

Brad Wipfli, PhD
CURRICULUM VITAE

OHSU-PSU School of Public Health
Portland State University
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EDUCATION

- Ph.D.** Exercise Science, *Exercise and Health Psychology*, 2008
Arizona State University
Mentor: Dan Landers, PhD
Dissertation: *An Examination of Serotonin and Psychological Variables in the Relationship Between Exercise and Mental Health*
- B.A.** Psychology, Marketing, *Business Administration and German minors*, 2002
Carthage College
Undergraduate Thesis: *Coaching Style Preferences of NCAA Division III Athletes*

POSITIONS

- Assistant Professor**, School of Public Health, Portland State University and Oregon Health & Science University (2016 – Present)
- Director**, MA/MS in Health Studies Program, Portland State University (2017 – Present)
- Staff Scientist/Research Assistant Professor**, Oregon Institute of Occupational Health Sciences, Oregon Health & Science University (2015 – Present)
- Adjunct Faculty**, School of Community Health, Portland State University (2014-2016)
- Senior Research Associate**, Oregon Institute of Occupational Health Sciences, Oregon Health & Science University (2012- 2015)
- Research Associate**, Center for Research on Occupational and Environmental Toxicology, Oregon Health & Science University (2008-2012)
- Graduate Assistant**, Department of Kinesiology, Arizona State University (2003-2008)

AWARDS

Safety and Health Advocate Team Award, 2017 (Oregon Healthy Workforce Center), Oregon Governor's Occupational Safety and Health Conference

Dissertation of the Year, 2009, NASPE

1st Place, Best Practices Intervention Evaluation Competition, 2009 (Olson, R., Anger, K., Elliot, D.L., Wipfli, B., Schmidt, S., & Gray, M.) APA/NIOSH Work, Stress, & Health Conference

Douglas L. Conley Memorial Scholarship Award, 2007, Arizona State University
Department of Kinesiology

Letterwinner and Captain, 1998-2002, Carthage College Men's Swimming

Presidential Scholarship, 1998-2002, Carthage College

PUBLICATIONS and PRESENTATIONS

Peer Reviewed Publications and Book Chapters

Dowd, W., Bray, J., Barbosa, C., Brockwood, K., Kaiser, D.J., Mills, M.J, Hurtado, D., & Wipfli, B. (In Press). Cost and Return on Investment of a Work-Family Intervention in the Extended Care Industry: Evidence from the Work, Family & Health Network. *Journal of Occupational and Environmental Medicine*.

Kossek, E.E., Thompson, R.J., Lawson, K.M., Bodner, T., Perrigino, M., Hammer, L.B., Buxton, O.M., Almeida, D.M., Moen, P., Hurtado, D., Wipfli, B., Berkman, L. F., Bray, J.W. (In Press). Caring for the elderly at work and home: Can a randomized organizational intervention improve psychological health? *Journal of Occupational Health Psychology*.

Kossek, E.E., Wipfli, B., Thompson, R., & Brockwood, K. (2017). The Work, Family & Health Network intervention: Core elements and customization for diverse occupational health contexts. In "*Occupational Health Disparities among Racial and Ethnic Minorities: Formulating Research Needs and Directions*," APA: Washington: D.C.

Olson, R., Thompson, S.V., Elliot, D L., Hess, J.A., Luther Rhoten, K., Parker, K.N., Wright, R.R., Wipfli, B., Bettencourt, K.M., Buckmaster, A., & Marino, M. (2016). Safety and health support for home care workers: the COMPASS randomized controlled trial. *American Journal of Public Health, 106*(10), 1823-1832.

Olson, R., Wipfli, B., Thompson, S. V., Elliot, D. L., Anger, W. K., Bodner, T., Hammer, L. B., and Perrin, N. A. (2016). Weight control intervention for truck drivers: The SHIFT randomized controlled trial, United States. *American Journal of Public Health, 106*(9), 1698-1706.

- Olson, R., Thompson, S., Wipfli, B., Hanson, G., Elliot, D.L., Anger, W.K., Bodner, T., Hammer, L. B., Hohn, E., & Perrin, N.A. (2016). Sleep, dietary, and exercise behavioral clusters among truck drivers with obesity: Implications for interventions. *Journal of Occupational and Environmental Medicine*, 58(3), 314-321.
- Barbosa, C., Bray, J.W., Dowd, W.N., Mills, M.J., Moen, P., Wipfli, B., Olson, R., & Kelly, E.L. (2015). Return on investment of a work-family intervention: Evidence from the Work, Family, and Health Network. *Journal of Occupational and Environmental Medicine*. 57(9), 943-951.
- Olson, R., Wright, R. R., Elliot, D., Hess, J., Thompson, S., Buckmaster, A., Luther, K., & Wipfli, B. (2015). The COMPASS Pilot Study: A Total Worker Health™ Intervention for Home Care Workers. *Journal of Occupational and Environmental Medicine*, 57(4), 406-416.
- Olson, R., Elliot, D., Hess, J., Thompson, S., Luther, K., Wipfli, B., Wright, R., & Buckmaster, A. (2014). The COMMunity of Practice And Safety Support (COMPASS) Total Worker Health™ study among home care workers: study protocol for a randomized controlled trial. *Trials*, Oct 27 (15), 411.
- Olson, R., Wipfli, B., Wright, R. R., Garrigues, L., Nguyen, T., & Lopez de Castro, B. (2014). Reliability and validity of the home care STAT (Safety Task Assessment Tool). *Applied Ergonomics*, 45(4), 1157-1166. PMID: 24629346.
- Wipfli, B., & Ramirez, E. (2013). Stress reactivity in humans and animals: Two meta-analyses. *International Journal of Exercise Science*, 6(2), Article 7.
- Wipfli, B., Olson, R., & Koren, M. (2013). Weight-loss maintenance among SHIFT pilot study participants 30-months after intervention. *Journal of Occupational and Environmental Medicine*, 55, 1-3. PMID: PMC3547666.
- Wipfli, B., Olson, R., Wright, R. R., Garrigues, L., Lees, J. (2012). Characterizing hazards and injuries among home care workers. *Home Healthcare Nurse*, 30, 387-393. PMID: 22743527.
- Olson, R., Wipfli, B., & Garcia, L. R. (2012). Ergonomics: Practical guidance for assessing truck drivers. *Professional Safety*, 38-43. No PMID.
- Olson, R., Schmidt, S., Winkler, C., & Wipfli, B. (2011). The effects of target behavior choice and self-management skills training on compliance with behavioral self-monitoring. *American Journal of Health Promotion*, 25, 319-324. PMID: 21534834.

Wipfli, B.M., Landers, D.M., Nagoshi, C., & Ringenbach, S. (2011). An examination of serotonin and psychological variables in the relationship between exercise and mental health. *Scandinavian Journal of Medicine and Science in Sports*, 21(3), 474-481. PMID: 20030777.

Olson, R., Anger, K., Elliot, D. L., Wipfli, B., & Gray, M. (2009). A new health promotion model for lone workers: Results of the Safety & Health Involvement For Truckers (SHIFT) pilot study. *Journal of Occupational and Environmental Medicine*, 51, 1233-1246. PMID: 19858740.

Olson, R., Grosshuesch, A., Schmidt, S., Gray, M., & Wipfli, B. (2009). Observational learning and workplace safety: The effects of viewing the aggregated behavior of multiple social models on the use of personal protective equipment. *Journal of Safety Research*, 40, 383-387. PMID: 19932320.

Rethorst, C.D., Wipfli, B.M., and Landers, D.M. (2009). The anti-depressive effects of exercise: A meta-analysis of randomized controlled studies. *Sports Medicine*, 39, 491-511. PMID: 19453207.

Wipfli, B.M., Rethorst, C.D., & Landers, D.M. (2008). The anxiolytic effects of exercise: A meta-analysis of randomized trials and dose-response analysis. *Journal of Sport and Exercise Psychology*, 30, 392-410. PMID: 18723899.

Peer Reviewed Presentations

Yang, L.Q., Wipfli, B., Chang, C., Cyr, L., Currans, K., & Wang, L. (2017). Integrating multidisciplinary perspectives on commuting, stress, and wellbeing. Symposium presentation at Work, Stress, and Health Conference, Minneapolis, MN.

Yang, L.Q., Wipfli, B., Barnes-Farrell, J., Chang, C., Fisher, G., (2017). Best practices in interdisciplinary training and collaboration on occupational safety and health. Symposium presentation at Work, Stress, and Health Conference, Minneapolis, MN.

Wipfli, B., Lagnion, E., & Parker, K. (2017). Assessing sedentary behavior and stationary pedal stands in sedentary occupations. Poster presentation at Work, Stress, and Health Conference, Minneapolis, MN.

Anger, W.K., Yano, J., Vaughn, K., Wipfli, B., Olson, R., & Blanco, M. (2017). Total Worker Health[®] intervention for construction workers improves safety, health, well-being. Poster presentation at Work, Stress, and Health Conference, Minneapolis, MN.

- Moe, E., Dobek, J., Nail, L., Wipfli, B., & Winters-Stone, K. (2016). Influence of structured resistance training on daily physical activity energy expenditure in breast cancer survivors. Poster presentation at American College of Sports Medicine Conference, Boston, MA.
- Thompson, S., Hohn, E., Wipfli, B., & Olson, R. (2015). Diet associations with sleep and fatigue among truck drivers: Baseline results from the SHIFT randomized controlled trial. *The FASEB Journal*, 29 (1 Supplement), 602.1.
- Olson, R., Elliot, D.L., Hess, J.A., Thompson, S., Wright, R.R., Luther, K., Mancini, A., & Wipfli, B. (2014). COMPASS teams: Creating health & safety “communities of practice” for home care workers. Symposium at the 1st International Symposium to Advance Total Worker Health, Bethesda, MD.
- Olson, R., Wipfli, B., Thompson, S., Anger, W.K., Bodner, T., Elliot, D.L., Hammer, L., & Perrin, N. (2014). The SHIFT Intervention for truck drivers produces significant weight loss in a randomized trial. Symposium at the 1st International Symposium to Advance Total Worker Health, Bethesda, MD.
- Barbosa, C., Bray, J., Dowd, W., Mills, M., Kelly, E., Moen, P., Wipfli, B., Olson, R., & Durham, M. (2014). Return on investment of a work-family intervention: Evidence from the Work, Family, and Health Network. Society for Medical Decision Making Conference, Miami, FL.
- Olson, R., Wipfli, B., Alley, L., Murphy, K., & Ernst, D. (2014). The effects of motivational interviewing on weight loss and dietary behaviors in the SHIFT study for truck driver health. International Conference on Motivational Interviewing, Amsterdam, Netherlands.
- Wipfli, B., Olson, R., Uba, U., Moore, L., Clemons, N., Thompson, S., Bransford, K. (2014). Physical activity actigraphy among truck drivers: Accounting for seat vibrations. American College of Sports Medicine Conference, Orlando, FL.
- Olson, R., Wipfli, B., Thompson, S., Anger, W.K., Bodner, T., Elliot, D., Hammer, L., & Perrin, N. (2013). The SHIFT weight loss intervention for truck drivers: Baseline findings from a randomized controlled trial. OHSU Research Week, Portland, OR.
- Olson, R., Wipfli, B., Thompson, S., Anger, W.K., Bodner, T., Elliot, D., Hammer, L., & Perrin, N. (2013). The SHIFT weight loss intervention for truck drivers: Baseline findings from a randomized controlled trial. NIOSH/APA Work, Stress, and Health, Los Angeles, CA.

Kossek, E., Hammer, L., Kelly, E., Moen, P., Olson, R., Brockwood, K., Wipfli, B., Anger, W.K., Okechukwu, C., Karuntzos, G., King, R. (2013). Crafting organizational interventions fostering healthy psychosocial work-family environments: Design principles and strategies. NIOSH/APA Work, Stress, and Health, Los Angeles, CA.

Olson, R., Wright, R., Elliot, D., Hess, J., Wipfli, B., & Mancini, A. (2013). The COMPASS pilot study: A Total Worker Health™ intervention for home care workers. NIOSH/APA Work, Stress, and Health, Los Angeles, CA.

Wipfli, B., Olson, R., Wright, R., Garrigues, L., & Lees, J. (2011). The Safety Task Assessment Tool (STAT) for Homecare Workers. APA/NIOSH Work, Stress, and Health Conference, Orlando, FL.

Olson, R., Winkler, C., Schmidt, S., & Wipfli, B. (2011). The effects of target behavior choice and self-management skills training on compliance with behavioral self-monitoring. American Journal of Health Promotion Webinar.

Barnes, K.A., Rethorst, C., Etnier, J., Wipfli, B., & Landers, D. The effects of exercise on cognitive function across the life span: a meta-analysis. *Journal of Sport & Exercise Psychology*, 32, S142.

Olson, R., Wipfli, B., Alley, L., Murphy, K., Ernst, D., Burden, V. (2010). How motivational interviewing affected driver weight loss during the SHIFT pilot study. International Conference on Commercial Driver Health & Wellness, Baltimore, MD.

Olson, R., Wipfli, B., Winkler, C., & Schmidt, S. (2010). The effects of target behavior choice and self-management skills training on compliance with behavioral self-monitoring. Association for Behavior Analysis International Conference, San Antonio, TX.

Wipfli, B., Landers, C.D., Nagoshi, C., & Ringenbach, S.D. (2009). An examination of serotonin and psychological variables in the relationship between exercise and mental health. American Alliance for Health, Physical Education, Recreation, and Dance Conference, Tampa, FL.

Wipfli, B., Rethorst, C.D., & Landers, D.M. (2007). Examining the dose-response relationship between exercise and reductions in anxiety. North American Society for the Psychology of Sport and Physical Activity Conference, San Diego, CA.

Wipfli, B., Rethorst, C.D., & Landers, D.M. (2006). The anxiolytic effects of exercise: A meta-analysis of randomized trials. North American Society for the Psychology of Sport and Physical Activity Conference, Denver, CO.

Invited Presentations and Workshops

Wipfli, B. (2016). Sedentary work. Greater Oregon Society of Government Meeting Professionals, Portland, OR.

Wipfli, B. (2015). SHIFT Study 6 Month Outcomes. Marshfield Clinic Research Foundation, Marshfield, WI.

Wipfli, B. (2015). Physical and psychological techniques for managing stress. Portland State University Healthy U Wellness Program, Portland, OR.

Wipfli, B. (2014). Self-monitoring and self-management. Occupational Health Psychology Summer Institute, Portland, OR.

Wipfli, B. (2013). The effects of physical activity on mental health: Biomarkers and mechanisms of change. Oregon Institute of Occupational Health Sciences Seminar, Portland, OR.

Wipfli, B. (2010). Mental health, the workplace, and exercise. Creating a Healthy Workforce Conference, Portland, OR.

Wipfli, B. (2009). Sweat equity: How physical activity can improve the workplace. Pulp and Paper Workers Conference, Portland, OR.

Wipfli, B. (2009). Physical activity, health, and workplace productivity and safety. Southern Oregon OSHA Conference, Medford, OR.

GRANTS AND FUNDING

Ongoing Support

NIOSH 2 U19 OH010154-06 (Kent Anger, Center PI) 09/01/16 to 08/31/21
Oregon Healthy Workforce Center of Excellence

Research Project: Multilevel Intervention to Improve Safety and Health in Sedentary Occupations

Description: This is a research project within the overall Center application. The study is designed to substantially improve health, safety, and well-being in sedentary workers, including physiological outcomes that contribute to chronic diseases. The project tests whether a multilevel intervention is more effective than single level interventions for increasing the utilization of existing health and safety resources.

Role: PI of Research Project

USAMRAA W81XWH-13-2-0020 (Leslie Hammer, PI) 2/08/13 – 2/07/18
Development and Evaluation of Veteran Supportive Supervisor Training (VSST):
Improving Reintegration of the Oregon National Guard and Reserves into the
Workplace

Description: The major goal of this project is to develop and evaluate a veteran supportive supervisor training program for the civilian workforce to impact veteran and family health and well-being.

Role: Investigator

Completed Support

TREC - NITC (Liu-Qin Yang, PI)

4/01/16 to 10/01/17

How Do Stressed Workers Make Travel Choices that are Good for their Health, Safety, and Productivity?

Description: This study will analyze two existing datasets to determine the psychological factors that impact commute choices, and examine how commute choices impact psychological and physiological stress responses to daily stressors.

Role: Co-Investigator

NHLBI R01 HL105495 (Ryan Olson, PI)

4/01/11 to 3/31/17

Social Support During a Randomized Trial of a Trucker Weight Loss Intervention

Description: Cluster randomized trial to evaluate the efficacy of a competition-based weight loss intervention for truck drivers that is supported with computer-based training and motivational interviewing. The study will also evaluate how social support factors in both home and work environments moderate intervention effectiveness.

Role: Co-Investigator

NIOSH U19 OH010154 (Kent Anger, PI)

9/01/11 to 8/31/16

Oregon Healthy Workforce Center of Excellence

Description: Development and evaluation of a scripted peer-led curriculum to organize home care workers into neighborhood-based Workforce teams that provide education and social support for improving lifestyle (e.g., diet, exercise) and safety behaviors.

Role: Collaborator

NIOSH 2U01 HD059773-05 (Leslie Hammer, PI)

9/01/08 to 7/31/14

Portland Center: Work Family and Health Network Phase II

Description: Randomized multi-worksites evaluation of a multi-component intervention (including behavioral self-monitoring) to increase family-supportive supervisory behaviors and employee temporal control over job tasks.

Role: Investigator

NICHD U01 HD059773-05S1 (Leslie Hammer, PI)

9/30/09 to 9/29/11

Administrative Supplement, Work-Life Network Phase II

Description: Administrative supplement award to enhance intervention effectiveness through the development of employee self-monitoring activities that are designed to increase co-worker supportive behaviors and employee temporal control over job tasks.

Role: Investigator for OHSU Subcontract

NWCOHS Pilot Project (Ryan Olson, PI)

8/01/09 to 8/01/10

Development and Evaluation of a Safety Self-Assessment Tool for Home Care Workers

Description: The goal of this project is to develop and evaluate the reliability of a self-assessment tool for home care workers that is focused on exposures to risk factors for back injuries. Methods include ecological momentary self-assessment using palm computers and direct researcher observations of work.

Role: Co-Investigator

TEACHING

Portland State University (2014- Present)

Stress Management

Freshman Inquiry: Life Unlimited?

Sophomore Inquiry: Healthy People Healthy Places

Arizona State University (2003-2008)

Exercise Psychology

Health Psychology

Psychosocial Aspects of Physical Activity

Applied Sport Psychology

Physical Education Activities for Teachers

MENTORING

O'Neill, S. (Summer, 2017). Evaluating pedal stand measurement and intervention methods. Supervisor in the Occupational Health Sciences Undergraduate Summer Research Award Program.

Lagnion, E. (Summer, 2016). Assessing sedentary behavior and stationary pedal stands in sedentary occupations. Supervisor in the Occupational Health Sciences Undergraduate Summer Research Award Program.

Ploof, N. (Summer, 2016). Maximizing the effectiveness of computer-based training in commercial drivers. Supervisor in the Occupational Health Sciences Undergraduate Summer Research Award Program.

Smith, K. (Summer, 2015). The relationship between emergency call center employees' stress levels, sick days, sleep quality, supervisor support, and physical activity. Supervisor in the Occupational Health Sciences Undergraduate Summer Research Award Program.

Ha, K. (Summer 2015). Validity of 10-minute activity bout analysis using Actigraph GT3X+Accelerometers to measure physical activity in truck drivers. Supervisor in the Occupational Health Sciences Undergraduate Summer Research Award Program.

Schue, A. (Summer, 2015). Factors affecting standing duration at sit-stand stations in call center employees. Supervisor in the Occupational Health Sciences Undergraduate Summer Research Award Program.

Yee, J. (Summer, 2014). Relationship of work demands, perceived stress, and social support on the physical activity of truck drivers. Supervisor in the Occupational Health Sciences Undergraduate Summer Research Award Program.

Uba, U. (Summer, 2013). A technique to remove error variance from physical activity accelerometers worn by commercial truck drivers. Supervisor in the CROET Undergraduate Summer Research Award Program.

Koren, M. (Summer, 2012). Behavior change and weight loss maintenance: A 2-year follow-up with SHIFT pilot study participants. Supervisor in the CROET Undergraduate Summer Research Award Program.

Ferguson, H. (Summer, 2011). Digital video and computer-based training development for the SHIFT randomized trial. Mentor in the OHSU Equity Summer Research Program.

Koren, M. (Summer, 2011). Behavior change and weight loss maintenance: A 2-year follow-up with SHIFT pilot study participants. Supervisor in the CROET Undergraduate Summer Research Award Program.

Alley, L. (Summer, 2010). Analysis of motivational interviewing during the SHIFT pilot study. Supervisor in the CROET Undergraduate Summer Research Award Program.

Murphy, K. (Summer, 2010). Analysis of motivational interviewing during the SHIFT pilot study. Supervisor in the CROET Undergraduate Summer Research Award Program.

Ekstrand, J. (Fall 2007 and Winter 2008). An examination of serotonin and psychological variables in the relationship between exercise and mental health. Supervisor for Arizona State University Undergraduate Research Internship.

Bailowitz, Z. (Fall 2007 and Winter 2008). An examination of serotonin and psychological variables in the relationship between exercise and mental health. Supervisor for Arizona State University Undergraduate Research Internship.

Melchi, Q. (Winter 2008). Self-induced pelvic floor muscle tremors and psychological stress. Supervisor for Arizona State University Undergraduate Research Internship.

Lucus, K. (Winter 2008). Self-induced pelvic floor muscle tremors and psychological stress. Supervisor for Arizona State University Undergraduate Research Internship.

PROFESSIONAL ACTIVITIES

Consulting

University of Iowa Healthier Workforce Center of Excellence
Department of Health Promotion and Sports Medicine, Oregon Health & Science University
School of Nursing, Oregon Health & Science University

Leadership and Service

Member, Oregon Healthy Workforce Center Internal Steering Committee (2015-Present)
Co-Director, Oregon Institute of Occupational Health Sciences Seminar Series (2015–2016)

Review Editor

Frontiers in Public Health Education and Promotion

Professional Development

Portland State University Hierarchical Linear Modeling Workshop
Motivational Interviewing Training Course
Oregon Health & Science University Grant Writing Workshop

Professional Affiliations

American Public Health Association
Society for Occupational Health Psychology
Oregon Public Health Association
Sedentary Behavior Research Network
Health Data Exploration Project