

## ROSALBA HERNANDEZ, Ph.D.

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### ACADEMIC APPOINTMENTS

Associate Professor with tenure, School of Social Work, University of Illinois at Urbana-Champaign, 2020-

Assistant Professor of Social Work, University of Illinois at Urbana-Champaign, 2014-2020

Postdoctoral Fellow, Northwestern University Feinberg School of Medicine, 2012-2014

### EDUCATION

Ph.D., Public Health, University of Illinois at Chicago, 2012

M.S., Public Health, University of Illinois at Chicago, 2010

B.A., Biological Sciences, University of Illinois at Chicago, 2005

### RESEARCH INTERESTS

Psychological well-being, cardiovascular health, health behaviors, Hispanic/Latino and African American older adults, health disparities, hemodialysis, biological markers

### ORIGINAL RESEARCH

#### Peer-reviewed Articles in Journals

1. **Hernandez R**, Burrows B, Browning MHEM, Solai K, Fast D, Litbarg NO, Wilund KR, Moskowitz JT. "Mindfulness-based Virtual Reality Intervention in Hemodialysis Patients: A Pilot Study on End-User Perceptions and Safety." *Kidney* 360, 2021 [In Press].
2. Velasquez-Melendez G, Andrade FCD, Moreira AD, **Hernandez R**, Vieira MA, Felisbino-Mendes MS. "Association of self-reported sleep disturbances with ideal cardiovascular health in Brazilian adults: a cross-sectional population-based study." *Sleep Health*, 2020; Oct 21 [Epub ahead of print].
3. Boehm JK, Qureshi F, Chen Y, Soo J, Umukoro P, **Hernandez R**, Lloyd-Jones D, Kubzansky LD. "Optimism and cardiovascular health: Longitudinal findings from the CARDIA Study." *Psychosomatic Medicine*, 2020; 82(8): 774-781.
4. Burrows B, Andrade FCD, Piedra L, Xu S, Aguiñaga S, Steinberg N, Sarkisian C, **Hernandez, R**. "The Influence of Evidence-based Exercise and Age Reattribution on Physical Function in Hispanic Older Adults: Results from the ¡Caminemos! Randomized Controlled Trial." *Journal of Applied Gerontology*, 2020; 40(3): 278-288.
5. Boehm JK, Chen Y, Qureshi F, Soo J, Umukoro P, **Hernandez R**, Lloyd-Jones D, Kubzansky LD. "Positive emotions and favorable cardiovascular health: A 20-year longitudinal study." *Preventive Medicine*, 2020; 136: 106103.
6. **Hernandez R**, Cohn M, Hernandez AK, Daviglius ML, Martinez L, Martinez A, Martinez I, Durazo-Arvizu RA, Moskowitz JT. "Web-based Positive Psychological Intervention to Improve Blood Pressure Control in Spanish-speaking Hispanic/Latino Adults with Uncontrolled Hypertension: Protocol and Design of the ¡Alégrate! Randomized Controlled Trial." *JMIR Research Protocols*, 2020; 9(8): e17721.

7. **Hernandez R**, Burrows B, Wilund K, Moskowitz JT. "Qualitative Findings: Expressions of Gratitude and Positive Emotion among Hemodialysis Patients." *The Journal of Nephrology Social Work*, 2020; 44(1): 9-12.
8. Xu S, Liu M, Shi O, Parker V, **Hernandez R**. "Differences of Quality in End-of-Life Care Across Settings: Results from the U.S. National Health and Aging Trends Study of Medicare Beneficiaries." *Journal of Palliative Medicine*, 2020; 23(9): 1198-1203.
9. Salsman JM, Pustejovsky JE, Schueller SM, **Hernandez R**, Berendsen M, Steffen McLouth LE, Moskowitz JT. "Psychosocial interventions for cancer survivors: A meta-analysis of effects on positive affect." *Journal of Cancer Survivorship*, 2019; 13(6): 943-955.
10. Ross J, Penedo F, Talavera G, Daviglius ML, Tarraf W, Potler VN, Gallo L, Wassertheil-Smoller S, Hanna D, Gonzalez F, **Hernandez R**, Perreira K, Kaplan R, Castaneda S, Hua S. "Association between immigration status and anxiety, depression and use of anxiolytic and antidepressant medications in the Hispanic Community Health Study/Study of Latinos." *Annals of Epidemiology*, 2019; 37: 17-23.
11. **Hernandez R**, Lash JP, Burrows B, Wilund K, Mattix-Kramer HJ, Peralta C, Durazo-Arvizu RA, Talavera GA, Penedo FJ, Khambaty T, Moncrieff AE, Chen J, Daviglius ML. "The Association of Positive Affect and Cardiovascular Health in Hispanics/Latinos with Chronic Kidney Disease: Results from the Hispanic Community Health Study/Study of Latinos (HCHS/SOL)." *Preventive Medicine Reports*, 2019; 15: 1-7 [eCollection].
12. **Hernandez R**, Daviglius ML, Martinez L, Durazo-Arvizu RA, Huffman J, Ramirez F, Tito L, Moskowitz JT. "¡Alegrate!—A Culturally Adapted Positive Psychological Intervention for Hispanics/Latinos with Hypertension: Rationale, Design, and Methods." *Contemporary Clinical Trials Communications*, 2019; 14: 1-9 [eCollection].
13. **Hernandez R**, Vu TT, Kershaw KN, Boehm JK, Kubzansky LD, Carnethon M, Trudel-Fitzgerald C, Knutson KL, Colangelo LA, Kiang Liu. "The Association of Optimism with Sleep Duration and Quality: Findings from the Coronary Artery Risk and Development in Young Adults (CARDIA) Study." *Behavioral Medicine*, 2019; Jul 23: 1-12 [Epub ahead of print].
14. Villareal-Sosa L, Diaz S, **Hernandez R**. "Accompaniment in a Mexican Immigrant Community: Conceptualization and Identification of Biopsychosocial Outcomes." *Journal of Religion & Spirituality in Social Work*, 2018; 38(1): 21-42.
15. Kubzansky LD, Huffman JC, Boehm JK, **Hernandez R**, Kim ES, Koga HK, Feig EH, Lloyd-Jones DM, Seligman MEP, Labarthe DR. "Positive Psychological Well-being and Cardiovascular Disease." *Journal of the American College of Cardiology*, 2018; 72(12): 1382-1396.
16. **Hernandez R**, Burrows B, Wilund K, Cohn M, Xu S, Moskowitz JT. "Feasibility of an Internet-based Positive Psychological Intervention for Hemodialysis Patients with Symptoms of Depression." *Social Work in Health Care*, 2018; 57(10):864-879.
17. Piedra LM, Andrade FCD, **Hernandez R**, Trejo L, Prohaska TR, Sarkisian CA. "Let's Walk! Age Reattribution and Physical Activity among Older Hispanic/Latino Adults: Results from the ¡Caminemos! Randomized Trial." *BMC Public Health*, 2018; 18(1): 964.
18. **Hernandez R**, Cheung E, Carnethon M, Penedo FJ, Moskowitz JT, Martinez L, Schueller SM. "Feasibility of a Culturally Adapted Positive Psychological Intervention for Hispanics/Latinos with Elevated Risk for Cardiovascular Disease." *Translational Behavioral Medicine*, 2018; 8(6): 887-897.
19. **Hernandez R**, Andrade FCD, Piedra LM, Tabb KM, Xu S, Sarkisian C. "The Impact of Exercise on Depressive Symptoms in Older Hispanic/Latino Adults: Results from the "¡Caminemos!" Study." *Aging & Mental Health*, 2018; 23(6): 680-685.

20. **Hernandez R**, Gonzalez HM, Tarraf W, Moskowitz JT, Carnethon MR, Gallo LC, Penedo FJ, Isasi CR, Ruiz JM, Arguelles W, Buelna C, Davis S, Gonzalez F, McCurley JL, Wu D, Daviglius ML. "The Association of Dispositional Optimism and Life's Simple 7's Cardiovascular Health Index: Results from the Hispanic Community Health Study/Study of Latinos (HCHS/SOL) Sociocultural Ancillary Study (SCAS)." *BMJ Open* 2018; 8(3): e019434.
21. **Hernandez R**, Bassett SMR, Shiu EW, Schuette SA, Moskowitz JT. "Author Reply: Illuminating the Health Benefits of Psychological Assets." *Emotion Review* 2018; 10(1): 72-74.
22. Boehm JK, Soo J, Chen Y, Zevon E, **Hernandez R**, Lloyd-Jones D, Kubzansky LD. "Healthy aging: Psychological well-being's association with cardiovascular health in older adults." *American Journal of Preventive Medicine* 2017; 53(6): 791-798.
23. Camacho A, Tarraf W, Jimenez DE, Gallo LC, Gonzalez P, Kaplan RC, Lamar M, Khambaty T, Thyagarajan B, Perreira KM, **Hernandez R**, Cai J, Daviglius ML, Wassertheil-Smoller S, Gonzalez HM. "Anxious-Depression and Neurocognition among Middle-Aged and Older Hispanic/Latino Adults: Hispanic Community Health Study/Study of Latinos (HCHS/SOL) Results." *The American Journal of Geriatric Psychiatry*, 2017; 26(2): 238-249.
24. **Hernandez R**, Bassett SMR, Boughton SW, Shiu EW, Schuette SA, Moskowitz JT. Psychological Well-being and Physical Health: Associations, Mechanisms, and Future Directions." *Emotion Review* 2018; 10(1): 18-29.
25. **Hernandez R**, Cheung E, Liao M, Boughton SW, Tito LG, Sarkisian C. "The Association between Depressive Symptoms and Cognitive Functioning in Older Hispanic/Latino Adults Enrolled in an Exercise Intervention: Results from the "¡Caminemos!" Study." *The Journal of Aging and Health*, 2017; 30(6): 843-862.
26. **Hernandez R**, Carnethon M, Giachello AL, Penedo FJ, Birnbaum-Weitzman OB, Espinoza RA, Gallo LC, Isasi CR, Schneiderman N, Teng Y, Zeng D, Daviglius ML. "Extended Familial Structural Social Support and Cardiovascular Disease Risk Factors in Hispanic/Latino Adults with Diabetes: Results from the Hispanic Community Health Study/Study of Latinos (HCHS/SOL)." *Ethnicity and Health* 2017; Feb 24: 1-15.
27. Piedra L, Andrade FCD, **Hernandez R**, Boughton SW, Trejo L, Sarkisian C. The influence of exercise on cognitive function in older Hispanic/Latino adults: Results from the "¡Caminemos!" Study." *The Gerontologist* 2017; 57(6): 1072-1083.
28. **Hernandez R**, Ruggiero L, Prohaska TR, Chavez N, Boughton SW, Peacock N, Zhao W, Nouwen A. "A cross-sectional study of depressive symptoms and diabetes self-care in African American and Hispanics/Latinos with diabetes: The role of self-efficacy" *Diabetes Educator* 2016; 42(2): 452-461.
29. Gonzalez HM, Tarraf W, Rodriguez CJ, Gallo L, Sacco RL, Talavera G, Heiss G, Kizer JR, **Hernandez R**, Schneiderman N, Daviglius, M, Kaplan RC. "Life's Simple 7's of Hispanic/Latino cardiovascular health: Hispanic Community Health Study/Study of Latinos" *American Heart Journal* 2016; 176: 134-144.
30. **Hernandez R**, Carnethon M, Penedo F, Martinez L, Boehm J, Schueller SM. "Exploring Well-being Among U.S. Hispanics/Latinos in a Church-Based Institution: A Qualitative Study" *The Journal of Positive Psychology* 2016; 11(5): 511-521.
31. Patel SR, Sotres-Alvarez D, Castañeda SF, Dudley KA, Gallo LC, **Hernandez R**, Medeiros EA, Penedo FJ, Mossavar-Rahmani Y, Ramos AR, Redline S, Reid KJ, Zee PC. "Social and Health Correlates of Sleep Duration in a US Hispanic Population: Results from the Hispanic Community Health Study/Study of Latinos" *Sleep* 2015; 38(10): 1515-1522.

32. Xiang X, **Hernandez R**, Larrison CR. "Provider Advice on Exercise and Diet among Adults with Comorbid Serious Psychological Distress and Diabetes or Diabetes Risk Factors" *Diabetes Educator* 2015; 41(2): 185-193.
33. **Hernandez R**, Kershaw KN, Siddique J, Boehm J, Kubzansky L, Diez-Roux A, Ning H, Lloyd-Jones DM. "Optimism and Cardiovascular Health: Multi-Ethnic Study of Atherosclerosis (MESA)" *Health Behavior and Policy Review* 2015; 2(1): 62-73.
34. **Hernandez R**, Kershaw KN, Prohaska TR, Wang P, Marquez DX, Sarkisian CA. "The Cross-sectional and Longitudinal Association between Perceived Neighborhood Characteristics and Depressive Symptoms in Older Latinos: The '¡Caminemos!' Study" *The Journal of Aging and Health* 2015; 27(3): 551-568.
35. Marquez DX, Bustamante EE, Aguiñaga S, **Hernandez R**. "BAILAMOS©: Development, pilot testing, and Future directions of a Latin dance program for older Latinos" *Health Education & Behavior* 2015; 42(5): 604-610.
36. Marquez DX, Aguiñaga S, Campa J, Pinsker E, Bustamante EE, **Hernandez R**. "A Qualitative Exploration of Factors Associated with Walking and Physical Activity in Community-Dwelling Older Latino Adults" *Journal of Applied Gerontology* 2016; 35 (6): 664-677.
37. Ruggiero L, Riley B, **Hernandez R**, Quinn L, Gerber B, Castillo A, Day J, Ingram D, Wang Y, Butler P. "Medical Assistant Coaching to Support Diabetes Self-Care among Low-income Racial/Ethnic Minority Populations: Randomized Controlled Trial" *Western Journal of Nursing Research* 2014; 36(9):1052-1073.
38. **Hernandez R**, Allen NB, Liu K, Stamler J, Reid KJ, Zee PC, Wu D, Kang J, Garside DB, Daviglius ML. "Association of Depressive Symptoms, Trait Anxiety, and Perceived Stress with Subclinical Atherosclerosis: Results from the Chicago Healthy Aging Study (CHAS)" *Preventive Medicine* 2014; 61: 54-60.
39. **Hernandez R**, Ruggiero L, Riley BB, Wang Y, Chavez N, Quinn LT, Gerber BS, Choi Y. "Correlates of Self-Care in Low-Income African American and Latino Patients with Diabetes" *Health Psychology* 2014; 33(7):597-607.
40. **Hernandez R**, Prohaska TR, Wang P, Sarkisian CA. "The Longitudinal Relationship Between Depression and Walking Behavior in Older Latinos: The '¡Caminemos!' study" *Journal of Aging and Health* 2013; 25:319-341.

### **Chapters in Books**

Castillo A, Aponte-Soto L, **Hernandez R**. (2019). Assessing Tai Chi as an Intervention for Self-management of Diabetes among Hispanics/Latino older Adults/Evaluación del Tai Chi como una intervención para el autorregulación de la diabetes entre Hispanos/Latinos de la tercera edad. In Gloria del Socorro Molina Marin (Ed.), *Integración de métodos de investigación en Salud Pública*. Medellín, Colombia: Universidad de Antioquia.

Labarthe D and **Hernandez R**. (In-Press). Chapter 11: Psychological Factors in Cardiovascular Health and Disease. In F. Valentin (Ed.). *Hurst's the Heart*. McGraw-Hill Medical.

### **RESEARCH GRANTS**

#### **Current Research Support**

Wilund et al.

10/16/2020-10/16/2022

Direct/Indirect Costs = US\$125,000

**UIUC Discovery Partners Institute**—Development of the Kidney Wellness Institute of Illinois (KIWII)

To develop the Kidney Wellness Institute in Illinois (KIWI) and bring together local and international leaders in research, medicine, industry, and patient-advocacy to address chronic kidney disease.

Role: Co-Investigator

Hernandez/Johnson/Kesavadas

01/21/2020-01/21/2021 [No-cost Extension]

Direct/Indirect Costs = US\$75,000

**UIUC Jump ARCHES**—Virtual Reality to Deliver Psychotherapy to Lung Cancer Patients with Depression

To design a virtual reality application to deliver our evidenced-based positive psychological intervention to lung cancer patients undergoing radiation therapy at OSF HealthCare.

Role: Principal Investigator

Hernandez

07/01/2017-06/30/2019 [No-cost Extension]

Direct/Indirect Costs = US\$172,170

**NIH National Institute on Minority Health and Health Disparities (NIMHD)**—R21 Obesity in

Hispanic/Latino Youth: Intergenerational Effects of Parents' Stress [Grant no. 5U54MD012523]

To identify and characterize subtypes of structural violence present among Hispanic/Latino parents and to determine potential effects on BMI percentiles and rates of obesity in their child offspring.

Role: Principal Investigator

Hernandez/Moskowitz/Cohn

08/01/2017-07/31/2021

Direct/Indirect Costs = US\$99,869

**ROSENFELD HEART FOUNDATION**—Internet-based Positive Psychology Intervention for Hispanic/Latino Adults with Uncontrolled Hypertension

To pilot test an Internet-based positive psychology intervention to determine efficacy in Hispanic/Latino patients with uncontrolled hypertension in the clinic setting.

Role: Principal Investigator

Hernandez

09/01/2016-07/21/2021

Direct/Indirect Costs: \$732,402

**NIH/NHLBI K01 CAREER DEVELOPMENT AWARD**—Positive Psychology Intervention for Spanish-speaking Hispanic/Latino Adults at Risk for Cardiovascular Disease [Grant no. 1K01HL130712-01A3]

Seeks to evaluate the efficacy of a culturally-tailored positive psychology (PP) intervention in Hispanic/Latino adults with uncontrolled hypertension. It additionally explores biobehavioral mechanisms through which positive psychological well-being influences cardiovascular health.

Role: Principal Investigator

### **Completed Research Support**

Hernandez/Wilund/Moskowitz

10/15/2018-04/30/2020

Direct/Indirect Costs = US\$8,362

**UIUC Campus Research Board**—Virtual Reality to Improve Emotional Well-being in Hemodialysis Patients:

Initial Safety Testing and Proof-of-Concept

To evaluate initial safety, acceptability, and utility of a virtual reality platform to deliver an immersive psychotherapeutic module in hemodialysis patients.

Role: Principal Investigator

Hernandez/Moskowitz/Wilund

01/01/16 - 12/15/17

Direct Costs = US\$5,190

**UIUC SCHOOL OF SOCIAL WORK RESEARCH INCENTIVE PROGRAM**—Positive Psychology Intervention to Reduce Depressive symptoms in Hemodialysis Patients

To pilot test an Internet-based positive psychology intervention to determine feasibility and acceptability in hemodialysis patients with elevated symptoms of depression.

Role: Principal Investigator

Piedra/Andrade/Hernandez

01/15/17-12/15/18

Direct Costs = US\$4,823

Subaward from the UCLA Division of Geriatrics—"Let's Walk!" Age Reattribution and Physical Activity among Older Hispanic/Latino Adults: Results from the ¡Caminemos! Randomized Trial [276144QUE]

Our team led data analysis for the "¡Caminemos!" trial targeting older Hispanics/Latinos and we drafted the full manuscript for peer-reviewed publication presenting intervention effects on physical activity adherence.

Role: Co-Investigator

Hernandez

03/07/16-05/15/2017

Direct Costs = US\$2,000

Nancy Weinberg Memorial Award for Faculty Research—Psychological Well-being and Subjective Social Status: Contributions to Cardiovascular Health in Hispanic/Latino adults

Salary supplementation for statistical analyst to examine pre/post changes in psychological well-being, health behavior adherence, and blood pressure profiles among Hispanics/Latinos at risk for cardiovascular disease, after delivery of our 8-week positive psychological intervention.

Role: Principal Investigator

Hernandez

Direct Costs = US\$104,188

2016 [DECLINED by PI]

National Heart, Lung, and Blood Institute (NHLBI): Research Supplement to Promote Diversity—Exploring Psychological Well-being and its Influence on Health Behaviors in Hispanics/Latinos

The aim was to investigate the association of psychological assets (e.g., optimism, positive affect) on health behaviors in Hispanics/Latino adults who participated in the Hispanic Community Health Study/Study of Latinos.

Role: Principal Investigator

Hernandez/Carnethon/Penedo

07/01/13 – 01/05/15

Direct Costs = US\$10,080

George M. Eisenberg Foundation Pioneer Grants for Defining & Implementing Strategies for Healthy Aging—Positive Psychology Intervention for Spanish-speaking Hispanic/Latino Adults: Feasibility and Pilot Study.

To conceptualize happiness, resilience, and positive psychological well-being in Hispanics/Latinos; develop a Spanish-language positive psychology curriculum; and test feasibility of a novel 8-week positive psychology intervention for Spanish-speaking Hispanic/Latinos at risk for cardiovascular disease.

Role: Co-Principal Investigator

Castillo/Aponte-Soto/Hernandez

02/25/11 – 09/30/14

Direct Costs = US\$50,000

University of Illinois at Chicago, Midwest Roybal Center for Health Promotion and Translation—Stress Reduction with Tai Chi for Elderly Hispanics with Diabetes.

To examine the cultural acceptability of Tai Chi in older Hispanics/Latinos with type 2 diabetes and implement a randomized trial to improve psychological well-being, diabetes self-care, and glycemic control.

Role: Co-Investigator

Villarreal-Sosa/Hernandez

03/15/11 – 05/15/12

Direct Costs = US\$500

Illinois Area Health Education Centers—The Accompaniment Model: Conceptualization and Identification of Biopsychosocial Outcomes.

To conceptualize the accompaniment services offered by Taller de Jose, a non-for-profit organization serving low-income Mexican-American immigrants in Chicago.

Role: Co-Principal Investigator

## **JURIED RESEARCH PRESENTATIONS**

**Hernandez R**, Burrows B, Wilund K. "Mindfulness-based Virtual Reality Intervention in Hemodialysis Patients: A Pilot Study on End-User Perceptions and Safety" Society for Social Work and Research (SSWR) 2021 Annual Conference, Jan 19-22, Virtual Conference.

- Burrows B, Browning MHEM, Solai K, Drew F, Litbarg NO, Moskowitz JT, Wilund KR, **Hernandez R**. "Fully Immersive Virtual Reality-Based Mindfulness Intervention in Hemodialysis Patients: A Pilot Study Assessing Safety and Utility" 2020 Annual Kidney Week of the American Society of Nephrology, Oct 22-25, Virtual Conference.
- Hernandez R**, Molina KM, Tan K, Isasi CR, Durazo-Arvizu RA, Gallo LC, Perreira KM, Sanchez-Johnsen LAP, Zen D, Pulgaron ER, Delamater AM, Daviglius ML. "Parental/Caregiver Exposure Patterns to Structural Violence in Hispanics/Latinos: Results from the Hispanic Community Health Study/Study of Latinos (HCHS/SOL) Youth Study." American Psychosomatic Society, March 11-14 2020, Long Beach, CA.
- Hernandez R**, Burrows BT, Wilund K, Cohn M, Xu S, Moskowitz JT. "An Internet-based Positive Psychological Intervention for Hemodialysis Patients with Symptoms of Depression: Feasibility and Acceptability Testing." 6th World Congress on Positive Psychology 2019, July 18-21, Melbourne, Australia.
- Hernandez R**, Lash JP, Burrows B, Wilund K, Mattix-Kramer HJ, Peralta C, Durazo-Arvizu R, Talavera GA, Penedo FJ, Khambaty T, Moncrieft AE, Chen J, Daviglius ML. "Positive Affect and Cardiovascular Health in Hispanics: Results from the Hispanic Community Health Study/Study of Latinos." 40<sup>th</sup> Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine 2019, March 6-9, Washington, DC, [Oral Presentation].
- Hernandez R**, Cheung E, Carnethon M, Penedo F, Moskowitz J, Martinez L, Schueller S. "Feasibility of a Culturally Adapted Positive Psychological Intervention for Hispanics/Latinos with Elevated Risk for Cardiovascular Disease: Results of the "Alegrate!" Trial." Society for Social Work and Research (SSWR) 2019 Annual Conference, Jan. 16-20, San Francisco, CA, [Oral Presentation].
- Zu S, Liu X, Shin OJ, Lux E, Liu M, **Hernandez R**. "Is Quality of End-of-Life Care Changing in the United States: A Comparison from 2012-2016." Society for Social Work and Research (SSWR) 2019 Annual Conference, Jan. 16-20, San Francisco, CA.
- Zu S, Liu X, Shin OJ, Lux E, **Hernandez R**. "Quality of End-of-Life Care: Does Place of Residence Really Matter?" Society for Social Work and Research (SSWR) 2019 Annual Conference, Jan. 16-20, San Francisco, CA.
- Aguayo L, Vizcarra M, Pineros M, **Hernandez R**, Schwingel A. "Metabolically Healthier Mexican Children: Evidence of the Hispanic Health Paradox in Early Childhood" Obesity Week 2018, Nov. 11-15, Nashville, TN.
- Majid D, **Hernandez R**, Inoue M, Schwingel A, Aguayo L. "Mexican Mothers' Depressive Symptomatology Influences Their Children's C-Reactive Protein" 2018 Scientific Sessions of the American Heart Association, Nov. 10-12, Chicago, IL.
- Piedra L, Andrade F, **Hernandez R**, Sarkisian. "Let's Walk! Age Reattribution and Physical Activity Among Older Hispanic/Latino Adults: Results from the "Caminemos!" Randomized Trial" Society for Social Work and Research (SSWR) 2018 Annual Conference, Jan. 10-14, Washington, DC.
- Burrows B, Wilund K, Cohn M, Moskowitz J, Shuo X, **Hernandez R**. "Internet-Based Positive Psychological Intervention for Hemodialysis Patients with Comorbid Depression: Design and Feasibility" American Society of Nephrology (ASN) Kidney Week 2017, Oct. 31-Nov. 05, New Orleans, LA.
- Moskowitz JT, Pustejovsky JE, **Hernandez R**, Schueller SM, Berendsen M, & Salsman JM (2017). Don't

worry, be happy? Meta-analysis of intervention trials on positive affect in cancer patients and survivors. In J.M. Salsman (Chair), Promoting psychological well-being in cancer patients and survivors: Meta-analyses of randomized clinical trials. *Annals of Behavioral Medicine*, 51 (Suppl.), S1624.

Piedra L, Andrade FCD, **Hernandez R**, Boughton SW, Trejo L, Sarkisian C. "Exercise and Cognitive Function in Older Hispanic/Latino Adults: Results from the "¡Caminemos" Study" 21st IAGG World Congress of Gerontology and Geriatrics, July 23-27 2017, San Francisco, CA.

**Hernandez R**, Carnethon M, Giachello AL, Penedo FJ, Birnbaum-Weitzman OB, Espinoza RA, Gallo LC, Isasi CR, Schneiderman N, Teng Y, Zeng D, Daviglius ML. "Structural Social Support and Cardiovascular Disease Risk Factors in Hispanic/Latino Adults with Diabetes: Results from the Hispanic Community Health Study/Study of Latinos (HCHS/SOL)" American Heart Association (AHA), March 7-10, 2017, Portland, OR.

**Hernandez R**, Andrade FCD, Piedra L, Tabb Dina K, Boughton S, Sarkisian C. "The influence of exercise on cognitive function in older Hispanic/Latino adults: Results from the "¡Caminemos!" study" Society for Social Work and Research (SSWR), January 11-15 2017, New Orleans, LA.

**Hernandez R**, Boughton S, Tito L, Liao M, Sarkisian C. "Association of depressive symptoms and cognitive functioning in older Hispanic/Latino adults: Results from the "¡Caminemos!" study" American Public Health Association (APHA), October 29-November 2<sup>nd</sup> 2016, Denver, CO.

**Hernandez R**, Gonzalez HM, Tarraf W, Carnethon MR, Penedo FJ, Gallo LC, Arguelles W, Buelna C, Davis S, Gonzalez F, Isasi CR, McCurley JL, Ruiz JM, Daviglius M. "Association of Optimism and Cardiovascular Health: Results from the Hispanic Community Health Study/Study of Latinos (HCHS/SOL) Sociocultural Ancillary Study" American Heart Association (AHA), March 1-4 2016, Phoenix, AZ.

**Hernandez R**, Ruggiero L, Boughton S, Prohaska T. "A Cross-sectional Study of Depressive Symptoms and Diabetes Self-Care in African American and Hispanic/Latinos with Diabetes: The Role of Self-Efficacy" Society for Social Work and Research 20<sup>th</sup> Annual Conference, January 13-17 2016, Washington, DC.

**Hernandez R**, Carnethon M, Penedo FJ, Schueller S. "Investigating well-being among U.S. Hispanic/Latino Adults: Qualitative Findings" Fourth World Congress on Positive Psychology, June 25-28 2015, Lake Buena Vista, FL.

Boehm J, Smith TW, **Hernandez R**, Huffman, J. "Beyond risk factors & disease: Positive psychological well-being and cardiovascular health" American Psychosomatic Society, March 18-21 2015, Savannah, GA. [Symposium]

**Hernandez R**, Kershaw KN, Seeman T, Boehm J, Vu TT, Ning H, Lloyd-Jones DM. "Associations of Positive Psychological Well-being on Changes in Allostatic Load: Multi-Ethnic Study of Atherosclerosis (MESA)" American Heart Association (AHA), March 3-6 2015, Baltimore, MD.

Xiang X, **Hernandez R**, Larrison CR. "Provider Advice on Exercise and Diet among Adults with Comorbid Serious Psychological Distress and Diabetes or Diabetes Risk Factors" Society of Social Work and Research (SSWR), January 14-18 2015, New Orleans, LA.

**Hernandez R**, Vu TT, Liu K, Daviglius ML. "Is Positive Psychological Well-being Associated with Physical Functioning in Older Adults? Results from the Chicago Healthy Aging Study (CHAS)" American Heart Association, November 15-18 2014, Chicago, IL.



**Hernandez R**, Vu TT, Kershaw KN, Carnethon M, Knutson KL, Colangelo L, Liu K. "The Cross-Sectional and Longitudinal Association of Dispositional Optimism with Sleep Duration and Quality: Findings from the Coronary Artery Risk Development in Young Adults (CARDIA) Study" American Heart Association, March 18-21 2014, San Francisco, CA.

**Hernandez R**, Kershaw KN, Siddique J, Boehm J, Kubzansky L, Diez-Roux A, Ning H, Lloyd-Jones DM. "The Association of Optimism and Pessimism with Cardiovascular Health: Results from the Multi-Ethnic Study of Atherosclerosis (MESA)" American Heart Association, November 16-20 2013, Dallas, TX.

Castillo A, Aponte-Soto L, **Hernandez R**, Ruggiero L. "Tai Chi for Stress Reduction and Glycemic Control among Hispanic Older" American Public Health Association 141<sup>st</sup> Annual Meeting & Exposition, November 2-6 2013, Boston, MA.

**Hernandez R**, Ruggiero L, Prohaska TR, Chavez N, Peacock NR, Nouwen A. "The Association between Depressive Symptoms and Diabetes Self-care in Low Income African American and Hispanic/Latino Patients with Type 2 Diabetes in a Primary Care Setting" American Diabetes Association 73rd Scientific Sessions, June 21-25 2013, Chicago, IL.

**Hernandez R**, Soca RR, Wu D, Reid KJ, Daviglius ML, Garside DB, Liu K, Zee PC. "Prevalence of Excessive Sleepiness in Older Adults: The Chicago Healthy Aging Study (CHAS)" 28th Annual Meeting of the Associated Professional Sleep Societies, June 1-5 2013, Baltimore, MD.

Soca R, **Hernandez R**, Wu D, Reid K, Daviglius ML, Garside DB, Liu K, Zee PC. "Assessment of High Risk for Obstructive Sleep Apnea using the Berlin Questionnaire in the Chicago Healthy Aging Study (CHAS)" 28th Annual Meeting of the Associated Professional Sleep Societies, June 1-5 2013, Baltimore, MD.

**Hernandez R**, Allen NB, Liu K, Stamler J, Reid KJ, Zee PC, Wu D, Kang J, Garside DB, Daviglius ML. "Relation of Depressive Symptoms to the Cross-Sectional and Longitudinal Association of Low Cardiovascular Risk with Subclinical Atherosclerosis: The Chicago Healthy Aging Study (CHAS)" Northwestern University Feinberg School of Medicine Ninth Annual Lewis Landsberg Research Day, April 4 2013, Chicago, IL

**Hernandez R**, Allen NB, Liu K, Stamler J, Reid KJ, Zee PC, Wu D, Kang J, Garside DB, Daviglius ML. "Relation of Depressive Symptoms to the Cross-Sectional and Longitudinal Association of Low Cardiovascular Risk with Subclinical Atherosclerosis: The Chicago Healthy Aging Study (CHAS)" American Heart Association, March 19-22 2013, New Orleans, LA.

**Hernandez R**, Allen NB, Liu K, Stamler J, Reid KJ, Zee PC, Wu D, Kang J, Garside DB, Daviglius ML. "Relation of Depressive Symptoms to the Cross-Sectional and Longitudinal Association of Low Cardiovascular Risk with Subclinical Atherosclerosis: The Chicago Healthy Aging Study (CHAS)" National Heart, Lung, and Blood Institute Cardiovascular Epidemiology, Biostatistics and Prevention Trainee Session, March 20 2013, New Orleans, LA.

**Hernandez R**, Prohaska T, Wang P, Sarkisian CA. "Neighborhood Characteristics, Walking Behavior, and Depressive Symptoms in Older Latinos: The '¡Caminemos!' Study" American Heart Association, March 19-22 2013, New Orleans, LA.

**Hernandez R**, Prohaska T, Sarkisian CA. "The Relationship between Depression and Walking Behavior in Older Latinos: The '¡Caminemos!' Study" Northwestern University Buehler Center on Aging, Health & Society 17<sup>th</sup> Annual James E. & Bonnie L. Eckenhoff Lecture and John & Gwen Smart Symposium, October 16 2012, Chicago, IL.

**Hernandez R**, Sosa LV, Brazda K, Monnot L. "The Accompaniment Model: Conceptualization and Identification of Biopsychosocial Outcomes" Immigrant Health Research Conference, December 8 2011, Chicago, IL.

**Hernandez R**, Ruggiero L, Chavez N, Choi YK, Zhao W. “Biopsychosocial predictors of diabetes self-care among African American and Latino patients with type 2 diabetes” American Public Health Association 139<sup>th</sup> Annual Meeting & Exposition, October 29-November 2 2011, Washington, DC.

Castillo A, Aponte-Soto L, **Hernandez R**. “Assessing stress and stress reduction with Tai Chi among elderly Hispanics with diabetes” American Public Health Association 139<sup>th</sup> Annual Meeting & Exposition, October 29-November 2 2011, Washington, DC.

**Hernandez R**, Ruggiero L, Chavez N, Choi Y. “Minorities with Comorbidity of Depression and Type 2 Diabetes: Adherence to Self-care Activities” 3<sup>rd</sup> Annual Minority Health in the Midwest Conference, February 25 2011. Chicago, IL.

Ruggiero L, Choi YK, Zhao W, **Hernandez R**, Castillo A on behalf of the entire UIC Diabetes Self-Care Study Team. “Diabetes Self Care in Low Income Populations Attending Primary Care Clinics in the United States” 16<sup>th</sup> Spring Scientific Meeting of the EASD Psychosocial Aspects of Diabetes (PSAD) Study Group, May 13-15 2011, Cambridge, UK.

**Hernandez R**, Prohaska T, Sarkisian CA. “The Relationship between Depression and Walking Behavior in Older Latinos: The ‘¡Caminemos!’ Study” American Public Health Association 138<sup>th</sup> Annual Meeting & Exposition, November 6-10 2010, Denver, CO.

Ruggiero L, Choi Y, **Hernandez R** on behalf of the UIC Diabetes Self-Care Study Team. “Depression in Diabetes: Rates and Predictors in Primary Care Patients” 14<sup>th</sup> Spring Scientific Meeting of the EASD Psychosocial Aspects of Diabetes (PSAD) Study Group, April 24-26 2009, Dubrovnik, HR.

#### **INVITED RESEARCH PRESENTATIONS**

“Virtual Reality: A New Technological Modality to Deliver Psychotherapy to Hemodialysis Patients with Comorbid Depression,” CTMH Cross-Disciplinary Collaborative Meeting, Northwestern University Feinberg School of Medicine, Division of Nephrology and Hypertension, Chicago, IL, August 21, 2019.

“The Heart’s Content: The Influence of Positive Emotions on Cardiac Health.” Department of Preventive Medicine at Northwestern University Feinberg School of Medicine, Cardiovascular Epidemiology Seminar Series, Chicago, IL, June 28, 2019.

“Healthcare Training in a Virtual Reality Environment.” UIUC School of Social Work, Harnessing Technology for Social Good—Lecture Series, Champaign, IL, December 6, 2017.

“Obesity in Hispanic/Latino Youth: Intergenerational Effects of Parents’ Stress.” UIC Community Symposium: Structural Violence & Health Equity, Chicago, IL, August 30, 2018.

“Internet-Based Positive Psychological Intervention for Hemodialysis Patients with Comorbid Symptoms of Depression: Design and Feasibility.” Stanford University, NIDDK-sponsored Network of Minority Health Research Investigators (NMRI) West Regional Workshop, Stanford CA, November 17, 2017.

“Positive Psychology in Social Work Practice: Theory, Skills, and Strategies.” University of Illinois at Urbana-Champaign, CEU Event for Healthcare Education and Leadership Scholars (HEALS) Program, Urbana, IL, September 29, 2017.

“Don’t Worry Be Happy: Cardioprotective Influence of Positive Psychological Attributes.” University of Illinois at Chicago, College of Applied Health Sciences, Chicago, IL September 13, 2017.

“Association of Optimism and Cardiovascular Health: Results from the Hispanic Community Health Study/Study of Latinos (HCHS/SOL) Sociocultural Ancillary Study,” American Psychosomatic Society Annual Conference, Mobilizing Technology to Advance Biobehavioral Science and Health, Seville, Spain, March 17, 2017.

“Don’t Worry Be Happy: Cardioprotective Influence of Positive Psychological Attributes,” University of Illinois at Chicago, Division of Academic Internal Medicine (AIM) and Geriatrics Department of Medicine, Chicago IL, November 22, 2016.

“Association of Optimism and Cardiovascular Health: Results from the Hispanic Community Health Study/Study of Latinos (HCHS/SOL) Sociocultural Ancillary Study,” Hispanic Community Health Study/Study of Latinos (HCHS/SOL), Steering Committee Meeting, Bethesda MD, November 4, 2016.

“Beyond Risk Factors & Disease: Positive Psychological Well-being and Cardiovascular health,” University of Illinois at Urbana Champaign, Department of Human Development and Family Studies, Urbana IL, April 15, 2016.

“NHLBI K01—Beyond Risk Factors & Disease: Positive Psychological well-being and Cardiovascular Health.” Program to Increase Diversity in Cardiovascular Health Related Research (PRIDE), Mid-Year Progress Report, November 8 2015, Orlando FL.

“The Association of Dispositional Optimism with Sleep Duration and Quality: Findings from the Coronary Artery Risk and Development in Young Adults (CARDIA) Study.” CARDIA Psychosocial Working Group, Northwestern University, June, 2015.

“NIH K Award Overview” UIUC School of Social Work, April 2015, Urbana, IL.

“Cardiovascular Health in the Hispanic/Latino Community” UIUC Alpha Psi Lambda, La Casa Cultural Latina, March 30 2015, Urbana, IL.

“An Interactive Introduction to Positive Psychology and its Effect on Cardiovascular risk among Latinos in the U.S.” UIUC College of Medicine—Medicine and Society, February 25 2015, Urbana, IL.

#### **FELLOWSHIPS, HONORS, AND AWARDS**

2017	Travel Award to attend the Network of Minority Health Research Investigators (NMRI) workshop sponsored by NIDDK
2017	UIUC, Office of the Vice Chancellor for Research, Scholars’ Travel Fund (STF), Spain - \$1350
2016	UIUC, Office of the Vice Chancellor for Research, Scholars’ Travel Fund (STF), Colorado - \$750
2015	UIUC, Office of the Vice Chancellor for Research, Scholars’ Travel Fund (STF), Florida - \$650
2015	UIUC, Office of the Vice Chancellor for Research, Scholars’ Travel Fund (STF), Georgia - \$650
2014	EPI Minority Travel Grant to attend the American Heart Association’s Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism 2014 Scientific Sessions
2012	UIC School of Public Health Scholarship for Disadvantaged Students (SDS)
2008-2012	Diversifying Higher Education Faculty in Illinois Program Fellow of the Illinois Board of Higher Education
2011	Scrimshaw Latino Health Scholarship
2010	Minority Students for the Advancement of Public Health 2010 APHA Annual Meeting Travel Award
2010	Delta Omega Society of the National Honorary Public Health Fraternity
2006 & 2009	UIC Abraham Lincoln Graduate Fellowship
2007-2008	UIC Martin Luther King Jr. Scholarship

#### **COMPETATIVE TRAINING OPPORTUNITIES**

2018	National Institute of General Medical Sciences of the National Institutes of Health, Applied Statistics in Biological systems (ASIBS) Short Course, Icahn School of Medicine in Mount Sinai, New York, NY
2015	National Heart, Lung, and Blood Institute (NHLBI) sponsored Fellow for the Programs to Increase Diversity among Individuals Engaged in Health-Related Research (PRIDE), SUNY Downstate Medical Center, Brooklyn, NY

- 2014 Ten-Day Seminar on the Epidemiology and Prevention of Cardiovascular Disease, American Heart Association, Tahoe City, CA
- 2013 Thirteenth Annual Summer Institute on Randomized Behavioral Clinical Trials, National Office of Behavioral and Social Sciences Research (OBSSR) at the National Institute of Health in collaboration with the National Heart, Lung, and Blood Institute (NHLBI), Warrenton, VA
- 2010 "Seize the Moment: Embracing the Winds of Change," Grantmakers in Aging Fellow, Chicago, IL
- 2009 Grants Technical Assistance Workshop, National Institute on Aging (NIA), Atlanta, GA

## TEACHING EXPERIENCE

**Instructor** 2014-Present

University of Illinois at Urbana-Champaign  
School of Social Work  
Social Work Research Methods 427  
Human Behavior in the Social Environment 451

**Guest Lecturer** 2013

Northwestern University Feinberg School of Medicine  
Department of Preventive Medicine  
Qualitative Data Management Training: Introduction to Atlas/ti 6

**Guest Lecturer** 2012-2014

Northwestern University Feinberg School of Medicine  
Center for Healthcare Studies  
(HSR 456-0) Applied Qualitative Methods and Analysis for Health Researchers (Prof. Elisa Gordon)

**Graduate Teaching Assistant** 2009-2011

University of Illinois at Chicago  
School of Public Health  
Qualitative Methods in Public Health

## PROFESSIONAL AFFILIATIONS

- Since 2013 Member, American Diabetes Association (ADA)
- Since 2013 Member, International Positive Psychology Association (IPPA)
- Since 2012 Member, American Heart Association (AHA)
- Since 2010 Member, American Public Health Association (APHA)
- 2010-2012 Minority Students for the Advancement of Public Health (MSAPH)

## PROFESSIONAL SERVICE

Member of the Advance Committee, American Heart Association (AHA), Council on Epidemiology & Prevention (EPI), 2016-Present

Steering Committee Member, Positive Aging for Latinos Study (PALS), University of Illinois at Chicago in collaboration with Mather LifeWays, 2017-2019

Co-Chair, Positive Cardiovascular Health Network, Department of Preventive Medicine, Feinberg School of Medicine, 2015-2017

Peer Reviewer. Refereed 2 grant submissions to the Campus Research Board of the University of Illinois at Urbana-Champaign.

Guest Speaker for Illinois African American and Latino Higher Education Alliance (IALHEA) Diversity Dialogue and Research Forum: Building a Community of Scholars, 2013

Community Engagement and Research Core (CERC) of the Center for Clinical and Translational Science (CCTS) at the University of Illinois at Chicago, Community Engagement Advisory Board (CEAB), 2012-2013

#### **AD HOC REVIEWING**

2018 Reviewer (Abstracts) for the *American Public Health Association Annual Meeting*, Aging and Public Health | Public Health Social Work | Mental Health

2015 Reviewer (Abstracts) for the American Heart Association, Epidemiology and Prevention | Lifestyle and Cardiometabolic Health 2016 Scientific Sessions

Since 2015 Reviewer for *Journal of Health Care for the Poor and Underserved*

Since 2013 Reviewer for *Preventive Medicine*

Since 2013 Reviewer for *Journal of Immigrant and Minority Health*

2012 Reviewer (Abstracts) for the *American Public Health Association Annual Meeting*, Aging and Public Health

Since 2012 Reviewer for *Diabetic Medicine*

Since 2012 Reviewer for *Health Psychology*

2011 Reviewer (Abstracts) for the *Minority Health in the Midwest Conference*

#### **SELECTED MEDIA COVERAGE**

- “Optimism Tied to Healthier Hearts Among Latinos,” PsychCentral, April 01, 2018
- “Optimistic Thinking Gives Heart Health A Boost, Study Finds,” Forbes, March 31, 2018
- “Sunnier outlook may translate into a healthy heart for Hispanics, Latinos,” American Heart Association, May 13, 2016  
<https://newsarchive.heart.org/sunnier-outlook-may-translate-into-a-healthy-heart-for-hispanics-latinos/>
- “Study Suggests Correlation between Heart Health and Optimism,” U.S. News and World Report, January 12, 2015
- “How Optimism Might be Good for Your Heart,” Time, January 12, 2015
- “Being an Optimist may be Good for your Heart,” CBS News, January 13, 2015
- “Optimists twice as likely as pessimists to have healthy hearts,” PBS NEWSHOUR, January 10, 2015
- “Optimism is Heart Healthy,” PsychCentral, January 12, 2015