, J., & Sattar, A. (2019). Factors influencing the impact of depressive symptoms on physical functional capacity after cardiac rehabilitation. *Rehabilitation Nursing Journal*. doi:10.1097/rnj.0000000000000227

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- Wierenga, K. L., & Moore, S. E.** (2020). Adapting to uncertainty: Nursing responsiveness to COVID-19. *Journal of Cardiovascular Nursing*, 35(4), 322–323. doi:10.1097/JCN.0000000000000712
- Wierenga, K. L., Fresco, D. M., Alder, M. L., & Moore S. M.** (in press). Feasibility of an emotion regulation intervention for patients in cardiac rehabilitation. *Western Journal of Nursing Research*.
- Witt, C. & Hardin-Fanning, F.** (2020). Exploring the stigma of childhood food insecurity in Appalachia. *Journal of Nutrition Education and Behavior*, 52(7), S34-S35. doi:10.1016/j.jneb.2020.04.086
- Yeh, P. M., & Waters, G.** (2021). Path analysis testing the development of personality and psychological well-being model. *Western Journal of Nursing Research*, 43(1), 23-35. doi:10.1177/0193945920932559
- Zahry, N., & Ling, J.** (2020). Parental perceived facilitators for and barriers to participating in a lifestyle intervention to reduce early childhood obesity: A qualitative evaluation. *Western Journal of Nursing Research*, 42(6), 405-414. doi:10.1177/0193945919866691





Health Promoting Behaviors Across the Lifespan Research Interest Group

Dear RIG Members,

To help our RIG continue to grow, please encourage your colleagues, students, and post-docs to become RIG members!

We hope to see all RIG members at the 2021 MNRS conference. Please plan on attending our RIG's guaranteed research symposium and the annual RIG meeting, where RIG awards will be presented.

Also, please consider becoming a Co-Chair Elect for 2021-2022. Elections will be held during our 2021 RIG meeting. If interested in a Co-Chair Elect position, please email Jiying Ling (lingjiyi@msu.edu) or Lorraine Robbins (robbin76@msu.edu)!



We look forward to seeing you at the MNRS Conference in 2021!

Lorraine Robbins & Jiying Ling
HPBAL RIG Co-Chairs