OMB No. 0925-0001 and 0925-0002 (Rev. 09/17 Approved Through 03/31/2020)

BIOGRAPHICAL SKETCH

Provide the following information for the Senior/key personnel and other significant contributors.  
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NAME: Peter Giacobbi, Jr.

eRA COMMONS USER NAME: Pgiacobbi

POSITION TITLE: Associate Professor

EDUCATION/TRAINING

| INSTITUTION AND LOCATION | DEGREE | Completion Date | FIELD OF STUDY |
| --- | --- | --- | --- |
|  |  |  |  |
| State University of New York, Oswego, New York | B.A. | 05/1993 | Psychology |
| Miami University, Oxford, Ohio | M.S. | 08/1993 | Sport Studies |
| University of Tennessee, Knoxville, Tennessee | Ph.D. | 05/2000 | Education, Emphasis in Sport Psychology |

**A. Personal Statement**

The goal of this R21 project is to develop a Facebook-based weight management intervention for mid-life adults living in rural areas by using principles and methods of community engagement. I am very well qualified to lead this research effort having 80 peer-reviewed publications and funding from numerous public and private sources. Over the past 20 years, my research has focused on the use of psycho-educational skills, particularly guided imagery for health behavior change. I have been at the forefront of conceptual and measurement investigations that established construct validity of the exercise imagery construct. My research has shown that individuals who meet or exceed recommended guidelines for physical activity use this cognitive technique significantly more than those who do not. I have also shown that guided imagery can effectively reduce food cravings and increase physical activity in a single trial. My recent efforts have used guided imagery for smoking cessation. Importantly, much of my research has involved direct involvement of the target population in the development of intervention materials **(a – d below).** This proposal will build on these efforts by offering an innovative strategy to deliver vivid and realistic guided imagery for weight management with an underserved population.

1. **Giacobbi, P. R., Jr.,** Symons-Downs, D., Haggerty, T., Pidhorskyi, S., Long, D. L., Clemmer, M., Steinman, S., Olfert, M. D., Kinnamon, K.,\* Rao, N.,\* Staggs, H.,\* Hulsey. T., & Adjeroh, D. (Accepted). Feasibility and acceptability of guided imagery to address multiple health behaviors during pregnancy. *Journal of Midwifery and Women’s Health.*
2. Armin, J., Nair, U., **Giacobbi, P. R., Jr.,** Povis, G., Barraza, Y., Gordon, J. (2020). Developing a guided imagery telephone-based tobacco cessation program for a randomized controlled trial. *Tobacco Use Insights.* DOI: PMID: 32922107. Doi.10.1177/1179173X20949267
3. Haggerty, T., Brabson, L., Grogg, K., Herschell, A., **Giacobbi, P.R., Jr.,** Sedney, C., Dino, G. (Accepted, In Press). Usability testing of an electronic health application for patient activation on weight management. *mHealth.*
4. **Giacobbi P.R., Jr,** Hingle M., Cunningham J.K., Johnson T., & Gordon J.S. (2016). A Guided Imagery

Mobile App for Smoking, Diet and Physical Activity. *JMIR Research Protocols, Jan 21; 5(1):e12*. PMID: 26795257. Doi.[10.2196/resprot.5126](https://dx.doi.org/10.2196%2Fresprot.5126)

**B. Positions and Honors**

**Positions and Employment**

2000 - 2008 Assistant Professor, College of Health and Human Performance, University of Florida

2008 - 2012 Assistant Professor, Zuckerman College of Public Health, University of Arizona

2012 – Present, Associate Professor, College of Physical Activity and Sport Sciences with 50% Joint

Appointment, WVU School of Public Health, West Virginia University

2017 – Present: Associate Professor, Department of Sport Sciences with 50% Joint Appointment, Department

of Social and Behavioral Sciences, West Virginia University

2016 – 2019: Deputy Director/Co-Investigator, West Virginia Prevention Research Center, funded by CDC

**Other experiences & Professional memberships**

Member, Society of Behavioral Medicine

Member, American Psychological Association

Member, American Public Health Association

**C. Contributions to Science**

**1. Cross-Sectional Research in mental imagery**

I have been at the forefront in descriptive and measurement research on exercise imagery. Descriptive findings revealed that active exercisers use imagery focused on appearance, health, exercise strategies or routines, and exercise technique significantly more than less active individuals **(a, c).** These findings lead to the development and psychometric testing of the Exercise Imagery Inventory (EII) and EII-Revised (EII-R). A series of investigations revealed support for the construct validity of the EII-R using structural equation modelling **(b, d).** Analyses supported a higher-order facture structure of exercise imagery that serves cognitive (routines and techniques) and motivational (self-efficacy, affect) functions **(d).** Significant relationships between the cognitive and motivational aspects of exercise imagery, exercise self-efficacy, and exercise behavior were observed **(b, d).** This line of research shed light on underlying cognitive and motivational mechanisms linked to the initiation and maintenance of physical activity in adults.

1. **Giacobbi P.R., Jr.,** Hausenblas H.A., Fallon E.A., Hall C.R. (2003). Even more about exercise imagery: A grounded theory of exercise imagery. *Journal of Applied Sport Psychology,* 15:160-75. DOI. 10.1080/10413200305391
2. **Giacobbi P.R., Jr.,** Hausenblas H.A., Penfield R. (2005). Further refinements in the measurement of exercise imagery: The exercise imagery inventory. *Measurement in Physical Education and the Exercise Sciences* 2005;9:251-66. DOI: 10.1207/s15327841mpee0904\_4
3. **Giacobbi P.R., Jr**. (2007).Age and activity related differences in the use of exercise imagery. *Journal of Applied Sport Psychology,* 19:487-93. DOI.org/10.1080/10413200701601508
4. **Giacobbi P.R., Jr.,** Tuccitto D., Buman M., Munroe-Chandler K.M. (2010). A measurement and conceptual investigation of exercise imagery establishing construct validity. *Research Quarterly for Exercise and Sport,* 18:485-93. PMID: **21268473.** DOI.10.1080/02701367.2010.10599710

**2. Evidence supporting guided imagery for health behavior change**

The findings discussed above provided justification and guidance to test guided imagery on exercise behavior using randomized controlled trials, food cravings, and smoking cessation in clinical trials and randomized controlled trials (RCTs). The first trial showed significant time-by-group interactions with adults in the imagery-based arm reporting significantly increased exercise behavior after 18 months follow-up **(a).** A second 12-week RCT revealed a significant time-by-group interaction with participants exposed to guided imagery showing greater self-determined motivation to exercise as compared to those randomized to goal setting only **(b).** Finally, my work expanded to simultaneously address physical activity, food cravings, and psychological stress with overweight and obese women. Results of this trial resulted in significant time-by-group interactions for food cravings and exercise behavior and showed that guided imagery can simultaneously and positively impact both behaviors in a single trial. Overall, guided imagery is a simple and cost-effective way to address health behaviors linked to chronic disease and can be delivered using in-person and telephone based methods.

1. Buman, M. P., **Giacobbi, P.R., Jr.,** Dziersewski, J. M., Aiken Morgan, A., Roberts, B., McCrae, C.S., & Marsiske, M. M.P. (2011) Peer volunteers improve long-term maintenance of physical activity with older adults: a randomized controlled trial. Journal of Physical Activity & Health, 8 (2):S257-66. PMID: 21918240.
2. **Giacobbi P.R., Jr.,** Dreisbach K.A., Thurlow N.M., Anand P., Garcia F., (2014). Mental imagery increases self-determined motivation to exercise with university enrolled women: A randomized controlled trial using a peer-based intervention. Psychology of Sport and Exercise,15:374- 81. doi.org/10.1016/j.psychsport.2014.03.004
3. **Giacobbi, P.R., Jr.,** Thurlow, N.,\* Dreisbach, K.,\* Romney, K.\* (2016). Exercise for overweight and obese women: A multi-modal pilot intervention comparing in-person with phone-based delivery of guided imagery. *International Journal of Sport and Exercise Psychology,* 16(4). Doi: doi.org/10.1080/1612197X.2016.1256338
4. **Giacobbi, P.R., Jr.,** Long, D., Nolan, R., Shawley, S., Johnson, K., Misra, R. (2018). Guided imagery

targeting exercise, food cravings, and stress: A multi-modal randomized feasibility trial. *Journal of Behavioral Medicine,* 41(1): 87-98. PMID: 28766183. DOI.10.1007/s10865-017-9876-5.

3. I have also published reviews of randomized controlled trials that tested the impact of guided imagery in adults with arthritis and other rheumatic diseases and a scoping review documenting the breadth of research outcomes testing this cognitive technique.

1. **Giacobbi, P. R., Jr.,** Stabler, M., Stewart, J., Jaeschke, A. M., Siebert, J., & Kelley, G. Guided Imagery for Arthritis and other Rheumatic Diseases: A Systematic Review of Randomized Controlled Trials. *Pain Management Nursing, 16(1),* 792-803. PMID: 26174438. doi: 10.1016/j.pmn.2015.01.003
2. **Giacobbi, P.R., Jr.,** Stewart, J., Chaffee, K., Jaeschke, A.M., Stabler, M., Kelley, G. (2017). A scoping review of health outcomes examined in randomized controlled trials using guided imagery. *Progress in Preventive Medicine, e0010.* PMID: 29457147. Doi: 10.1097pp9.0000000000000010

4. The inter-disciplinary nature of my research program requires the use of multiple research methods. I have published on research design, methods, and psychometrics throughout my career. I have also published on research philosophy and mixed-methods design, the development of confidence intervals when developing item rating scales, and the use of differential item functioning in survey data.

1. **Giacobbi P.R., Jr.,** Poczwardowski A., Hager P. (2005). A pragmatic research philosophy for sport and exercise psychology. *The Sport Psychologist,*19:18-31. doi.org/10.1123/tsp.19.1.18
2. Penfield R.D., **Giacobbi P.R., Jr.** (2004).Applying a Score Confidence Interval to Aiken's Item Content-Relevance Index. *Measurement in Physical Education and Exercise Science,* 8:213-25. doi.org/10.1207/s15327841mpee0804\_3
3. Penfield R, **Giacobbi P.R., Jr.,** Meyers N.D. (2007). Using the cumulative common log-odds ratio to identify differential item functioning of rating scale items in the exercise and sport sciences. *Research Quarterly for Exercise and Sport,* 78:451-64. PMID: **18274217.** DOI: 10.1080/02701367.2007.10599445

**Complete List of Published Work in My Bibliography**:

<http://www.ncbi.nlm.nih.gov/myncbi/collections/bibliography/48173600/>

**D. Research Support**

**Ongoing research support**

West Virginia Department of Health and Human Services (WVDHHS), Health Promotion and Chronic Disease (HPCD). Strategic Planning and Evaluation Year 3. The purpose of this project is to evaluate a statewide mini-grant program administered by the WVDHHS and HPCD. PI: Dino, 6/30/20 – 6/29/21. Role: Co-Investigator

**Completed Research Support**

University of Montana/United States Department of State. Sport for Social Change in Mexico, Watson (PI)

8/1/2018 – 9/30/2019. The purpose of this project is to use the sport of soccer to promote civic engagement and leadership with girls and women in Mexico and the United States.

Role: Co-Investigator

West Virginia Department of Health and Human Services (WVDHHS), Health Promotion and Chronic Disease (HPCD). Strategic Planning and Evaluation Year 2. The purpose of this project is to evaluate a statewide mini-grant program administered by the WVDHHS and HPCD. PI: Dino, 6/30/19 – 6/29/20.

Role: Co-Investigator

U48 DP005004-02 Dino (PI) 9/30/16 – 09/29/19

**WV Prevention Research Center (WV PRC)**

Major goal: The WV PRC is one of 26 CDC funded center. The goal of the WV PRC is to examine the underlying behaviors and social conditions related to tobacco use, sedentary lifestyle, and poor nutrition. We strive to reduce health disparities related to race/ethnicity, geography, and socio-economic status in WV. My role is to engage faculty, strategic planning, sharing research oversight with the PI, evaluation, translation, and dissemination. **Role: Co-Investigator/Deputy Director WV Prevention Research Center**

NIH R34AT008947 Gordon (PI) 9/30/16 – 8/29/18

**A guided imagery tobacco cessation intervention delivered by quitline and website.**

Goal: This project compares a theory-based guided imagery intervention with usual care on a tobacco quitline.

Role: Co-Investigator

NSF 1636933 Adjeroh(PI) 10/19/17 – 8/31/2017

**Title of project: Large-scale medical informatics for patient care, coordination, and engagement**

Goal: Evaluate social media and web searches of patients in primary care.   
Role: Co-Investigator

WV, Clinical and Translational Science Institute 5/15/16 – 6/30/17

**Title of project: App development and feasibility testing for overweight and obese pregnant women in West Virginia.**

Goal: Develop and test a web-enabled app to help women manage their body weight during pregnancy.

Role: Principal Investigator

NCI R21CA174639-01A1 Gordon (PI) 01/14/14-12/1/16

**Title of project: Mobile Application for Guided Imagery to Address Smoking, Diet, and Exercise.**

Goal: Test the feasibility and basic efficacy of a mobile application intended to deliver mental imagery focused on smoking cessation, diet modification, and increased exercise with weight concerned women who smoke.

Role: Co-Investigator