

## BIOGRAPHICAL SKETCH

Provide the following information for the key personnel and other significant contributors in the order listed on Form Page 2.  
Follow this format for each person. **DO NOT EXCEED FOUR PAGES.**

NAME Ashida, Sato	POSITION TITLE Assistant Professor
eRA COMMONS USER NAME (credential, e.g., agency login): SATOASHIDA	

EDUCATION/TRAINING <i>(Begin with baccalaureate or other initial professional education, such as nursing, and include postdoctoral training.)</i>			
INSTITUTION AND LOCATION	DEGREE <i>(if applicable)</i>	YEAR(s)	FIELD OF STUDY
The Ohio State University	B.M.	08/1995	Music
The Ohio State University	M.M.	08/1997	Music
Florida State University	M.M.	12/1999	Music Therapy
The Ohio State University	Ph.D.	12/2005	Public Health
National Human Genome Research Institute	Post-doc	10/2006- 8/2010	Social Network Methods

### A. Personal Statement

My research focuses on understanding the roles of social contexts and social relationships in health as well as in health-related behaviors and cognitions, and to develop strategies to influence these factors to facilitate health and well-being. My training background consists of health behavior theories, program development and implementation, gerontology/aging, social network methodology, and public health genomics. My previous work includes evaluation of social influence within personal networks and its impact on psychological adaptation, evaluation of the roles of social support and engagement on health, and evaluation of social resources available within families affected by serious illnesses such as Alzheimer's disease and hereditary cancer syndrome. Recently, I developed a theory-based program to enhance disaster preparedness among older adults using the Extended Parallel Process Model, as part of a pilot test in collaboration with local community partners (e.g., Aging Network service providers, United Way, senior center, churches). I am a member of the campus-wide Aging Mind and Brain Initiative and a co-investigator with the UI Prevention Research Center.

### B. Positions and Honors

#### Employment

2000-2003	Music Therapist, Columbus Music Therapy Center, Institute for Human Potential, Columbus, OH. Sally Hough, MM.
2000-2001	Graduate Research Associate (50%), Division of Health Behavior and Health Promotion, College of Public Health, The Ohio State University, Columbus, OH. Kenneth Steinman, PhD.
2001-2002	Graduate Research Associate (50%), Clinical Cancer Genetics Program, James Cancer Research Hospital and College of Public Health, The Ohio State University, Columbus, OH. Judith Westman, MD, PhD, Sharla Willis, DrPH.
2002-2003	Graduate Teaching Associate (50%), Division of Health Behavior and Health Promotion, College of Public Health, The Ohio State University, Columbus, OH. Catherine A. Heaney, MPH, PhD.
2004-2005	Graduate Research Associate (75%), Division of Epidemiology, College of Public Health, The Ohio State University, Columbus, OH. Catherine A. Heaney, MPH, PhD and John R. Wilkins III, BCE, MSPH, DrPH.
2005-2006	Research Associate (full-time), Division of Epidemiology, College of Public Health and College of Engineering, The Ohio State University, Columbus, OH. Catherine A. Heaney, MPH, PhD, John R. Wilkins III, BCE, MSPH, DrPH, and Williams S. Marras, PhD.
2006-2010	Postdoctoral Research Fellow (full-time), Social Network Methods Section, Social and Behavioral Research Branch, Division of Intramural Research, National Human Genome Research Institute, National Institutes of Health, Bethesda, MD

- 2010-2012 Assistant Professor, Social and Behavioral Sciences, University of Memphis School of Public Health, Memphis, TN
- 2012-current Assistant Professor, Community and Behavioral Health, University of Iowa College of Public Health, and the University of Iowa Aging Mind and Brain Initiative Cluster, Iowa City, IA

#### Certifications

- 2000-present Music Therapist – Board Certified (MT-BC)
- 2005 Certificate in Graduate Interdisciplinary Training on Aging, Office of Gerontology and Geriatrics, The Ohio State University

#### Honors

- 1995 Excellence in the Arts Award: Cum Laude
- 1997 Golden Key National Honor Society
- 1997 Pi Kappa Lambda, National Music Honor Society
- 1999 The National Honor Society of Phi Kappa Phi
- 2004 Alumni Grants for Graduate Research and Scholarship, The Ohio State University
- 2005 Research Incentives Award, Miami Valley Gerontology Council
- 2005 Outstanding Student Award, College of Public Health, The Ohio State University and College of Public Health Alumni Society
- 2005 Jerome Kaplan Outstanding Graduate Paper in Gerontology Award, Ohio Association of Gerontology and Education
- 2006 Delta Omega Honorary Public Health Society
- 2006 Honorable Mention for the James G. Zimmer New Investigator Research Award, Gerontological Health Section, American Public Health Association
- 2008 Emerging Scholars and Professional Organization Poster Award, Gerontological Society of America
- 2007 New Investigator Award, American Public Health Association Genomics Forum
- 2006-2010 NIH Intramural Training Award, National Institutes of Health
- 2008 Institute on Systems Science and Health Summer Training Program, Office of Behavioral and Social Sciences Research, National Institutes of Health & Centers for Disease Control and Prevention
- 2011 NIA Summer Institute on Aging Research

#### Professional Memberships

- 2001-present American Public Health Association, abstract reviewer
- 2005-present Gerontological Society of America
- 2007-present Society of Behavioral Medicine, abstract reviewer
- 2010-2011 American Academy of Health Behavior (full-member)

### **C. Selected peer-reviewed publications (in chronological order).**

1. Ashida S. (2000) The effect of reminiscence music therapy sessions on changes in depressive symptoms in elderly persons with dementia. *Journal of Music Therapy*, 37(3), 170-182. PMID: 10990595
2. Sweet K, Willis S, Ashida S, Westman J. (2003) Use of fear-appeal techniques in design of tailored cancer risk communication messages: Implications for healthcare providers. *Journal of Clinical Oncology*, 21(17), 3375-3376.
3. Ashida S, Heaney CA. (2008) Differential associations of social support and social connectedness with structural features of social network systems and the health status of older adults. *Journal of Aging and Health*, 20(7), 872-893. PMID: 18815414
4. Ashida S, Heaney CA. (2008) Social networks and participation in social activities at a new senior center: Reaching out to older adults who could benefit the most. *Activities, Adaptation, and Aging*, 32(1), 40-58.
5. Ashida S, Palmquist AE, Basen-Engquist K, Singletary SE, Koehly LM. (2009) Changes in female support network systems and adaptation after breast cancer diagnosis: Differences between older and younger patients. *The Gerontologist*, 49(4), 549-559. PMC: 2733765, PMID: PMC2733765
6. Ashida S, Koehly LM, Roberts JS, Chen CA, Hiraki S, Green RC. (2009) Disclosing the disclosure: Factors associated with communication of susceptibility genotype to family, friends, and health professionals. *Journal of Health Communication*, 14(8), 768-784. PMC: 2801901, PMID: PMC2801901

7. Ashida S, Hadley DW, Vaughn BK, Kuhn NR, Jenkins JF, Koehly LM. (2009) The impact of familial environment on depression scores after genetic testing for cancer susceptibility. *Clinical Genetics*, 75, 43-49. PMC: 2615793, PMID: PMC2615793
8. Hadley DW, Ashida S, Jenkins JF, Mensz JM, Calzone KA, Kuhn NR, McBride CM, Kirsch IR, Koehly LM. (2010) Generation after generation: Exploring the psychological impact of providing genetic services through a cascading approach. *Genetics in Medicine*, 12(12), 808-815. PMID: 20921894
9. Ashida S, Wilkinson AV, Koehly LM. (2010) Motivation for Health Screening: Evaluation of Social Influence within Mexican American Families. *American Journal of Preventive Medicine*, 38(4), 396-402. PMC: 2844878, PMID: PMC2844878
10. Ashida S, Koehly L, Roberts S, Chen C, Hiraki S, Green R. (2010) The role of disease perceptions and results sharing on psychological adaptation in genetic susceptibility testing: The REVEAL Study. *European Journal of Human Genetics*, 18(12), 1296-1301. PMC: 2988099, PMID: PMC2988099
11. Ashida S, Goodman M, Pandya C, Koehly M, Lachance C, Stafford J, Kaphingst K. (2011) Age differences in health literacy, genetic knowledge and causal beliefs for health conditions. *Public Health Genomics*, 14(4-5), 307-316. PMC: 313690, PMID: PMC313690
12. Hadley DW, Ashida S, Jenkins JF, Calzone KA, Kirsch IR, Koehly LM. (2011) Colonoscopy use following mutation detection in Lynch syndrome: Exploring a role for cancer screening in adaptation. *Clinical Genetics*, 79(4), 321-328. PMC: 3407565, PMID: PMC3407565
13. Asti L, Canan BD, Heaney C, Ashida S, Renick K, Xiang H, Stallones T, Bean T, Jepsen SD, Wilkins JR. (2011) Compliance with the North American Guidelines for Children's Agricultural Tasks among Youth Working with Large Animals. *Journal of Agromedicine*, 16(3), 174-193.
14. Canan BD, Asti L, Heaney CA, Ashida S, Renick KM, Xiang H, Stallones L, Wilkins JR. (2011) NAGCAT work practice adherence among youth cleaning service alleys in stall barns. *Journal of Agricultural Safety and Health*, 17(2), 127-146.
15. Ashida S, Hadley DW, Goergen AF, Skapinsky K, Devlin H, Koehly LM. (2011) The importance of older family members in providing social resources and promoting cancer screening in families with a hereditary cancer syndrome. *The Gerontologist*, 51(6), 833-842. PMC: 3220664, PMID: PMC3220664
16. Ashida S, Heaney CA, Kmet JM, Wilkins JR. (2011) Using Protection Motivation Theory and Formative Research to Guide An Injury Prevention Intervention: Increasing Adherence to the North American Guidelines for Children's Agricultural Tasks. *Health Promotion Practice*, 12(3), 396-405. PMID: 21518923
17. Koehly L, Ashida S, Giroux A, Skapinsky K, Hadley DW, Wilkinson AV. (2011) Willingness of Mexican-American adults to share family health history with healthcare providers. *American Journal of Preventive Medicine*, 40(6), 633-636. PMC: 3104291, PMID: PMC3104291
18. Ashida S, Goodman MS, Stafford J, Lachance C, Kaphingst KA. (2012) Perceived familiarity with and importance of family health history among a medically underserved population. *Journal of Community Genetics*, 3(4), 285-295. PMC: 3461219, PMID: PMC3461219
19. Ashida S, Wilkinson A, Koehly L. (2012) Social influence and motivation to change health behaviors: Implications for diet and physical activity. *American Journal of Health Promotion*, 26(3), 176-179. PMC: 3252202, PMID: PMC3252202
20. Ashida S, Kaphingst K, Goodman M, Schafer E. (2013) Family health history communication networks of older adults: Importance of social relationships and disease perceptions. *Health Education and Behavior*, 40(5), 612-619. PMID: 23345335
21. Koehly LM, Ashida S, Schafer E, Ludden A. (2014) Caregiving networks – Using a network approach to identify missed opportunities *Journal of Gerontology: Social Sciences*. (In Press)
22. Ashida S, Schafer E. (2014) Family health information sharing among older adults: reaching more family members. *Journal of Community Genetics*. (In Press)
23. Hovic SR, Wilkinson AV, Ashida S, de Heer HD, Koehly LM. (2014) It's all in the family: The impact of family-based health information on perceived risk for heart disease and diabetes. *Health Education Research*. (In Press)

**D. Research Support**  
**Ongoing Research Support**

1 U48 DP001902

Parker (PI)

03/01/10-09/29/19

Centers for Disease Control and Prevention

The University of Iowa Prevention Research Center for Rural Health

Role: Co-Investigator

Major Goals: To develop and evaluate a community-based program in the area of nutrition and exercise to reduce BMI in rural lowans through the establishment of the Prevention Research Center

UI PRC-RH Pilot Project: Evaluating Margrett (PI) Ashida (Co-PI) 10/01/14-09/30/15

formal and informal support in rural

Iowa: Relation to long-term support

services and aging in place

Goal: The objective of this proposal is to assess formal and informal community supports in rural Iowa communities which are at an increased risk of being located in "care deserts," areas in which residents have limited access to resources that support healthy and independent living. Findings will help improve older lowans' access to home and community-based services (HCBS) which can decrease care cost, increase ability to live independently, and increase satisfaction. This project supports collaboration between Dr. Ashida (UI) and Dr. Margrett (ISU).

2014-2015

Retirement Research Foundation Ashida (PI) 07/01/14-06/30/15

Public health systems of disaster preparedness and response supporting community-dwelling older adults in Iowa: Social network approach to identify organizational roles and interactions

Major Goals: To understand the structure and functioning of public health network systems in two Eastern Iowa Counties (Johnson County, Linn County) in relation to disaster preparedness and response to identify the strategies to develop and optimize new and existing collaborations.

### **Completed Research Support**

1 U48 DP0050021 Parker (PI)

Centers for Disease Control and Prevention

The University of Iowa Prevention Research Center for Rural Health

Pilot Project: Familial and Community-based Social Networks of 03/01/13-08/30/14

Older Adults in Rural Iowa (Ashida - PI)

R49 CE001167 (Peek-Asa - PI)

CDC

The University of Iowa Injury Prevention Research Center. 07/01/13-6/30/14

Pilot Project: Translational Research: Development of PrepWise, a New Tool to Assist Community-Dwelling Older Adults Prepare for Disasters (Ashida - PI)

NIH-R44AG038316 (Tien - PI) 09/15/2010–09/31/2013

SocioWorks: Integrated Web Platform for Applications of Social Network Analysis

Role: Co-PI

Contract# HHSN268201100195P (Koehly) 04/04/2011-04/30/2012

Division of Intramural Research, National Human Genome Research Institute, NIH

Alzheimer's Caregiving and Social Networks

Role: Co-PI

Collaborative Health Equity Research Incubator Grant 05/01/2011-04/30/2012

Center for Health Equity Research and Promotion, University of Memphis Social Networks and Infant

Feeding Practices among New and Expecting Mothers

Role: PI

Faculty Research Grant, University of Memphis (Ashida). 07/01/2011–06/30/2012

Psychosocial factors associated with communication of family history in familial networks of older adults

Role: PI