

ELIZABETH A. SALERNO, Ph.D. M.P.H.
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Applied Exercise Science & Movement Science
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EDUCATION

MPH	Johns Hopkins Bloomberg School of Public Health, Baltimore, MD Concentration: Epidemiological & Biostatistical Methods for Public Health & Clinical Research	2017 – 2018
PhD	University of Illinois at Urbana-Champaign, IL Department of Kinesiology & Community Health Emphasis in Exercise Psychology	2013 – 2017
MS	University of Illinois at Urbana-Champaign, IL Department of Kinesiology & Community Health Emphasis in Exercise Psychology	2012 – 2013
BS	University of Illinois at Urbana-Champaign, IL Department of Kinesiology & Community Health	2008 – 2012

ACADEMIC POSITIONS/EMPLOYMENT

Assistant Professor	– Program of Applied Exercise Science, School of Kinesiology, University of Michigan	2020 – Present
Assistant Professor	– Department of Surgery, Division of Public Health Sciences, Washington University School of Medicine in St. Louis	2020 – 2025
Cancer Research Training Award (CRTA) Fellow	– Cancer Prevention Fellowship Program, National Cancer Institute, National Institutes of Health	2017 – 2020
Public Health Applications for Student Experience (PHASE) Intern	– Johns Hopkins Bloomberg School of Public Health, Maryland Department of Health, Maryland Breast and Cervical Cancer Program	2017 – 2018
Graduate Research Assistant	– Department of Kinesiology & Community Health, Exercise Psychology Laboratory, University of Illinois at Urbana-Champaign	2012 – 2017
Undergraduate Research Assistant	– Department of Kinesiology & Community Health, Exercise Psychology Laboratory, University of Illinois at Urbana-Champaign	2010 – 2012

TEACHING RESPONSIBILITIES

Course Instructor – M19-550, Randomized Controlled Trials, Master of Population Health Sciences (MPHS) Program, Washington University School of Medicine in St. Louis	2023 – 2025
Guest Lecturer – M19-502, Intermediate Clinical Epidemiology Lecture: Physical Activity: Measurement, Disease Associations, and Interventions, MPHS Program, Washington University School of Medicine in St. Louis	2021 – 2025
Journal Club Leader – T32 Postdoctoral Training Program, Division of Public Health Sciences, Washington University School of Medicine in St. Louis	2021 – 2025
Teaching Assistant – KIN 247, Introduction to Sport and Exercise Psychology (Online), University of Illinois at Urbana-Champaign	2014 – 2016

MENTORING RESPONSIBILITIES

Postdoctoral fellows – 2 P50 postdoctoral fellows, Implementation Science Centers in Cancer Control (ICS3) P50 CA244431, Washington University School of Medicine in St. Louis	2022 – 2025
Master of Public Health students – 4 MPH students, MPH Mentor Program, Johns Hopkins Bloomberg School of Public Health	2021 – Present
Medical students – 1 medical student, Gateway Curriculum, Explore & Immersion Program, Washington University School of Medicine in St. Louis	2021 – 2023
Undergraduate Research Assistants/Technicians – 39 undergraduate research assistants, 4 exercise technicians, Exercise Psychology Laboratory, University of Illinois at Urbana-Champaign	2013 – 2017

PROFESSIONAL SERVICE & ADMINISTRATION

Professional Societies and Organizations

American Society of Clinical Oncology	2021 – Present
American Association for Cancer Research	2019 – Present
American College of Sports Medicine	2019 – Present
International Psycho-Oncology Society	2016 – Present
Society of Behavioral Medicine	2012 – Present

National Service

01 ZAG1 ZIJ-6 (M2) Special Emphasis Panel, Ad Hoc Reviewer	2025
01 ZCA1 SRB-2 (J1) Special Emphasis Panel, Ad Hoc Reviewer	2024
01 ZCA1 SRB-2 (J2) Special Emphasis Panel, Ad Hoc Reviewer	2023
Lifestyle Change and Behavioral Health (LCBH) Study Section, Temporary Member Reviewer	2023
Lifestyle Change and Behavioral Health (LCBH) Study Section, Early Career Reviewer	2022

Physical Activity Special Interest Group (PA SIG) Advisory Board, Member	2022 – Present
Illinois Cancer Partnership (ICP) Prevention Subcommittee, Member	2020 – Present
Consortium for Cancer Implementation Science (CCIS), Community Participation in Implementation Science Action Group, Member	2019 – Present
<i>University of Michigan Service</i>	
Search Committee for Open-Rank Social-Behavioral Sciences of Physical Activity Position, Member	2025
<i>Rogel Cancer Center Service</i>	
Rogel Cancer Center, Core Member	2025 – Present
<i>Alvin J. Siteman Cancer Center Service</i>	
Prevention and Control Focus Group, Co-Leader	2025
Siteman Investment Program (SIP), Reviewer	2023 – 2025
Siteman Cancer Center Strategic Planning Prevention Working Group, Member	2022 – 2025
Siteman Cancer Center, Member	2020 – 2025
<i>Washington University School of Medicine Service</i>	
AI and IoT (AIM) Institute, Faculty Member	2023 – 2025
Undergraduate Public Health Major Committee, Member	2023 – 2025
Center for the Study of Race, Ethnicity & Equity (CRE ²), Member	2021 – 2025
Institute for Public Health, Faculty Scholar	2021 – 2025
Behavioral Sciences Subcommittee (BSS), Protocol Review and Monitoring Committee, Standing Reviewer	2021 – 2025
Institute of Clinical and Translational Sciences, Member	2020 – 2025
<i>National Cancer Institute Service</i>	
CPFP Fall Symposium Planning Committee, Member	2019
Career Development Seminar Series, Co-Chair	2019 – 2020
Alumni Relations Committee, Co-Chair	2018 – 2020
<i>University of Illinois at Urbana-Champaign Service</i>	
Search Committee for Open-Rank Exercise Psychology Position, Member	2017
<i>Editorial Responsibilities</i>	
<u>Editorial Board Membership</u>	
Frontiers in Oncology, Section: Cancer Epidemiology & Prevention, Review Editor Board	2021 – Present
Scientific Reports, Collection: Physical Activity & Cognitive Function Across the Lifespan, Editorial Board Member	2025 – Present
<u>Ad Hoc Editorial Reviewer</u>	
Aging & Mental Health	
Annals of Behavioral Medicine	
Applied Psychology: Health and Well-Being	
Archives of Gerontology and Geriatrics	
BMC Cancer	
BMC Geriatrics	

BMC Public Health
 BMJ Open Sport & Exercise Medicine
 BMC Psychology
 BMJ Supportive & Palliative Care
 Cancer Medicine
 Cancer Causes & Control
 Clinical Interventions in Aging
 Experimental Gerontology
 Frontiers in Aging Neuroscience
 Frontiers in Oncology
 Frontiers in Psychology
 Health and Quality of Life Outcomes
 Health Psychology & Behavioral Medicine
 JAMA Internal Medicine
 JMIR
 JMIR Aging
 Journal of Aging and Physical Activity
 Journal of Behavioral Medicine
 Journal of Cancer Survivorship
 Journal of Clinical Oncology
 Journal of Science in Sport and Exercise
 MSSE
 OBM Geriatrics
 PLOS One
 Psychological Research
 Psycho-Oncology
 Quality of Life Research
 Supportive Care in Cancer

Abstract Reviewer

American College of Sports Medicine – Physical Activity/Health Promotion Interventions	2018 – Present
Society of Behavioral Medicine – Cancer Special Interest Group	2018 – Present
Society of Behavioral Medicine – Aging Special Interest Group	2019 – 2021

HONORS & AWARDS

2012	The EDDIE Award for exemplifying Excellence, Dedication, Diligence, Integrity & Efficiency. Exercise Psychology Laboratory, the University of Illinois at Urbana-Champaign.
2014	Most Outstanding Student Abstract Award & Meritorious Student Abstract Award for abstract titled “Does a Home-Based DVD-Delivered Physical Activity Program Increase Self-Esteem in Older Adults: An RCT”. Physical Activity Special Interest Group (PA-SIG), Society of Behavioral Medicine.
2014 – 2016	Conference Travel Grant. Graduate College, the University of Illinois at Urbana-Champaign.

- 2014 – 2016 Conference Travel Grant. Department of Kinesiology & Community Health, the University of Illinois at Urbana-Champaign.
- 2015 Benjamin H. Massey Memorial Award for academic merit (1 of 1 awardee). Department of Kinesiology and Community Health, the University of Illinois at Urbana-Champaign.
- 2017 Laura J. Huelster Award for academic merit (1 of 3 awardees). Department of Kinesiology and Community Health, the University of Illinois at Urbana-Champaign.
- 2018 Meritorious Student Abstract Award and Citation Abstract Award for abstract titled “Dose-response effects of acute aerobic exercise on cognitive function in breast cancer survivors”. Society of Behavioral Medicine.
- 2019 Transdisciplinary Research in Energetics & Cancer (TREC) Training Workshop R25CA203650 (PI: Melinda Irwin). 2019 fellow. Yale School of Public Health & the National Cancer Institute.
- 2020 Merit Award for scientific productivity, leadership, and service (1 of 4 awardees). Cancer Prevention Fellowship Program. National Cancer Institute.
- 2021 Training Institute for Dissemination and Implementation Research in Cancer (TIDIRC). 2021 fellow. National Cancer Institute.
- 2022 Institute for Implementation Science Scholars (IS-2). 2022 fellow. Brown School, Washington University in St. Louis.

MEDIA ACTIVITIES

- 2020-Present Contributing Scientist – *For Your Health* monthly column by Dr. Graham Colditz
Syndicated in small town newspapers across the country on various health topics
- 2022 Guest Expert – NCODA’s *The Positive Quality Intervention (PQI) Podcast Season 2, Episode 8: Physical Activity, Cognition, and the Cancer Patient*
- 2022 Podcast Guest – NCODA’s *International Monthly Webinar*
- 2023 Guest Expert – KMOX
“[Cancer among younger Americans is on the rise](#)” hosted by Fred Bodimer
August 18th, 2023
- 2023 Guest Expert – KSDK Show Me St. Louis
“[Expert shares 8 ways to prevent cancer](#)” hosted by Mary Caltrider
September 12th, 2023

Media Coverage of Research & Features

- 2021 “[Slow walking pace may be cause for alarm in cancer survivors](#)” by Colleen Moretti
CURE
April 14, 2021
- 2021 “[Physical activity linked to stronger cognitive function among women with breast cancer](#)” by Ryan Lawrence
Helio News
August 20, 2021
- 2021 “[Exercise could help fight ‘chemo brain’ in breast cancer patients](#)” by Robert Preidt
U.S. News & World Report

- August 25, 2021
- 2021 [“Physical activity may lessen the effects of chemobrain, study finds”](#) by NCI Staff
The National Cancer Institute Cancer Currents Blog
August 26, 2021
- 2021 [“Exercise and ‘chemo brain’: can physical activity save breast cancer patients from brain fog during chemotherapy?”](#) by Joe Kerwin
SurvivorNet
August 28, 2021
- 2021 [“Physical activity may help with ‘chemo brain’ in breast cancer”](#) by Antonia DePace
CURE
September 7, 2021
- 2021 [“Elizabeth Salerno, PhD, on exercise and cognition in patients with breast cancer”](#) by Jeff MinerD
MedPage Today
October 5, 2021
- 2021 [“Exercise is easy prescription for patients concerned about potential cognitive effects of chemotherapy”](#)
by Stephanie Graff
MedPage Today
October 5, 2021
- 2021 [“Exercise may help to ease ‘chemo brain’”](#) by Gretchen Reynolds
The New York Times
October 6, 2021
- 2022 [“Exercise may lower your cancer risk and help if you get the disease”](#) by Marlene Cimons
The Washington Post
June 10, 2022
- 2023 [“Lower your cancer risk with just four minutes of exercise”](#) by Brianna Abbott
The Wall Street Journal
July 27, 2023

MAJOR INVITED PROFESSORSHIPS & LECTURESHIPS

- 2019 “Physical activity at the intersection of cancer & aging: Implications for public health”
Division of Public Health Sciences Visiting Professorship Lecture
Division of Public Health Sciences, Department of Surgery
Washington University School of Medicine, Saint Louis, MO
- 2020 “Physical activity at the intersection of cancer & aging”
Department of Exercise and Nutrition Sciences Seminar Series
Department of Exercise and Nutrition Sciences
George Washington University, Washington, DC
- 2020 “Physical activity during cancer survivorship: Expanding our reach for public health”
Faculty Seminar Series
Cancer Center at Illinois
University of Illinois at Urbana-Champaign, Urbana, IL
- 2021 “Physical activity for cognitive health: Benefits across the survivorship window”

- Cancer Research Advocacy Group (CRAG) at Illinois, Urbana, IL
- 2023 “Effects of cancer and its treatment on cognition: how physical activity may help”
Cancer Prevention and Survivorship Elective
Internal Medicine
Brown University, Providence, RI
- 2023 “Exercise & Cognition after Cancer: Evidence for Prehabilitation”
Monthly Meeting, Guest Speaker
Institute for Translational Neuroscience (ITN)
Saint Louis University, St. Louis, MO
- 2025 “Physical activity & cancer survivorship: Translating epidemiological discovery to sustainable implementation”
School of Kinesiology
University of Michigan

RESEARCH SUPPORT

Non-governmental

- 2015-2016 Predoctoral Fellowship, Cancer Scholars for Translational & Applied Research (C*STAR) Award
Interdisciplinary Health Sciences Initiative at Illinois & Carle Cancer Community
Title: Activity & Cognition after Treatment (ACT) for Breast Cancer
Funding Amount: \$25,000
Term: 08/16/2015-07/15/2016
Role: Graduate Research Assistant
- 2016–2017 Competitive Renewal – Predoctoral Fellowship, Cancer Scholars for Translational & Applied Research (C*STAR) Award
Interdisciplinary Health Sciences Initiative at Illinois & Carle Cancer Community
Title: Making Activity Time for Cognitive Health (MATCH)
Funding Amount: \$20,050
Term: 08/16/2016-05/15/2017
Role: Graduate Research Assistant
- 2021-2022 St. Jude-Washington University Implementation Science Collaborative (ISC) Developmental Funds
Washington University in St. Louis, St. Jude Children’s Research Hospital
Title: Characterizing frailty in younger childhood cancer survivors: A concept proposal from the St. Jude Lifetime Cohort
Funding Amount: \$50,000
Term: 12/01/2021-11/30/2022
Role: PI
- 2021-2023 Washington University Center for Perioperative Mental Health
P50 MH122351
Title: Characterizing mental and cognitive health and physical activity in the perioperative breast cancer setting
Funding Amount: \$40,000
Term: 12/01/2021-05/01/2022
Role: PI

2023-2024 Siteman Investment Program (SIP) Research Development Award
Foundation for Barnes-Jewish Hospital (FBJH) Award Number 6257
Title: Prehabilitation to Revolutionize Oncology: Telehealth Exercise for Cognitive Triumphs (PROTECT)
Funding Amount: \$219,991
Term: 01/01/2023-12/31/2024
Role: PI

BIBLIOGRAPHY

Articles in Refereed Journals

1. Learmonth, Y.C., **Awick, E.A.**¹, McAuley, E., & Motl, R.W. (2014). Quality of life and health-related quality of life over one year in older women: Monitoring stability and reliability of measurement. *Social Indicators Research*, 123(1), 267-279.
2. Gothe, N.P., Fanning, J.T., **Awick, E.A.**, Chung, H.D., Wójcicki, T.R., Olson, E.A., Mullen, S.P., Voss, M., Erickson, K.I., Kramer, A.F., & McAuley, E. (2014). Executive function processes predict mobility outcomes in older adults. *Journal of the American Geriatrics Society*, 62(2), 285-290. PubMed PMCID: [PMC3927159](#)
3. Burzynska, A.Z., Chaddock-Heyman, L., Voss, M.W., Wong, C.N., Gothe, N.P., Olson, E.A., Knecht, A., Lewis, A., Cooke, G., Wojcicki, T.R., Fanning, J.T., Chung, H.D., **Awick, E.A.**, McAuley, E., & Kramer, A.F. (2014). Physical activity and cardiorespiratory fitness are beneficial for white matter in low-fit older adults. *PLoS one*, 9(9), e107413. PubMed PMCID: [PMC4167864](#)
4. Olson, E.A., Fanning, J.T., **Awick, E.A.**, Chung, H.D., and McAuley, E. (2014). Differential trajectories of well-being in older adult women: The role of optimism. *Applied Psychology: Health & Well-Being*, 6(3), 362-380. PubMed PMCID: [PMC5483851](#)
5. **Awick, E.A.**, Wójcicki, T.R., Olson, E.A., Fanning, J.T., Chung, H.D., Zuniga, K.E., Mackenzie, M.J., Kramer, A.F., & McAuley, E. (2014). Differential exercise effects on quality of life and health-related quality of life in older adults: a randomized controlled trial. *Quality of Life Research*, 24(2), 455-462. PubMed PMCID: [PMC4312264](#)
6. Wójcicki, T.R., Fanning, J.T., **Awick, E.A.**, Chung, H.D., Olson, E.A., Motl, R.W., & McAuley, E. (2014). Maintenance effects on a DVD-delivered exercise intervention on physical function in older adults. *Journal of Gerontology Series A: Biological Sciences & Medical Sciences*, glu188. PubMed PMCID: [PMC4506320](#)
7. Gothe, N.P., Wójcicki, T.R., Olson, E.A., Fanning, J.T., **Awick, E.A.**, Chung, H.D., Zuniga, K.E., Mackenzie, M.J., Motl, R.W., & McAuley, E. (2015). Physical activity levels and patterns in older adults: The influence of a DVD-delivered exercise program. *Journal of Behavioral Medicine*, 38(1), 91-97. PubMed PMCID: [PMC5515285](#)
8. Chaddock-Heyman, L., Mackenzie, M.J., Zuniga, K.E., Cooke, G., **Awick, E.A.**, Roberts, S.A., Erickson, K.I., McAuley, E., & Kramer, A.F. (2015). Higher cardiorespiratory fitness levels are associated with greater hippocampal volume in breast cancer survivors. *Frontiers in Human Neuroscience*, 9. PubMed PMCID: [PMC4549568](#)
9. Phillips, S.M., **Awick, E.A.**, Conroy, D.E., Pellegrini, C.A., Mailey, E.L., & McAuley, E. (2015). Objectively-measured physical activity and sedentary behavior and quality of life indicators in breast cancer survivors. *Cancer*, 121(22), 4044-4052. PubMed PMCID: [PMC4635035](#)
10. Oberlin, L.E., Verstynen, T.D., Burzynska, A.Z., Voss, M.W., Prakash, R.S., Chaddock Heyman, L., Wong, C., Fanning, J., **Awick, E.**, Gothe, N. and Phillips, S.M., (2015). White matter microstructure mediates the relationship between cardiorespiratory fitness and spatial working memory in older adults. *Neuroimage*, 131, 91-101. PubMed PMCID: [PMC4826637](#)

¹ Name changed from Awick to Salerno due to marriage

11. Voss, M.W., Weng, T.B., Burzynska, A., Wong, C.N., Cooke, G.E., Clark, R., Fanning, J., **Awick, E.**, Gothe, N.P., Olson, E.A., McAuley, E., Kramer, A.F. (2015). Fitness, but not physical activity, is related to functional integrity of brain networks associated with aging. *Neuroimage*, *131*, 113-125. PubMed PMCID: [PMC4837101](#)
12. Mackenzie, M.J., Zuniga, K.E., Raine, L.B., **Awick, E.A.**, Hillman, C.H., Kramer, A.F., & McAuley, E. (2016). Associations between physical fitness indices and working memory in breast cancer survivors and age-matched controls. *Journal of Women's Health*, *25*(1), 99-108. PubMed PMCID: [PMC4741207](#)
13. Nagamatsu, L.S., Weinstein, A.M., Erickson, K.I., Fanning, J., **Awick, E.A.**, Kramer, A.F., & McAuley, E. (2016). Exercise mode moderates the relationship between mobility and brain volume in healthy older adults. *Journal of the American Geriatric Society*, *64*(1), 102-108. PubMed PMCID: [PMC4721260](#)
14. Cooke, G.E., Wetter, N.C., Banducci, S.E., Mackenzie, M.J., Zuniga, K.E., **Awick, E.A.**, Roberts, S.A., Sutton, B.P., McAuley, E. & Kramer, A. (2016). Moderate physical activity mediates the association between white matter lesion volume and memory recall in breast cancer survivors. *PLoS one*, *11*(2), e0149552. PubMed PMCID: [PMC4767728](#)
15. Fanning, J., **Awick, E.A.**, Wójcicki, T.R., Gothe, N.P., Roberts, S.A., Ehlers, D.K., Motl, R.W., & McAuley, E. (2016). Effects of a DVD-delivered exercise intervention on maintenance of physical activity in older adults. *Journal of Physical Activity and Health*, *13*(6), 594-598. PubMed PMCID: [PMC5516906](#)
16. Phillips, S.M., Lloyd, G.R., **Awick, E.A.**, & McAuley, E. (2016). Correlates of objectively-measured sedentary behavior in breast cancer survivors. *Cancer Causes and Control*, *27*(6), 787-795. PubMed PMCID: [PMC5507361](#)
17. Fanning, J., Porter, G.C., **Awick, E.A.**, Wójcicki, T., Gothe, N.P., Roberts, S.A., Ehlers, D.K., Motel, R.W., & McAuley, E. (2016). Effects of a DVD-delivered exercise program on patterns of sedentary behavior in older adults: A randomized controlled trial. *Preventive Medicine Reports*, *3*, 238-243. PubMed PMCID: [PMC4929237](#)
18. Ehlers, D.K., Fanning, J., **Awick, E.A.**, Kramer, A.F., & McAuley, E. (2016). Contamination effects of an active control condition in a randomized exercise trial. *PLoS One*, *11*(10), e0164246. PubMed PMCID: [PMC5056678](#)
19. Phillips, S.M., Lloyd, G.R., **Awick, E.A.**, & McAuley, E. (2016). Relationship between self-reported and objectively-measured physical activity and subjective memory impairment in breast cancer survivors: Role of self-efficacy, fatigue, and distress. *Psycho-Oncology*, *26*(9), 1390-1399. PubMed PMCID: [PMC5507740](#)
20. Roberts, S.A., **Awick, E.A.**, Fanning, J., Ehlers, D., Motl, R.W. & McAuley, E. (2017). Long-term maintenance of physical function in older adults following a DVD-delivered exercise intervention. *Journal of Aging and Physical Activity*, *25*, 27-31. PubMed PMCID: [PMC5507342](#)
21. **Awick, E.A.**, Ehlers, D., Fanning, J., Phillips, S.M., Wójcicki, T., Motl, R., & McAuley, E. (2017). Effects of a home-based DVD-delivered physical activity program on self-esteem in older adults. *Psychosomatic Medicine*, *79*(1), 71-80. PubMed PMCID: [PMC5182156](#)
22. Ehlers, D.K., Banducci, S.E., Daugherty, A.M., Fanning, J., **Awick, E.A.**, Porter, G.C., Burzynska, A., Shen, S., Kramer, A.F., & McAuley, E. (2017). Effects of gait self-efficacy and lower-extremity physical function on dual-task performance in older adults. *BioMed research international*, 2017, Article ID 8570969, 10 pages. PubMed PMCID: [PMC5309416](#)
23. Burzynska, A.Z., Jiao, Y., Knecht, A.M., Fanning, J., **Awick, E.A.**, Chen, T., Gothe, N., Voss, M.W., McAuley, E., & Kramer, A.F. (2017). White matter integrity declined over 6-months, but dance intervention improved integrity of the fornix of older adults. *Frontiers in Aging Neuroscience*, *9*. PubMed PMCID: [PMC5352690](#)
24. Fanning, J., Porter, G., **Awick, E.A.**, Ehlers, D.K., Roberts, S.A., Cooke, G., Burzynska, A.Z., Voss, M.W., Kramer, A.F., & McAuley, E. (2017). Replacing sedentary time with sleep, light, or moderate-vigorous physical activity: Effects on self-regulation and executive functioning. *Journal of Behavioral Medicine*, 1-11. PubMed PMCID: [PMC5332375](#)

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26. **Awick, E.A.**, Phillips, S.M., Lloyd, G.R., & McAuley, E. (2017). Physical activity, self-efficacy and self-esteem in breast cancer survivors: a panel model. *Psycho-Oncology*, 26(10), 1625-1631. PubMed PMID: [PMC5555822](#)
27. **Awick, E.A.**, Ehlers, D.K., Aguiñaga, S., Daugherty, A.M, Kramer, A.F. & McAuley, E. (2017). Effects of a randomized exercise trial on physical activity, psychological distress and quality of life in older adults. *Journal of Hospital Psychiatry*, 49, 44-50. PubMed PMID: [PMC5681423](#)
28. Baniqued, P.L., Gallen, C.L., Voss, M.W., Burzynska, A.Z., Wong, C.N., Cooke, G.E., Duffy, K., Fanning, J., Ehlers, D.K., **Salerno, E.A.**, Aguiñaga, S., McAuley, E., Kramer, A.F., & D'Esposito, M. (2017). Brain network modularity predicts exercise-related executive function gains in older adults. *Frontiers in Aging Neuroscience*, 9, 426. PubMed PMID: [PMC5758542](#)
29. Welch, W.A., Lloyd, G., **Salerno, E.A.**, Siddique, J., McAuley, E., & Phillips, S. (2018). Measurement of physical activity and sedentary behavior in breast cancer survivors. *Journal of Community and Supportive Oncology*, 16(1), e21-e29.
30. Aguiñaga, S., Ehlers, D.K., **Salerno, E.A.**, Fanning, J., Motl, R.W., & McAuley, E. (2018). Home-based physical activity program improves depression and anxiety in older adults. *Journal of Physical Activity and Health*, 15(9), 692-696. PubMed PMID: 29625012
31. Ehlers, D.K., Fanning, J., **Salerno, E.A.**, Aguiñaga, S., Cosman, J., Severson, J., Kramer, A.F., & McAuley, E. (2018). Replacing sedentary time with physical activity or sleep: effects on cancer-related cognitive impairment in breast cancer survivors. *BMC Cancer*, 18(1), 685. PubMed PMID: [PMC6019533](#)
32. Voss, M.W., Sutterer, M., Weng, T., Burzynska, A.Z., Fanning, J., **Salerno, E.A.**, Gothe, N.P., Ehlers, D.K., McAuley, E. & Kramer, A.F. (2019). Nutritional supplementation boosts aerobic exercise effects on functional brain systems. *Journal of Applied Physiology*, 126(1), 77-87. PubMed PMID: [PMC6383642](#)
33. Mazzilli, K.M., Matthews, C.E., **Salerno, E.A.** & Moore, S.C. (2019). Weight training and risk of 10 common types of cancer. *Medicine & Science in Sports & Exercise*. PubMed PMID: [PMC6697215](#)
34. **Salerno, E.A.**, Rowland, K., Kramer, A.F., & McAuley, E. (2019). Acute aerobic exercise effects on cognitive function in breast cancer survivors: a randomized crossover trial. *BMC Cancer*, (19)1, 371. PubMed PMID: [PMC6480426](#)
35. Pergolotti, M, Battisti, N.M.L., Padgett, L., Sleight, A., Abdallah, M., Newman, R., Covington, K.R., Williams, G.R., Magnuson, A., Pollock, Y. Y., Van Dyk, N.K., **Salerno, E.A.**, van den Bos, F., Gattas, I., Ahles, T.A. (2019). Embracing the complexity: Older adults with cancer-related cognitive impairment -- A Young International Society of Geriatric Oncology Position Paper. *Journal of Geriatric Oncology*. PubMed PMID: [PMC7054166](#)
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37. **Salerno, E.A.**, Wanigatunga, A.A., Yang, A., Urbanek, Y., Simonsick, E.M., Ferrucci, L., Resnick, S.M. & Schrack, J.A. (2019). Longitudinal association between perceived fatigability and cognitive function in older adults: Results from the Baltimore Longitudinal Study of Aging. *Journal of Gerontology Series A: Biological Sciences & Medical Sciences*. PubMed PMID: [PMC7494023](#)
38. Matthews, C.E., Troiano, R.P., **Salerno, E.A.**, Berrigan, D., Patel, S.B., Shiroma, E.J., & Saint-Maurice, P.F. (2020). Exploration of Confounding Due to Poor Health in an Accelerometer-Mortality Study. *Medicine and science in sports and exercise*, 10.1249. PubMed PMID: [PMC7669589](#)

39. **Salerno, E.A.**, Rowland, K., Hillman, C.H., Trinh, L., Kramer, A.F., & McAuley, E. (2020). Dose-response effects of acute aerobic exercise duration on cognitive function in patients with breast cancer: a randomized crossover trial. *Frontiers in Psychology*, *11*, 1500. PubMed PMCID: [PMC7371984](#)
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46. Morris, T.P., Kucyi, A., Anteraper, S.A., Geddes, M.R., Nieto-Castñon, A., Burzynska, A., Gothe, N.P., Fanning, J., **Salerno, E.A.**, Whitfield-Gabrieli, S., Hillman, C.H., McAuley, E. & Kramer, A.F. (2022). Resting state functional connectivity provides mechanistic predictions of future changes in sedentary behavior. *Scientific Reports*, *12*(1), 1-11. PubMed PMCID: [PMC8766514](#)
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49. **Salerno, E.A.**, Saint-Maurice, P.F., Wan, F., Peterson, L.L., Park, Y., Cao, Y., Duncan, R.P., Troiano, R.P. & Matthews, C.E. (2023). Prospective associations between accelerometry-derived physical activity and sedentary behaviors and mortality among cancer survivors. *JNCI Cancer Spectrum*. PubMed PMCID: [PMC10038185](#)
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51. Colmenares, A.M., Hefner, M.B., Calhoun, V.D., **Salerno, E.A.**, Fanning, J., Gothe, G.P., McAuley, E., Kramer, A.F. & Burzynska, A.Z. (2023). Symmetric data-driven fusion of diffusion tensor MRI: Age differences in white matter. *Frontiers in Neurology*. PubMed PMCID: [PMC10149813](#)
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54. Cheng, A.L., Dwivedi, M.E., Martin, A., Leslie, C.G., Pashos, M.M., Donahue, V.B., Huecker, J.B., **Salerno, E.A.**, Stegar-May, K. & Hunt, D.M. (2023). Predictors of patient engagement with an interprofessional lifestyle medicine program. *American Journal of Lifestyle Medicine*. PubMed PMCID: [PMC11507396](#)
55. Cheng, A.L., Dwivedi, M.E., Martin, A., Leslie, C.G., Fulkerson, D.E., Bonner, K.H., Huecker, J.B., **Salerno, E.A.**, Stegar-May, K. & Hunt, D.M. (2023). Predictors of progressing toward lifestyle change among participants of an interprofessional lifestyle medicine program. *American Journal of Lifestyle Medicine*. PubMed PMCID: [PMC11507295](#)
56. **Salerno, E.A.**, Harriss, C., Andrade, D.C., Peterson, L.L., Duncan, R.P., Kepper, M.M., Luo, J., Creel, P. & Colditz, G.A. (2023). Exercise during chemotherapy to prevent breast cancer-related cognitive decline: Protocol for a pilot randomized controlled trial. *Frontiers in Cognition*, 2, 1289415.
57. Gothe, N.P., Erlenbach, E. & **Salerno, E.A.** (2024). Yoga improves self-reported cognitive function among cancer survivors: results from the STAYFit trial. *Frontiers in Cognition*, 3, 1334727.
58. **Salerno, E.A.**, Harriss, C., Andrade, D.C., Peterson, L.L., Marx, C.M., Duncan, R.P., Luo, J., Kepper, M.M., Anbari, A.B. & Politi, M.C. (in press). Lessons learned from an observational study of patients with breast cancer: adaptation for remote implementation. *Journal of Supportive Care in Cancer*.

Book Chapters

1. Ehlers, D.K., **Salerno, E.A.**, Aguiñaga, S., & McAuley, E. (2018). Physical activity interventions to improve well-being and quality of life. Eds. E. Diener, S. Oishi, and L. Tay. *Handbook of Well-Being*. Salt Lake City, UT: DEF Publishers. DOI: [nobascholar.com](#)
2. **Salerno, E.A.**, Dart, H. & Colditz, G.A. (2023). Physical activity and health. *Encyclopedia of Public Health*, 3rd Edition.

Selected Oral Presentations

1. **Awick, E.A.**, Wójcicki, T.R., Olson, E.A., Fanning, J.T., Chung, H.D., Mackenzie, M.J., Zuniga, K.E., Motl, R.W., & McAuley, E. “Does a home-based DVD-delivered physical activity program increase self-esteem in older adults: an RCT.” Paper presented at the annual meeting of the Society of Behavioral Medicine, Philadelphia, PA, April 2014.
2. **Awick, E.A.**, Fanning, J.T., Wójcicki, T.R., Roberts, S.A., Motl, R.W., & McAuley, E. “Maintenance of self-esteem following a DVD-delivered physical activity program for older adults.” Paper presented at the annual meeting of the Society of Behavioral Medicine, San Antonio, TX, April 2015.
3. **Awick, E.A.**, Fanning, J., Ehlers, D.E., Aguiñaga, S., Daugherty, A.M., Kramer, A.F., & McAuley, E. “Physical activity, distress and quality of life in older adults: a panel model.” Paper presented as part of the symposium, Physical Activity and Wellness: Implications for Interventions in Aging Populations (Gothe, N., Aguiñaga, S., **Awick, E.A.**¹, & Renn, B.) at the annual meeting of the Society of Behavioral Medicine, San Diego, March 2017.
4. **Salerno, E.A.**, Rowland, K., Hillman, C.H., Trinh, L., Kramer, A.F., & McAuley, E. Dose-response effects of acute aerobic exercise on cognitive function in breast cancer survivors. Paper presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA, April 2018.
5. **Salerno, E.A.**, Rowland, K., Hillman, C.H., Trinh, L., Kramer, A.F., & McAuley, E. Acute aerobic exercise effects on spatial working memory in breast cancer survivors: Does the length of exercise matter? Paper presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C., March 2019.

6. **Salerno, E.A.**, Saint-Maurice, P., Willis, E.A., DiPietro, L. & Matthews, C.E. “Self-reported walking pace & all-cause mortality among cancer survivors in the NIH-AARP Diet and Health Study.” Paper presented as part of the symposium, From Big Data to Community Settings: How Can Exercise Improve Health Outcomes in Older Cancer Survivors? (Bluthmann, S., Mama, S.K., & **Salerno, E.A.**) at the annual meeting of the Gerontological Society of America, Austin, TX, November 2019.
7. **Salerno, E.A.**, Saint-Maurice, P.F., Wan, F., Peterson, L.L., Duncan, R.P., Cao, Y., Park, Y., Troiano, R.P. & Matthews, C.E. “Associations between accelerometry-derived physical activity, sedentary behavior & mortality in NHANES cancer survivors.” Paper presented at the annual meeting of the Society of Behavioral Medicine, Phoenix, AZ, April 2023.
8. **Salerno, E.A.**, Hu, Y., Williams, A.M., Park, Y., Chang, S., Krull, K., Ehrhardt, M., Robison, L., Armstrong, G.T., Joffe, L. & Ness, K. “Characterizing physiological frailty in childhood cancer survivors still in childhood: A report from the St. Jude Lifetime Cohort Study.” Paper presented at the annual meeting of the American Society of Preventive Oncology, Chicago, IL, March 2024.

Selected Poster Presentations

1. **Awick, E.A.**, Wójcicki, T.R., Gothe, N.P., Olson, E.A., Fanning, J.T., Kramer, A.F., & McAuley, E. “Exercise training interventions improve health related quality of life but not global quality of life.” Poster presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA, March 2013.
2. **Awick, E.A.**, Phillips, S.M., & McAuley, E., “Body mass index and self-esteem in breast cancer survivors: a prospective study.” Poster presented at the annual meeting of the American Psychosocial Oncology Society, San Diego, CA, March 2016.
3. **Awick, E.A.**, Phillips, S.M., & McAuley, E. “Physical activity, self-efficacy and self-esteem in breast cancer survivors: a panel model.” Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C., March 2016.
4. **Awick, E.A.**, Rowland, K., Kramer, A.F., & McAuley, E. “Effects of an acute bout of moderate-intensity aerobic exercise on working memory in breast cancer survivors.” Poster presented at the annual meeting of the International Psycho-Oncology Society, Dublin, Ireland, October 2016.
5. **Awick, E.A.**, Rowland, K., Kramer, A.F., & McAuley, E. “Acute Exercise Effects on Anxiety in Breast Cancer Survivors.” Poster presented at the annual meeting of the Society of Behavioral Medicine, San Diego, March 2017.
6. **Salerno, E.A.**, Wanigatunga, A.A., Urbanek, J., Simonsick, E.M., Resnick, S. & Schrack, J.A. “Longitudinal association between fatigability and executive function: Results from the Baltimore Longitudinal Study of Aging.” Poster presented at the annual meeting of the American College of Sports Medicine, Orlando, FL, May 2019.
7. **Salerno, E.A.**, Culakova, E., Kleckner, A.S., Heckler, C.E., Lin, P.J., Mustian, K.M., Matthews, C.E., Conlin, A., Weiselberg, L., Mitchell, J. & Janelins, M.C. “Pre-chemotherapy physical activity associations with cognitive functioning throughout treatment for breast cancer: Results from a longitudinal, nationwide study.” Poster presented at the annual meeting of the International Cognition and Cancer Task Force, Denver, CO, February 2020.
8. **Salerno, E.A.**, Culakova, E., Kleckner, A.S., Heckler, C.E., Lin, P.J., Mustian, K.M., Matthews, C.E. & Janelins, M.C. “Physical activity trajectories from pre- to post-chemotherapy in cancer patients compared to controls in a nationwide study.” Poster presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA, April 2020.
9. **Salerno, E.A.**, Gothe, N.P., Fanning, J., Peterson, L.L., Colditz, G. & McAuley, E. “Effects of a DVD-delivered physical activity intervention on functional health in cancer survivors.” Poster presented at the annual meeting of the American Society of Preventive Oncology, virtual, March 2021.

10. **Salerno, E.A.**, Gao, R., Gothe, N.P., Fanning, J., Peterson, L.L., Anbari, A., McAuley, E. & Colditz, G. “Designing physical activity interventions for rural cancer survivors: A survey of technology access, preferences, and needs.” Poster presented at the annual meeting of the Society of Behavioral Medicine, April 2022.
11. **Salerno, E.A.**, Gothe, N.P., Rowland, K., Kramer, A.F. & McAuley, E. “Persistence of acute exercise effects on cognitive function in breast cancer survivors.” Poster presented at the annual meeting of the International Cognition and Cancer Task Force, San Diego, CA, January 2023.
12. **Salerno, E.A.**, Harriss, C., Andrade, D.C., Peterson, L.L., Marx, C.M., Duncan, R.P., Luo, J., Kepper, M.M. & Politi, M. “Mental and cognitive symptoms in the perioperative breast cancer setting: Results from ecological momentary assessments.” Poster presented at the annual meeting of the Society of Behavioral Medicine, Philadelphia, PA, March 2024.
13. **Salerno, E.A.**, Harriss, C., Andrade, D.C., Peterson, L.L., Duncan, R.P., Kepper, M.M., Luo, J., Creel, P. & Colditz, G.A. “Exercise effects on perceived cognitive impairment during breast cancer chemotherapy: results from a randomized controlled trial.” Poster to be presented at the Moving Beyond conference, Lisbon, Portugal, April 2025.

Other Abstracts

1. Burzynska, A.Z., Chaddock-Heyman, L., Wong, C.N., Voss, M.W., Olson, E.A., Gothe, N.P., Lewis, A., Wójcicki, T.R., Fanning, J.T., Chung, H.D., **Awick, E.A.**, McAuley, E., & Kramer, A.F. “Positive effects of physical exercise and aerobic activity on white matter in old age.” Poster presented at the Annual Brain Plasticity and Neurorehabilitation Conference, Toronto, Canada, March 2013.
2. Wójcicki, T.R., Gothe, N.P., Olson, E.A., Fanning, J.T., **Awick, E.A.**, Chung, H.D., Motl, R.W., & McAuley, E. “Functional limitations in older adults: the influence of self-efficacy, physical activity, and functional performance.” Poster presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA, March 2013.
3. Chung, H.D., Wójcicki, T.R., Olson, E.A., Fanning, J.T., **Awick, E.A.**, Mackenzie, M.J., Zuniga, K.E., Motl, R.W., & McAuley, E. “Effects of a 6-month DVD-delivered exercise intervention on functional limitation in older adults.” Paper presented at the annual meeting of the Society of Behavioral Medicine, Philadelphia, PA, April 2014.
4. Gothe, N.P., Wójcicki, T.R., Olson, E.A., Fanning, J.T., **Awick, E.A.**, Motl, R.W., & McAuley, E. “Physical activity levels and patterns in older adults: the influence of a DVD-delivered exercise program.” Paper presented at the annual meeting of the Society of Behavioral Medicine, Philadelphia, PA, April 2014.
5. Porter, G., Fanning, J.T., **Awick, E.A.**, Roberts, S.A., Kramer, A.F., & McAuley, E. “Psychological distress is associated with disability independent of functional performance.” Paper presented at the annual meeting of the Society of Behavioral Medicine, San Antonio, TX, April 2015.
6. Zuniga, K.E., Mackenzie, M.J., **Awick, E.A.**, Roberts, S.A., & McAuley, E. “Psychological well-being and subjective memory impairment in breast cancer survivors.” Paper presented at the annual meeting of the Society of Behavioral Medicine, San Antonio, TX, April 2015.
7. Mackenzie, M.J., Zuniga, K.E., Raine, L.B., **Awick, E.A.**, Hillman, C.H., Kramer, A.F., & McAuley, E. “Cardiorespiratory fitness, physical activity, and working memory in breast cancer survivors.” Paper presented at the annual meeting of the Society of Behavioral Medicine, San Antonio, TX, April 2015.
8. Fanning, J.T., **Awick, E.A.**, Wójcicki, T.R., Roberts, S.A., Motl, R.W., & McAuley, E. “Effects of a DVD-delivered exercise intervention on maintenance of physical activity in older adults.” Paper presented at the annual meeting of the Society of Behavioral Medicine, San Antonio, TX, April 2015.
9. Fanning, J.T., **Awick, E.A.**, Wójcicki, T.R., Roberts, S.A., Motl, R.W., & McAuley, E. “The influence of a DVD-delivered physical activity program on patterns of sedentary time in older adults.” Paper presented at the annual meeting of the International Society for Behavioral Nutrition and Physical Activity, Edinburgh, Scotland, June 2015.

10. Ehlers, D., Fanning, J.T., **Awick, E.A.**, Roberts, S.A., & McAuley, E. "Effects of an exercise program on older adults' participation in exercise outside of scheduled sessions: influence of exercise program mode." Paper presented at the annual meeting of the International Society for Behavioral Nutrition and Physical Activity, Edinburgh, Scotland, June 2015.
11. Ehlers, D.K., Banducci, S.E., Fanning, J., **Awick, E.A.**, Porter, G.C., Kramer, A.F., & McAuley, E. "Effects of gait self-efficacy on complex task performance in older adults: the role of physical mobility." Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C., April 2016.
12. Ehlers, D.K., Fanning, J., Gothe, N., **Awick, E.A.**, Cooke, G., Burzynska, A., Wong, C., Kramer, A.F., & McAuley, E. "Does baseline executive function predict change in lower-body strength in older adults enrolled in an exercise trial?" Paper presented as part of the symposium Aging Well: Optimizing physical function and cognitive health (Gothe, N., Aguiñaga, S., Ehlers, D., & Resnick, B.) at the annual meeting of the Society of Behavioral Medicine, Washington, D.C., April 2016.
13. Porter, G.C., Fanning, J., **Awick, E.A.**, Roberts, S.A., Ehlers, D.K., Motl, R.W., & McAuley, E. "Sedentary breaks, not sedentary time, are associated with body mass index." Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C., March 2016.
14. Roberts, S.A., Fanning, J., **Awick, E.A.**, Porter, G.C., Ehlers, D.K., Wojcicki, T. R., Motl, R.W., & McAuley, E. "Long-term effects on physical function in older adults following a DVD-delivered exercise intervention." Paper presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C., April 2016.
15. Baniqued, P.L., Gallen, C.L., Voss, M.W., Wong, C.N., Cooke, G.E., Burzynska, A.Z., Duffy, K., Fanning, J., Ehlers, E., **Awick, E.**, McAuley, E., & Kramer, A.F. "Brain network predictors of training-related gains in older adults after fitness intervention." Poster presented at the Society for Neuroscience, November 2016.
16. Daugherty, A.M., Burzynska, A., Ehlers, E., **Awick, E.**, Fanning, J., Voss, M.m McAuley, E., & Kramer, A.F. "Neural correlates of aerobic exercise benefits to episodic memory function: a randomized control intervention study in older adults." Platform talk presented at the 2017 Dallas Aging and Cognition Conference, Dallas, TX, January 2017
17. Lloyd, G., Phillips, S.M., **Awick, E.A.**, Welch, W.A., & McAuley, E. "Physical activity and sedentary behavior in older and younger breast cancer survivors." Paper presented at the annual meeting of the Society of Behavioral Medicine, San Diego, March 2017.
18. Ehlers, D.K., Fanning, J., **Awick, E.A.**, Daugherty, A.M., Burzynska, A., Chaddock-Heyman, L., Kramer, A.F., & McAuley, E. "Reductions in loneliness through exercise training in older adults: Psychosocial and neural determinants." Paper presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA, March 2017.
19. Ehlers, D.K., Fanning, J., **Awick, E.A.**, Aguiñaga, S., Cosman, J.D., Severson, J., Kramer, A.F., & McAuley, E. "Replacing sedentary time with physical activity: Effects on cancer-related cognitive impairment." Paper presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA, March, 2017.
20. Anbari, A., Sandheinrich, T., Hulett, J & **Salerno, E.A.** "Missouri advanced practice nurses' perspectives on managing care for people with a history of cancer." Poster presented at the 48th annual congress of ONS, San Antonio, TX, April 2023.
21. Huynh, T., Harriss, C., Andrade, D.C., Luo, J., Peterson, L.L., Marx, C.M., Duncan, R.P., Kepper, M.M., Politi, M.C. & **Salerno, E.A.** "Longitudinal associations between physical activity, mental health and cognitive function during chemotherapy for breast cancer." Poster presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA, March, 2025.
22. Andrade, D.C., Parrish, L., Harriss, C., Peterson, L.L., Duncan, R.P., Luo, J., Marx, C.M., Kepper, M.M., Politi, M.C. & **Salerno, E.A.** "A qualitative exploration of patient and clinician needs and preferences for a physical activity

intervention during breast cancer chemotherapy.” Poster presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA, March, 2025.

23. Payne KM, Wogksch M, Partin RE, Mulrooney D, Terrell S, Zelinka K, Burgess J, Kepper MM, Dixon SB, Ky B, Ehrhardt MJ, Brinkman T, **Salerno EA**, Hudson MM, Armstrong GT, Burns J, Ness KK. Correlation Between the 2-Minute Step Test and Clinically Measured VO₂ Peak: A Report from The St. Jude Lifetime Cohort. ISLCCC Annual Meeting. Abstract. Seattle, Washington. June 19-21 2025.
24. Terrell S, Partin RE, O’Neil S, Ehrhardt M, Brinkman T, **Salerno E**, Kepper M, Wang Z, Srivastava D, Hudson MM, Armstrong G, Mulrooney D, Ness KK. Remotely Delivered Exercise Intervention Modestly Improves Peak Oxygen Uptake. ISLCCC Annual Meeting. Abstract. Seattle, Washington. June 19-21 2025.