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Center for Translational Behavioral Science
Florida State University College of Medicine
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EDUCATION

- 2013 - 2018 **Doctor of Philosophy, Clinical Psychology**
Florida State University, Tallahassee, FL (APA-Accredited)
Research Advisor: Natalie Sachs-Ericsson, Ph.D.
Dissertation (Defended June, 2017): Resilience through adversity:
Mapping out the mechanisms through which childhood adversity
influences health across the lifespan
GPA: 3.9
- 2012 – 2013 **Master of Science, Clinical Psychology**
Department of Psychology, Florida State University, Tallahassee, FL
Major Professor: Natalie Sachs-Ericsson, Ph.D.
Thesis (Defended Aug., 2013): Stress, race, and APOE: Understanding
the interplay of risk factors for changes in cognitive functioning
- 2008 - 2011 **Bachelor of Arts, Psychology**
Southern Illinois University, Carbondale, IL
Minor: Women's Studies
Honors Degree, Summa Cum Laude (2011)
Honors Thesis: Habits and lifestyles of successfully aging women in a
rural area

RESEARCH POSITIONS

- 08/2018 – Present **Director of the Integrative Science for Health Aging Program**
Clinical Assistant Professor
Center for Translational Behavioral Science, Florida State University
College of Medicine, Tallahassee, FL
- 08/2016 – 08/2017 **Graduate Research Assistant**
Study on effectiveness of “Powerful Tools for Caregivers” program
Department of Geriatrics, Florida State University Medical School
Tallahassee, FL
Supervisor: Antonio Terracciano, Ph.D.
- 08/2012 – 06/2017 **Graduate Research Assistant**
Epidemiology and Aging, Stress, and Dementia Research Laboratory
Florida State University, Psychology Department
Tallahassee, FL
Supervisor: Natalie Sachs-Ericsson, Ph.D.

TEACHING POSITIONS

- 08/2018 – Present **Instructor & Mentor**

Directed Individual Study (DIS) in Health Sciences (IHS 4904), Honors DIS in psychology (PSY 4915 & 4039), DIS in Psychology (PSY4920), DIS in Biological Sciences (BSC 4900), Florida State University

- 08/2016 – 08/2017 **Teaching Instructor**
Abnormal Psychology (CLP 4143), Florida State University
- 08/2015 – 12/2015 **Teaching Assistant & Supervisor**
Clinic Pre-practicum course (CLP 5624), Florida State University
- 08/2013 – 08/2015 **Teaching Assistant**
Research Methods (PSY 3213c), Florida State University

CLINICAL POSITIONS

- 08/2020 – Present **Psychologist**
FSU BehavioralHealth™ at Apalachee Center, Inc.
Tallahassee, FL
- 08/2017 – 07/2018 **Pre-Doctoral Geropsychology Intern**
Denver VA Medical Center
American Psychological Association Accredited
Denver, CO
- 08/2015 – 08/2016 **Assistant Director**
Florida State University Psychology Clinic
Tallahassee, FL
Supervisors: Thomas Joiner, Ph.D. & Therese Skubic Kemper, Ph.D.
- 08/2015 – 08/2016 **Psychological Specialist & Peer Supervisor**
Florida State University Psychology Clinic
Tallahassee, FL
Supervisor: Thomas Joiner, Ph.D.
- 08/2013 – 08/2016 **Clinical Psychology Trainee**
Florida State University Psychology Clinic
Tallahassee, FL
Individual Therapist & Dialectical Behavior Therapy Group Leader
Supervisors: Therese Kemper, Ph.D., Kimberly Driscoll, Ph.D.
- 08/2014 – 08/2015 **Clinician Psychology Extern**
Apalachee Center
Tallahassee, FL
Supervisor: Mark Reeves, Ph.D.
- 08/2013 – 08/2014 **Clinical Psychology Extern**
Florida State Hospital
Chattahoochee, FL
Supervisors: Gary Simmons, Ph.D. (Specialty Care Unit), Leslie Dellenbarger, Psy.D. (Forensic Unit).
- 08/2011- 05/2012 **Medical Team Leader and Habilitation Technician**

Developmental Planning & Services Inc.
 Murphysboro, IL
Supervisor: Lori Cowsert

Summer 2011 **Psychiatry Intern**
Department of Psychiatry, Southern Illinois University Medical
School Springfield, IL
Supervisors: Chad Noggle, Ph.D., Haojiang Huang, Ph.D., Shreedhar,
 Kulkarni, M.D.

CLINICAL TRAINING & WORKSHOPS

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| Cognitive Behavioral Analysis System of Psychotherapy (CBASP) Workshop <u>Presenter:</u> Martina Belz, Ph.D. | 10/19/2013 |
| University of Florida Transcranial Direct Current Stimulation (tDCS) Workshop <u>Presenters:</u> Adam J. Woods, PhD; Helena Knotkova, PhD; Marom Bikson, PhD | 9/04/2014 – 9/05/2014 |
| Brief Behavioral Activation Treatment for Depression <u>Presenter:</u> Carl Lejuez, Ph.D. | 12/05/2014 |
| Advanced Motivational Interviewing Workshop <u>Presenter:</u> Therese Skubic Kemper, Ph.D. | 7/16/2015 – 7/17/2015 |
| REACH VA Certification for Dementia <u>Presenter:</u> Celeste Bursi, REACH VA Program Coordinator | 8/16/17, 10/11/17, & 10/19/17 |
| Neuro-anatomy and Neuropsychology Seminar <u>Presenters:</u> Katherine Taber, Ph.D. & Robert Shura, Psy.D., ABPP | 10/4/17-6/29/18 |
| Acceptance and Commitment Therapy Training Workshop <u>Presenter:</u> Debra Sorensen, Ph.D. | 8/29/17-8/31/17 |
| Problem Adaptation Therapy (PATH) Workshop and Certification <u>Presenter:</u> Dimitris Kiosses, Ph.D. | 9/29/18-12/14/18 |
| Mediation, Moderation, and Conditional Process Analysis <u>Instructor:</u> Andrew Hayes, Ph.D. | Summer 2020 |
| Motivational Interviewing – Foundational <u>Trainers:</u> Bill Miller, PhD, Theresa Moyers, PhD, & Stephen Rollnick, PhD | Summer 2020 |
| Behavioral Health in Aging Certificate Boston University's Center for Aging and Disability Education and Research | 7/1/21-12/21/21 |

PEER-REVIEWED PUBLICATIONS

1. Pickett, S. M., Jacques-Tiura, A. J., Echeverri-Alvarado, B., **Sheffler, J. L.**, & Naar, S. (In press). Daytime Sleepiness, Addictive-like Eating, and Obesity Sequelae in Black and African American Youth with Obesity. *Sleep Health*.
2. Meynadasy, M.A., Brush, C. J., **Sheffler, J.L.**, Mach, R., Carr, D., Kiosses, D., Hajcak, G., & Sachs-Ericsson, N. (2022). Emotion Regulation and the Late Positive Potential (LPP) in Older Adults. *International Journal of Psychophysiology*.
3. Barrett, L.A., Xing, A., Steidley, E., **Sheffler, J.L.**, Adam, T.J., Zhang, R., & He, Z. (In Press). Assessing the Use of Prescription Drugs in Obese Respondents in the National Health and Nutrition Examination Survey. *PLOS one*.
4. Schmidt, N. B., Schubert, F. T., & **Sheffler, J.L.** (2022). Brief, Interoceptive Exposure Focused Treatment for Anxiety in Mild Cognitive Impairment. *Age and Ageing*, 51(6), afac133.
5. Brush, C. J., Kallen, A. M., Meynadasy, M. A., King, T., Hajcak, G., & **Sheffler, J. L.** (2022). The P300, Loneliness, and depression in older adults. *Biological Psychology*, 171, 108339.
6. Moliner, S., Quinn, J., & **Sheffler, J.** (2022). The Mediating Role of Cardiometabolic Dysregulation on the Relation between Adverse Childhood Experiences and Adult Cognition. *Psychosomatic Medicine*. DOI: [10.1097/PSY.0000000000001093](https://doi.org/10.1097/PSY.0000000000001093)
7. **Sheffler, J.**, Arjmandi, B., Hajcak, G., Quinn, J., Vied, C., Akhavan, N., & Naar, S. (2022). Feasibility of an MI-CBT Ketogenic Adherence Program for Older adults with Mild Cognitive Impairment. *Pilot and Feasibility Studies*, 8(16).
8. Naar, S., MacDonell, K., Chapman, J., Todd, L., Wang, Y., **Sheffler, J.**, Fernandez, M. (2022). Tailored Motivational Interviewing in Adolescent HIV Clinics: Primary Outcome Analysis of a Stepped-Wedge Implementation Trial. *Journal of Acquired Immune Deficiency Syndromes*, 90(1), S74-S83.
9. Preston, T.J., Carr, D.C., Sachs-Ericsson, N., **Sheffler, J.**, & Hajcak, G. (2021). Cognitive reappraisal and mental health in later life: The moderating role of gender. *Aging and Mental Health*, 1-9.
10. **Sheffler, J.**, Meynadasy, M., Taylor, D., Kiosses, D., & Hajcak, G. (2021). Subjective, Neuropsychological, and Neural Markers of Memory in Older Adults. *International Psychogeriatrics*, 1-9.
11. Nagy S.M., Butame S.A.*, Todd L, **Sheffler J.L.**, Budhwani H., Fernandez M.I., MacDonell K.K., and Naar S. (2021). Barriers and facilitators to implementing a motivational interviewing-based intervention: A multisite study of care and treatment organizations caring for youth living with HIV. *AIDS Care*, 1-6.
12. **Sheffler, J.**, Meyer, C., & Puga, F. (2021). Multi-sample assessment of stress reactivity as a mediator between childhood adversity and mid-to late-life Outcomes. *Aging & Mental Health*. DOI: [10.1080/13607863.2021.1910787](https://doi.org/10.1080/13607863.2021.1910787)
13. **Sheffler, J.**, Bekelman, D, Schmiede, S., & Sussman, J. (2020). A longitudinal analysis of the relationships between depression, fatigue, and pain in patients with heart failure. *Aging & Mental Health*.
14. **Sheffler, J.**, Joiner, T., & Sachs-Ericsson, N. (2020). The Interpersonal and Psychological Impacts of COVID-19 on Risk for Late-Life Suicide. *The Gerontologist*. DOI: [10.1093/geront/gnaa103](https://doi.org/10.1093/geront/gnaa103)
15. Sachs-Ericsson, N. Carr, D., **Sheffler, J.**, Preston, T.J., Kiosses, D. & Hajcak, G. (2019). Cognitive Reappraisal and the Association between Depressive Symptoms and Perceived Social Support among Older Adults. *Aging & Mental Health*, 1-9.

16. Holden, S., **Sheffler, J.**, Stewart, R., Thompson, S., Persson, J., Finseth, T., Kluger, B. (2019). Feasibility of home-based neurologic music therapy for behavioral and psychological symptoms of dementia. *Journal of Music Therapy*, 56(3), 265-286.
17. **Sheffler, J. L.**, Piazza, J. R., Quinn, J. M., Sachs-Ericsson, N. J., & Stanley, I. H. (2019). Adverse childhood experiences and coping strategies: identifying pathways to resiliency in adulthood. *Anxiety, Stress, & Coping*, 1-16. DOI: [10.1080/10615806.2019.1638699](https://doi.org/10.1080/10615806.2019.1638699)
18. Nowels, D., Nowels, M. A., **Sheffler, J. L.**, Kunihiro, S., & Lum, H. D. (2019). Features of US primary care physicians and their practices associated with advance care planning conversations. *The Journal of the American Board of Family Medicine*, 32(6), 835-846.
19. Piazza, J. R., Stawski, R. S., & **Sheffler, J. L.** (2019). Age, daily stress processes, and allostatic load: A longitudinal study. *Journal of Aging and Health*, 31(9), 1671-1691.
20. Hom, M. A., Stanley, I. H., Rogers, M. L., **Sheffler, J. L.**, Nelson, K. R., Joiner, T. E., & Schramm, E. (2018). Examining the characteristics and clinical features of in-and between-session suicide risk assessments among psychiatric outpatients. *Journal of clinical psychology*, 74(6), 806-818.
21. Sachs-Ericsson, N. J., Hajcak, G., **Sheffler, J. L.**, Stanley, I. H., Selby, E. A., Potter, G. G., & Steffens, D. C. (2018). Putamen volume differences among older adults: depression status, melancholia, and age. *Journal of geriatric psychiatry and neurology*, 31(1), 39-49.
22. Sachs-Ericsson, N., Stanley, I., **Sheffler, J.**, Selby, E., Joiner, T. (2017). Non-violent and violent forms of childhood abuse in the prediction of suicide attempts: Direct or indirect effects through psychiatric disorders? *Journal of Affective Disorders*, 215, 15-22.
23. Sachs-Ericsson, N. J., **Sheffler, J. L.**, Stanley, I. H., Piazza, J. R., & Preacher, K. J. (2017). When emotional pain becomes physical: adverse childhood experiences, pain, and the role of mood and anxiety disorders. *Journal of clinical psychology*, 73(10), 1403-1428.
24. **Sheffler, J.** & Sachs-Ericsson, N. (2016). Racial differences in the effect of stress on health and the moderating role of perceived Social support. *Journal of Aging and Health*, 28(8), 1362-1381.
25. **Sheffler, J.**, Rushing, N. C., Stanley, I. H., & Sachs-Ericsson, N. J. (2016). The long-term impact of combat exposure on health, interpersonal, and economic domains of functioning. *Aging & Mental Health*, 20(11), 1202-1212.
26. Sachs-Ericsson, N. J., Rushing, N. C., Stanley, I. H., & **Sheffler, J.** (2016). In my end is my beginning: Developmental trajectories of adverse childhood experiences to late-life suicide. *Aging & Mental Health*, 20(2), 139-165.
27. Sachs-Ericsson, N., Joiner, T., Cogle, J., & **Sheffler, J.** (2015). Combat Exposure in Early Adulthood Interacts with Recent Stressors to Predict PTSD in Aging Male Veterans. *The Gerontologist*, 56(1), 82-91
28. **Sheffler, J.**, Moxely, J., & Sachs-Ericsson, N. (2014). Stress, race, and APOE: Understanding the interplay of risk factors for changes in cognitive functioning. *Aging & Mental Health*, 18(6), 784-791.
29. Sachs-Ericsson, N., Moxely, J., Corsentino, E., **Sheffler, J.**, Selby, E., & Gotlib, I. (2014). Melancholia in later-life: Late and Early Onset differences in presentation, course and dementia risk. *International Journal of Geriatric Psychiatry*, 29(9), 943-951.
30. Sachs-Ericsson, N., Kendall-Tackett, K. A., **Sheffler, J.**, Arce, D., Rushing, N. C., & Corsentino, E. (2014). The influence of prior rape on the psychological and physical health functioning of older adults. *Aging & Mental Health*, 18(6), 717-730.
31. Sachs-Ericsson, N., Corsentino, E., Rushing, N., **Sheffler, J.** (2013). Childhood abuse and late-life suicidal ideation. *Aging and Mental Health*, 17(4), 489-494.

BOOK CHAPTERS

1. **Sheffler, J.**, Noggle, C.A., & Ala, T. (2014). Secondary complications in cortical dementias. In C.A. Noggle & R.S. Dean (Eds.) *Neuropsychology of Cortical Dementias*. New York: Springer Publishing Company.
2. **Sheffler, J.**, Stanley, I., Sachs-Ericsson, N. (2019). The Mental Health Effects of ACEs. In Asmundson, G.J.G. & Afifi, T.O. (Eds.) *Adverse Childhood Experiences (ACEs): Using Evidence to Advance Research, Practice, Policy and Prevention*, Elsevier.

MANUSCRIPTS UNDER REVIEW

- Sheffler, J.L.**, Saliga, H., Pickett, S.M. (Under Review). The role of physical activity on the relationships between pain, anxiety, and sleep quality in older age. *Journal of Gerontology: Medical Sciences*.
- Sheffler, J.L.**, Burchard, V., Pickett, S.M. (Under Review). Adverse childhood experiences and poor sleep quality in older adults: The influence of emotion regulation. *Journal of Gerontology: Medical Sciences*.
- Carr, D.**, **Sheffler, J.L.**, Schmidt, B., Hajcak, G., & Sachs-Ericsson, N. (Under Review). The protective effect of resilience against anxiety among older adults with high COVID-19 stress. *International Journal of Public Health*.
- Dark, T., Sehres, G., **Sheffler, J.**, Harman, J., & Rust, G. (Under Review). Association between mental health diagnoses and cardiometabolic syndrome in the US. *Psychosomatic Medicine*.
- Nowels, M., Nowels, D., Sheffler, J., & Lum, H. (Under Review). Characteristics of International Primary Care Practices and Physicians Related to Advance Care Planning. *European Journal of General Practice*.

CONFERENCE PRESENTATIONS (selected)

- Sheffler, J.L.** & Pickett, S. (August, 2022). *Adverse Childhood Experiences and Poor Sleep Quality in Older Adults: The Influence of Cognitive Reappraisal*. Alzheimer's Association International Conference, San Diego, CA.
- Sheffler, J.L.** (March, 2022). *Works in Progress: Feasibility and Acceptability of an MI-CBT Ketogenic Adherence Program for Pain in Older Adults with Mild Cognitive Impairment*. Invited talk at Resource Centers for Minority Aging Research Annual Meeting, Virtual.
- Sheffler, J.L.** & Pickett, S. (March, 2022) *Pain, Anxiety, and Sleep Quality in Older Adults: The Limited Benefits of Physical Activity*. Poster presented at the CTSA Southeastern Regional Conference, Callaway, GA.
- Sheffler, J.L.**, Meynadasy, M., Kiosses, D., & Sachs-Ericsson, E. (November, 2021). *Feasibility Pilot: Problem Adaptation Therapy for Emotion Regulation in Community Older Adults*. Paper presentation at the Gerontological Society of America's Annual Conference, Virtual.
- Sheffler, J.L.**, Saliga, H., & Taylor, D. (July, 2021). *The Role of Physical Health on the Relationship Between Subjective Memory Complaints, Anxiety, and Depression in Older Adults during the COVID-19 Pandemic*. Alzheimer's Association International Conference, Virtual.
- Sheffler, J.L.**, Bullock, P., & Naar, S. (March, 2021). *Feasibility of a Ketogenic Nutrition Adherence Program for Older Adults*. Presented at the Southeast Regional Clinical & Translational Science Conference, Virtual.

- Sheffler, J.L.**, Vied, C., Meynadasy, M., Mach, R., Brush, C., & Hajcak, G. (November, 2020). *P300 Amplitude in Relation to Age, Neuropsychological Performance, and Genetic Risk for Alzheimer's Disease*. Presented at the Gerontological Society of America's Annual Conference, Virtual.
- Sheffler, J.** (2020). *Multi-sample assessment of stress reactivity as a mediator between childhood adversity and mid-to late-life Outcomes*. Poster presented at the CTSA Southeastern Regional Conference, Callaway, GA.
- Sheffler, J.** (2019). *Adult Stress as a Mediator between childhood adversity and late-life outcomes*. Symposium presentation at the Emotions International Conference, Tilburg, Netherlands.
- Moltisanti, A. J., **Sheffler, J.**, & Sachs-Ericsson, N. (October, 2017). *The role of inflammation in the relationship between early life adversity and adult neurocognitive functioning*. Poster presented at the National Academy of Neuropsychology Annual Conference, Boston, MA.
- Sheffler, J.** (2017). *Suicidality and Special Considerations for Older Adults*. Geriatric Research, Education, and Clinical Center (GRECC) Education Conference, Denver, CO.
- Sheffler, J.**, Sachs-Ericsson, N., Stanley, I., & Piazza, J. (2016, March). *Coping with adverse childhood experiences: Identifying pathways to health resiliency in adulthood*. American Psychosomatic Society, Denver, CO.
- Sheffler, J.** & Sachs-Ericsson, N. (2015, March). *Racial differences in the effect of stress on health and the moderating role of perceived Social support*. Florida State Graduate Research Day, Tallahassee, FL.
- Sheffler, J.** & Sachs-Ericsson, N. (2014, March). *Stress, race, APOE: Understanding the interplay of risk factors for cognitive decline*. Florida State University Graduate Research Day, Tallahassee, FL.
- Sheffler, J.**, Sachs-Ericsson, N. (2013, November). *Stress, race, APOE: Understanding the interplay of risk factors for cognitive decline*. Poster presented at the Gerontological Society of America, New Orleans, LA.

GRANTS & AWARDS

Active Funding:

1. **Sheffler, J. (PI)**, Naar, S., He, Z., Arjmandi, B., & Kiosses, D. (July 2021-June 2023). *Pragmatic trial of an MI-CBT Adherence Program for Lifestyle Interventions in Older Adults with Mild Cognitive Impairment*. KL2 Scholar, National Institute of Health, National Center for Advancement of Translational Science (NCATS). Award Number: 1KL2TR001429. Total award \$263,330.
2. **Sheffler, J. (PI)**, Naar, S., Cruz-Almeida, Y., & Kiosses, D. (June 2021-June 2022). *Feasibility and Acceptability of an MI-CBT Ketogenic Adherence Program for Pain in Older Adults with Mild Cognitive Impairment*. Center for Advancing Minority Pain and Aging Science (CAMPAS) Pilot Grant. Total award \$25,000.
3. Schmidt, N.B., **Sheffler, J. (Co-PI)**, Boot, W., Van Orden, K. (June 2022-May 2023). *Combatting Social Isolation in Older Adults: Randomized Clinical Trial Evaluating the Acceptability and Efficacy of a Brief, Technology Delivered Intervention*. RRF Foundation for Aging. Total award: \$91,043.
4. Meynadasy, M. (PI), Sachs-Ericsson, N., Wilber, A., Hajcak, G., Brush, C., **Sheffler, J. (Co-Mentor)**. *Neural Risk Markers of Alzheimer's Disease and their Modulation through Exercise*. National Institute of Health (NIH) Integrated Clinical Neuroscience Training for Translational Research (5T32MH093311-08).
5. Ahn, Hyochol (PI), **Sheffler, J. (Co-I)**. (Pending NIH transfer to FSU). *Self-Administered Transcranial Direct Current Stimulation for Pain in Older Adults with Knee Osteoarthritis: A*

Phase II Randomized Sham-Controlled Trial. National Institute of Health, National Institute of Nursing Research (NINR). Award Number: 1R15NR018050-01A1.

Submissions Under Review:

1. Schmidt, NB., Allan, N., Suhr, J., **Sheffler, J. (Co-I)**, Boot, W., & Himawan. (Submitted 03/2022) *Randomized Clinical Trial of a Brief, Anxiety Intervention for Mild Cognitive Impairment or Mild Alzheimer's Disease and their Care Partners*. R01 resubmitted to the National Institute on Aging.
2. Clark, H., **Sheffler, J. (Co-I)**, Hickner, R., & Arjmandi, B. (Submitted 02/2022). *The impact of blueberry consumption on oxidative stress, vascular health, and neuropsychological health in older adults with mild cognitive impairment*. U.S. Highbush Blueberry Council.
3. Prado, C., Aubrey, C., Ferguson, S., Kirkham, A., Pin, S., Pituskin, E., Quintanilha, M., **Sheffler, J. (Co-I)**, Simpson, A., Evans, W., Morton, S., Orsso, C., & Sinasac, S. (Submitted 03/2022). *Using a novel, digital, and multimodal platform to optimize waist circumference, body composition, and cardiovascular health in endometrial cancer survivors*. Canadian Institutes of Health Research.
4. Schmidt, N., Van Orden, K., **Sheffler, J. (Co-I)**, Boot, W., Ahn, H., & Hongyu, M. (Submitted 03/2022). *Evaluating Interpersonal Risk Factors for Suicide in Mild Cognitive Impairment: A Mechanistic Clinical Trial*. R21 submitted to the National Institute on Aging.
5. Prado, C., Aubrey, C., Ferguson, S., Kirkham, A., Pin, S., Pituskin, E., Quintanilha, M., **Sheffler, J. (Co-I)**, Simpson, A., Evans, W., Morton, S., Orsso, C., & Sinasac, S. (Submitted 05/2022). *Red Shoes for Wellness: using a web-based nutrition, physical activity, and mindfulness platform to optimize body composition in endometrial cancer survivors*. American Institute for Cancer Research.

Previous Funding:

1. Pickett, S. (PI), Stanwood, G., Hajcak, G., Ormsbee, M., Lyons, L., Olcese, J., Ribeiro, J., **Sheffler, J.**, & Choogon, L. (May 2020-April 2021). The Development of a Sleep Laboratory to Increase Collaboration and Research Funding through the Acquisition of Sleep Assessment Equipment. Funded by FSU Council on Research and Creativity, Equipment and Infrastructure Enhancement Grant. Total award \$39,971.
2. **Sheffler, J. (PI)**, Naar, S., He, Z., & Kiosses, D. (October 2020-June 2021). Pragmatic trial of a Ketogenic Nutrition Adherence Program for Older Adults with Mild Cognitive Impairment. Funded by FSU K Scholar program. Total award \$134,778.
3. **Sheffler, J. (PI)**, Arjmandi, B., Naar, S., Vied, C., Quinn, J., Akhavan, N. (May 2019-June, 2020). *Early phase feasibility trial: Examining the effects of diet on genetic and psychosocial risks for Alzheimer's disease*. University of Florida and its Clinical Translational Science Award (NIH Award Number UL1TR001427). Total award \$50,000.
4. **Sheffler, J. (PI)** & Hajcak, G. (Co-PI), Naar, S., Vied, C., Quinn, J., Arjmandi, B. (July, 2019 – August 2020). *EEG P300 Amplitude and Latency in Relation to Risk for Alzheimer's Disease and the Impact of a Ketogenic Diet*. Funded by the Institute for Successful Longevity. Total award \$15,000.
5. Sachs-Ericsson, N. (PI), Carr, D. (PI), Hajcak, G. (Co-investigator), **Sheffler, J. (Co-investigator)**, Naar, S. (Co-investigator), Miles, T. (Co-investigator). (July 2018 – July 2019). *Is it possible to bolster resilience by increasing emotional regulation in later life? Examining the neural correlates of emotion regulation and resiliency among older adults*. Funded by the Institute for Successful Longevity. Total award \$15,000.

PROFESSIONAL AFFILIATIONS AND LEADERSHIP ROLES

- Gerontological Society of America member 2019-Present
- Alzheimer's Association International Society to Advance Alzheimer's

- Research and Treatment (ISTAART) member 2019-Present
- Institute for Successful Longevity Faculty Affiliate 2018-Present
- Pepper Institute on Aging and Public Policy Affiliate 2019-Present
- American Psychological Association Member, 2015-Present
 - Division 20: Adult Development and Aging, Member 2019-Present
 - Division 20: CRSA Special Interest Group, Co-Chair 2019-2022
 - Division 20: ADRD Special Interest Group, Chair 2022-Present
- American Association for the Advancement of Science Member 2016-2020
- Association for Women in Science (AWIS) member, 2016-2017
- 'Diversity in Clinical Sciences' Speaker Series committee member 2014-2016

HONORS AND AWARDS

- Alzheimer's Association Interdisciplinary Summer Research Institute 2022
- University of Florida CAMPAS Scientist (RCMAR) 2021-2022
- Paper Session Chair at the Gerontological Society of America annual Conference 2021
- Selected to attend NIA IMPACT Collaboratory Training Workshop Retreat 2021-2022
 - Building Skills to Conduct Embedded Pragmatic Clinical Trials among People Living with Dementia and their Care Partners
- Outstanding Junior Faculty Researcher Award recipient, FSU CoM 2020-2021
- UROP Materials Grant (\$1,000) 2021
- Nominated for the FSU Inclusive Teaching and Mentoring Award 2020
- UROP Materials Grant (\$1,000) 2020
- National Institute on Aging (NIA) Butler-Williams Scholar, 2019
- UROP Materials Grant (\$500) 2019
- American Psychological Association – APF scholarship Nominee (\$1,000- \$5,000) 2016
- Nominated participant in the AAAS Program for Excellence in Science
 - Three-year sponsored membership 2016-2019
- Cantab Bursary grant finalist – Funding grant for novel cognitive research 2015
- Graduate Research Development Award, 2013 & 2016
- Conference Presentation Support Grant, 2013 & 2016

MENTORSHIP

- Melissa Meynadasy, Doctoral Dissertation Committee 2022
- Sheyla Moliner, Summer Research Fellowship mentor (Medical student) 2021
- Celina Meyer, Honor's Thesis in Psychology 2021
- Melissa Meynadasy, Master's Thesis Committee 2020
- Undergraduate Research Opportunity Program Mentor 2018-Present

Mentored Presentations (Selected):

Saliga, H. & **Sheffler, J.** (April, 2022). *Pilot Trial of an MI-CBT Adherence Program for Lifestyle Interventions in Older Adults with Mild Cognitive Impairment*. Poster presented at the Women in Math, Science, and Engineering Symposium, Tallahassee, FL.

Meynadasy, M. A., Brush, C. J., **Sheffler, J.**, Kiosses, D., Sachs-Ericsson, N., Hajcak, G. (October, 2021). *Internal Consistency and Stability of the Late Positive Potential During an Emotion Regulation Task in Older Adults*. Poster presented at Society for Psychophysiological Research. Virtual.

Moliner, S., Quinn, J. M., & **Sheffler, J.** *The Mediating Role of Cardiometabolic Dysregulation on the Relation Between Adverse Childhood Experiences and Adult Cognition*. Medical Student Summer Research Poster Session. Florida State University College of Medicine, FL. 25 Oct 2021.

- Saliga, H. & **Sheffler, J.** (July, 2021). *Examining the Role of Socio-Demographic Factors in the Relationship between Childhood Adversity, Stress, and Late-Life Health Outcomes*. Poster presented at the Florida Alliance Health Professions Diversity Health Equity Research Institute Scholar Conference, Virtual.
- Taylor, D.T., Saliga, H., **Sheffler, J.L.** (March 2021) *The Role of Health in the Relationship Between SMCs, Anxiety, and Depression During the COVID-19 Pandemic*. Oral presentation at the ACC Meeting of the Minds Conference, Virtual.
- Meynadasy, M. A., Brush, C. J., Mach, R., **Sheffler, J.**, Kiosses, D., Sachs-Ericsson, N., Hajcak, G. (October, 2020). *Emotion Regulation, Depression, and the LPP in Older Adults*. Poster presented at Society for Psychophysiological Research. Virtual.
- Meynadasy, M. A., Hajcak, G., Naar, S., **Sheffler, J. L.** (July, 2020). *Subjective Memory Complaints: Fact or Feeling?* Poster presented at the Alzheimer's Association International Conference. Virtual.
- Taylor D.T., Washington, N., **Sheffler J.L.** (February 2020) *The Relationship Between Depression, Anxiety, and Cognitive Functioning: A Cross-sectional and Longitudinal Study*. Poster presented at Florida Undergraduate Research Conference (FURC), Fort Meyers, FL.
- Meyer C. & **Sheffler J.** (2019, October). The Role of Child Adversity and Household Chaos on Emotion Regulation in Adulthood. Oral Presentation at the President's Showcase of Undergraduate Research Excellence, Florida State University, Tallahassee, FL.
- Sheffler J.**, Sachs Ericsson N., Meyer C., Carr D., Hajcak G. (2019, April). The Moderating Role of Depressive Symptoms in Cultivating Social Support Later in Life. Poster presented at Undergraduate Research Day, Florida State University, Tallahassee, FL.

Contributions to the Field

1. Scientific reviewer for the following journals:
 - a. Journal of Aging and Mental Health
 - b. Journal of Aging and Health
 - c. Journal of Translational Science
 - d. Journal of Clinical Psychology
 - e. Journal of Traumatic Stress
 - f. Journal of Health and Social Behavior