David Conroy, PhD

Biosketch

David E. Conroy, Ph.D., holds appointments as a Professor of Kinesiology and (by courtesy) Human Development and Family Studies at The Pennsylvania State University. In addition, he is an Adjunct Professor of Preventive Medicine at the Northwestern University Feinberg School of Medicine.

He currently serves on the SBM Presidential Working Group on Open Science and the Editorial Board for *Translational Behavioral Medicine*. Previously, he served as chair of the search committee for the editor of *Annals of Behavioral Medicine* (2019) and served on the SBM Board as chair of the Publications & Communications Council (2017-2019). In the latter role, he led the committee that evaluated bids and implemented the transition to Oxford University Press as the publisher for the Society's two journals. He belongs to SBM Special Interest Groups for Behavioral Informatics and Technology, Optimization of Behavioral and Biobehavioral Interventions, Physical Activity, and Theories and Techniques of Behavior Change Interventions.

Dr. Conroy earned his Ph.D. (Exercise & Sport Science) from the University of Utah and both his B.A. (Psychology and Physical Education, Exercise & Sport Science) and M.A. (Physical Education, Exercise & Sport Science) degrees from the University of North Carolina at Chapel Hill. His expertise is broadly in the psychology of physical activity.

Over the past 20 years, Dr. Conroy has authored or co-authored over 150 peer-reviewed journal articles and 20 book chapters. His research is guided by the belief that behavioral interventions need to make behavior change more effortless, more enjoyable, or both. To that end, his ongoing work uses principles and methods of control optimization, associative learning, and semi-automated tracking to initiate and sustain behavior change. He collaborates with colleagues in the behavioral and social sciences, engineering and computer sciences, and medicine. He is currently leading or collaborating on four clinical trials of physical activity interventions and one clinical trial of a stress management intervention. This research is supported by the National Institutes of Health (NHLBI, NIA) and the National Science Foundation.

At Penn State, Dr. Conroy has served as a faculty senator and graduate program director. He is currently leading a working group on mobile/digital health. He recently consulted for the 2018 Physical Activity Guidelines Advisory Committee and contributed to the scientific report used as the basis for the 2018 Physical Activity Guidelines for Americans. Dr. Conroy serves on editorial boards for six peer-reviewed journals and regularly reviews grant applications for federal and international funding agencies.

Personal Statement

It is an honor to be a candidate for President-Elect of the Society of Behavioral Medicine (SBM) and I thank my colleagues for their nominations. SBM is my professional home, and a critical vehicle for scientists and practitioners interested in understanding how behavioral and psychosocial processes influence health.

In many ways, SBM is thriving. Members are enthusiastic and heavily-invested. Collectively, we contribute thousands of volunteer hours to support councils, special interest groups, meetings, journals and special initiatives. Our annual meetings now strain the capacity of conference hotels, signaling a new phase of development on the horizon. Our publishing partnership with Oxford University Press enables us to disseminate the best science in behavioral medicine. We have much to celebrate, but work remains.

SBM has experienced growing pains. We continue to wrestle with finding the right balance for members – balance between established and emerging interests, between attending to internal and external stakeholders, and between aspirations and the constraints of volunteer-driven initiatives. External pressures on our community also call for attention. The next President-Elect will be at the forefront of helping our community to strike the right balance of transparency and openness for our work. The publishing industry is also evolving rapidly due to pressures to adapt its financial models. Our journals provide significant revenue for SBM so upstream changes in that industry can have downstream effects on our operations. Our priorities and planning must be couched in that broader context to ensure a vibrant future for SBM.

The greatest existential challenge facing SBM is that we have yet to become the hub for authoritative, trustworthy, evidence-based insights into health behavior change. Health behavior change is a major challenge in the Information Age. No other group is better positioned to inform and improve health in this regard and SBM needs to drive what its members cannot achieve in isolation. We need SBM to amplify the contributions of its members in science, practice and policy. We need SBM to develop strategy for reaching out and influencing the front lines of health. We need SBM to stay true to our core values while exploring new strategies to increase our collective impact.

Based on my experience and recent Board service, I am prepared and would be honored to pursue that vision. I ask for your vote as President-Elect but, more importantly, I ask you to vote because SBM is strongest when our members are engaged.