Research Focus
My research has focused on important contributors to health and recovery from illness and trauma within the broad context of medical psychology: depression, stress, and physical activity/exercise. I pursue studies that help to explain the mechanisms that link physical and mental health. Fatigue is a special area of interest, since fatigue is reported to be one of the most distressing symptoms experienced by the general population, as well as individuals with chronic illness and disability.

Current Projects
- Identifying and Understanding How to Make Rehabilitation Research and Information Relevant to TBI, SCI, and Burn Injury Patients, Caregivers, and Clinicians: A knowledge translation qualitative interview study that is part of the Model Systems Knowledge Translation Center (msktc.org).
- Effect of an Acute Bout of Exercise on the Affect of Sedentary Individuals and Individuals with Depressive Symptomatology: An investigation looking at the potential different effects of one exercise session on mood in those with and without elevated depressive symptomatology.
- Fairfax Housing Health Survey: A collaborative effort with the Fairfax County Health Department and Fairfax County Department of Housing and Community Development to conduct a health needs assessment of residents living in subsidized housing within Fairfax County.
- Resident Education in Clinical Research: In collaboration with Inova Fairfax Hospital, the purpose of this work is to expose medical residents to the basics of clinical research and teach them the necessary skills to complete scholarly activities. This will be accomplished by providing didactic presentations to the residents and consulting with Inova Faculty Research mentors in order to facilitate the research projects of residents (i.e., methodological and statistical assistance).