

Amber Watts, Ph.D.
1415 Jayhawk Boulevard
Fraser Hall, Room 426
Lawrence, KS 66045-7556
(785) 864-2604
Email: amberwatts@ku.edu

Education

2009-2012 *Post-Doctoral Fellowship, Neuropsychology & Aging Laboratory*
Lifespan Institute, Gerontology Center, University of Kansas, Lawrence, Kansas

2004-2009 *Ph.D. in Gerontology, NIA Pre-Doctoral Fellow*
Davis School of Gerontology
University of Southern California, Los Angeles, California

1999-2001 *M.A. in Experimental Psychology*
Wake Forest University, Winston-Salem, North Carolina

1995-1999 *B.A. in Psychology*
University of Redlands, Redlands, California

Work Experience

8/2012- ***Assistant Professor***
Department of Psychology, Clinical Health Track, University of Kansas

9/2015-12/2015 ***Visiting Research Fellow***
Center for Research on Ageing, Health, & Well-being, College of Medicine, Biology, and Environment, The Australian National University, Canberra, Australia

2/2010-8/2012 ***Research Associate***
Center for Research Methods & Data Analysis, University of Kansas

1/2009-8/2012 ***Post-Doctoral Fellow***
Lifespan Institute, Gerontology Center, University of Kansas

8/2005-12/2008 ***NIA Pre-Doctoral Fellow***
Davis School of Gerontology, University of Southern California

8/2004-12/2007 ***Research Assistant, Long Beach Longitudinal Study***
Davis School of Gerontology, University of Southern California

9/2003-8/2004 ***Clinical Trials Coordinator, Alzheimer's Disease***
Department of Psychiatry and Behavioral Sciences, University of Southern California

11/2001-8/2003 ***Clinical Research Project Manager, Hepatitis C***
Department of Clinical Investigation, Walter Reed Army Medical Center

8/1999- 5/2001 ***Research Assistant***
Department of Psychology, Wake Forest University

Part-Time/Temporary
5/2006-3/2008 ***Clinical Tester, Clinical Trial of Cognitive Training Software***
Posit Science/University of Southern California

5/2006-12/2006 ***Clinical Trials Coordinator, Parkinson's Disease***
Department of Neurology, University of Southern California

6/2001-8/2003 ***Research Consultant and Certified Testing Technician***
Women's Health Center of Excellence, Wake Forest University Medical Center

Selected Publications

Peer Reviewed

- Rhyner, K. T., & **Watts, A.** (in press). Exercise and depressive symptoms in older adults: A meta-analytic review. *Journal of Aging and Physical Activity*.
- Watts, A.**, Ferdous, F., Diaz Moore, K., & Burns, J. (in press). Neighborhood integration and connectivity predict cognitive decline in older adults with and without Alzheimer's disease. *Gerontology & Geriatric Medicine*. doi:10.1177/2333721415599141
- Watts, A.**, Honea, R., Billinger, S., Hutfles, L., Vidoni, E., Rhyner, K., & Burns, J. (2015). A combined measure of vascular risk for white matter lesions. *Journal of Alzheimer's Disease, 45*, 187-193.
- Watts, A.**, Loskutova, N., Johnson, D. K., & Burns, J. (2013). Metabolic syndrome and cognitive decline in early Alzheimer's disease and healthy older adults. *Journal of Alzheimer's Disease, 35*, 253-265. doi:10.3233/JAD-121168
- Watts, A.**, Vidoni, E., Loskutova, N., Johnson, D. K., & Burns, J. (2013). Measuring physical activity in older adults with and without Alzheimer's disease. *Clinical Gerontologist, 36*(4), 1-20. doi:10.1080/07317115.2013.788116
- Hall, J., Larson, K. A., & **Watts, A.** (2011). Satisfying friendship maintenance expectations: The role of friendship standards and biological sex. *Human Communication Research, 37*, 529-552. doi:10.1111/j.1468-2958.2011.01411
- Johnson, D. K., **Watts, A.**, Chapin, B. A., Anderson, R., & Burns, J. M. (2011). Neuropsychiatric profiles in dementia. *Alzheimer Disease and Associated Disorders, 25*(4), 326-332. doi: 10.1097/WAD.0b013e31820d89bs
- Burns, J. M., Johnson, D. K., **Watts, A.**, Swerdlow, R., & Brooks, W. M. (2010). Reduced lean mass in early Alzheimer disease and its association with brain atrophy. *Archives of Neurology, 67*(4), 428-433.
- Watts, A.**, Crimmins, E. M., & Gatz, M. (2008). Inflammation as a potential mediator for the association between periodontal disease and Alzheimer's disease. *Neuropsychiatric Disease and Treatment, 4*(5), 865-876.

Edited Book Chapter

- Wang, L., **Watts, A.**, Anderson, R., & Little, T. (2011). Common fallacies in quantitative research methodology. In T. D. Little (Ed.) *Oxford Handbook of Quantitative Methods*. New York: Oxford University Press.
- Zelinski, E. M., Kennison, R. F., **Watts, A.**, & Lewis, K. L. (2009). Convergence between cross-sectional and longitudinal studies: Cohort matters. In H. B. Bosworth & C. Hertzog (Eds.), *Aging and cognition: Research methodologies and empirical advances*. Washington, DC: American Psychological Association.
- Watts, A.**, & Crimmins, E. M. (2009). The third age. In D. Carr (Ed.), *Encyclopedia of the life course and human development*. Detroit, MI: Macmillan Reference USA.
- Watts, A.**, & Crimmins, E. M. (2008). Populations at special health risk: The elderly. In K. Heggenhougen & S. Quah (Eds.), *International Encyclopedia of Public Health, Volume 5* (pp. 254-260). San Diego: Academic Press.

Publications Under Review

- Watts, A.**, Ferdous, F., Diaz Moore, K., & Burns, J. (2015). Neighborhood Spatial Configuration and Metabolic Function in Older Adults with and without Alzheimer's Disease. Manuscript submitted for publication.

Publications in Preparation

Liebmann, E., Breda, A., **Watts, A.**, Ferdous, F., Diaz-Moore, K., & Burns, J. (2015, Nov). Neighborhood Characteristics and Dementia Status Predict Physical Functioning in Older Adults.

Selected Conference Presentations

Khou, C., Rendzia, B., Bevan, A, & **Watts, A.** (2015, Oct). Evaluation of waist-worn actigraphy monitors for the assessment of sleep and physical activity in older adults with and without Alzheimer's disease. Poster to be presented at the 9th Berg Symposium, St. Louis, MO.

Walters, R., **Watts, A.**, Hoffman, L. (2015, Oct). The power to detect and predict scale-model random intercept variance in the mixed-effects location-scale model. Paper to be presented at Society for Multivariate Experimental Psychology, Los Angeles, CA.

Liebmann, E., Breda, A., **Watts, A.**, Ferdous, F., Diaz-Moore, K., & Burns, J. (2015, Nov). Neighborhood Characteristics and Dementia Status Predict Physical Functioning in Older Adults. Paper to be presented at the 67th Annual Meeting for the Gerontological Society of America, Orlando, FL.

Watts, A., Ferdous, F., Diaz-Moore, K., & Burns, J. (2014, Nov). Neighborhood characteristics predict health and cognitive function in older adults with and without Alzheimer's disease. Paper presented at the 66th Annual Meeting for the Gerontological Society of America, Washington, DC.

Watts, A., Breda, A., & Burns, J. (2014, March). Measuring physical activity in older adults with early Alzheimer's disease. Presented at American Psychosomatic Society, San Francisco, CA.

Watts, A., Vidoni, E., Washburn, R., Johnson, D., & Burns, J. (2013, June). Measuring physical activity in older adults with early Alzheimer's disease. Poster presented at Frontiers Awards Symposium, University of Kansas Medical School, Kansas City, KS.

Watts, A., Vidoni, E., Washburn, R., Johnson, D., & Burns, J. (2012, Oct) Unstructured Physical Activity in Older Adults with Early Alzheimer's Disease. Poster presented at Frontiers Awards Symposium, University of Kansas Medical School, Kansas City, KS.

Watts, A., Loskutova, N., Johnson, D. K., & Burns, J.M. (2012, July). Metabolic Syndrome and Cognitive Decline in Alzheimer's Disease. Paper presented at Alzheimer's Association International Conference, Vancouver, BC.

Sprague, B. N., **Watts, A.**, & Burns, J. M. (2012, Apr). The effect of physical activity on executive function and working memory in older adults with and without dementia. Poster presented at Cognitive Aging Conference, Atlanta, GA.

Johnson, D. K., **Watts, A.**, & Garnier-Villareal, M. (2011, Nov.). The Effect of Rural vs. Urban Lifestyles on Health and Mortality: The Pura Vida Study. Paper presented at the 64th Annual Meeting for the Gerontological Society of America, Boston, Massachusetts. (Note: Watts- Symposium Chair)

Watts, A., Johnson, D. K., & Burns, J. M. (2010, Nov.). Measuring low rates of physical activity in healthy & mildly demented older adults. Paper presented at the 63rd Annual Meeting for the Gerontological Society of America, New Orleans, LA.

Watts, A., Johnson, D., Burns, J. M. (2010, Apr.). Physical activity mediates the relationship between body mass and brain volume loss. Poster presented at the Cognitive Aging Conference, Atlanta, GA.

Watts, A., Prescott, C. A., Gatz, M., & Plassman, B. L. (2009, Nov.). Lower education predicts steeper trajectories of cognitive decline. Paper presented at the 62nd Annual Meeting for the Gerontological Society of America, Atlanta, GA.

Watts, A., Crimmins, E. M. & Gatz, M. (2008, Nov.). Inflammation as a potential mediator for the relationship between periodontal disease and Alzheimer's disease. Poster presented at the 61st Annual Meeting for the Gerontological Society of America, National Harbor, MD.

Watts, A., & Zelinski, E. M. (2007, Nov.). Predicting longitudinal change in cognitive performance from everyday

activities. Poster presented at the 60th Annual Meeting for the Gerontological Society of America, San Francisco, CA.

Watts, A., & Zelinski, E. M. (2006, Nov.). Cohort differences in the relationship between activity and cognitive performance in the Long Beach Longitudinal Study. Poster presented at the 59th Annual Meeting for the Gerontological Society of America, Dallas, TX.

Watts, A., & Zelinski, E. M. (2006, Apr.). Invariance in the relationships between activities and cognitive performance across cohorts. Poster presented at the Cognitive Aging Conference, Atlanta, GA.

Funded Grant Activity

- 2014-2014 **A. Watts** & J. Moncada (co-PIs) (\$25,000)
Physical fitness & neurocognitive performance in older adults in Kansas & Costa Rica
Office of International Programs, University of Kansas
- 2013-2014 **A. Watts** (PI) (\$30,000)
Neighborhood Characteristics, Walking, and Sedentary Behavior in AD
KU- Alzheimer's Disease Center Pilot Award
NIA 5P30AG035982-3
- 2013-2015 **A. Watts** (PI)
The Effects of Sedentary Behavior and Metabolic Syndrome on Cognitive Performance
Clinical Loan Repayment Award, NIH Loan Repayment Program
- 2012-2013 **A. Watts** (PI) (\$30,000)
Measuring unstructured physical activity in older adults with and without Alzheimer's disease; Frontiers Pilot and Collaborative Studies
Clinical Translational Science Award (CTSA)
NCATS #UL1TR000001; NCRR #UL1RR033179
- 2013 D. Johnson (PI)
Pura Vida: Healthy Aging in Costa Rica
National Institutes of Health, Fogarty International
(Funded)
- 2012-2014 K. Diaz-Moore & **A. Watts** (Co-PIs) (\$50,000)
Resilient Lifestyles for Older Adults
Strategic Initiatives Grant, University of Kansas
- 2010-2012 **A. Watts** (PI)
The Role of Physical Activity in Cognitive Decline and Dementia
Clinical Loan Repayment Award, NIH Loan Repayment Program
- 2006-2007 M. Gatz (PI) **A. Watts** (Investigator)
Predicting Dementia Risk in Elderly Twins from Indicators of Early Life Infection
NIA Pilot, P30 AG-017265, Center for Biodemography & Population Health
University of Southern California /University of California Los Angeles
- 2005-2008 **A. Watts** (Pre-doctoral Fellowship)
Ruth L. Kirschstein National Research Service Award (T32)

Other Recent Grant Activity

- 2015 J. Burns (PI), A. Watts Co-I
Prescribing Smart Aging: Integrating Health Systems with Community-Based Lifestyle Interventions
1R01AG052954-01
(Under Review)

- 2015 **A. Watts (PI)**
An Intervention to Reduce Sedentary Time (ReST) in Older Adults
Alzheimer's Association Non-Pharmacological Approaches
(Not funded)
- 2015 **A. Watts (PI)**
An Intervention to Reduce Sedentary Time (ReST) in Older Adults
American Psychological Foundation
(Not funded)
- 2013-2014 **A. Watts (PI)**
Neighborhood Walkability and Sedentary Behavior in Alzheimer's Disease
Alzheimer's Association New Investigator Research Grant (NIRG)
(Submitted Revision, Not Awarded)
- 2013 P. Kluding (PI)
Performance Fatiguability and sedentary behavior in older adults with Diabetic
Peripheral Neuropathy
(Not Awarded)
- 2012 E. Vidoni (PI)
A Clinical Intervention to Increase Physical Activity in MCI
National Institutes of Health R03
(Not Awarded)

Grant Workshop Participation

- 2011 Update on NIA Grants and Funding, NIA/GSA Webinar
2011 Grant Writing Workshop, University of Kansas (semester-long course)
2010 Significance, Innovation, and Approach, NIH Grant Sections Webinar
2010 Funding Opportunities at the Institute of Education Sciences, IES Webinar
2009 Introduction to Federal Funding Mechanisms, Molly Wagster, NIA, Friday Harbor, WA
2005 Grant Mechanisms for Junior Investigators, RAND, Santa Monica, CA

Media Interviews

- August 2015 Benefits of Neighborhood Walkability, Academic Minute
March 2015 Lawrence Journal World, U.S. Trends in Aging
November 2014 Easy to Walk Communities Linked to Sharper Senior Minds
KU press release references in a number of online and print sources
including U.S. News and World Report; Radio interview (KMBZ News)
- August 2012 Dental health linked to dementia
Interviewed for commented on research cited in a number of online and print
sources including Reuters; Radio interview (Toronto, Canada)

Advanced Research and Methods Training (Non-Degree Credit)

- 2012 International Workshop on Statistical Genetics and Methodology of Twin and Family Studies
(University of Colorado, Boulder)
- 2011 Summer Institutes in Statistics (University of Kansas), Consultant to Participants
- 2009 Advanced Psychometric Workshop, Cognitive Reserve (U Washington, UC Davis)
- 2009 Summer Institutes in Statistics (University of Kansas)
Multi-Level Modeling (K. Preacher)
Item-Response Theory (M. Edwards)
- 2008 Methodology of Twin and Family Studies (University of Colorado, Boulder)

- 2007 Summer Institutes in Statistics (University of Kansas)
Advanced Longitudinal Structural Equation Modeling (T. Little)
- 2005 Growth Curve Modeling Workshop at APS (Mplus, B. Muthen)
- 2005 Structural Equation Modeling for Longitudinal Data (USC, J. McArdle)
- 2005 RAND Summer Institute (Mini-Medical School)

Honors & Awards

- Retirement Research Foundation Fellow (2015)
- ARC Centre of Excellence in Population Aging Research Visiting Fellowship Travel Award (2015)
- Fellow of the University of Kansas Alzheimer's Disease Center
- Professional Development Grant Awardee, Frontiers, CTSU, KUMC
- NIA Clinical Loan Repayment Program Awardee
- Dissertation Fellowship, University of Southern California
- Ruth L. Kirschstein National Research Service Award funded by NIA (Pre-Doctoral Fellowship)
- Edward & Sophie Calkins Scholarship, University of Southern California
- Roberta & Wendell Close Scholarship, University of Southern California

Leadership & Service

- 2013- Associate Editor, Journal of Alzheimer's Disease
- 2013- Grant Reviewer, Alzheimer's Association
- 2010-2011 Program Committee Member, Behavioral & Social Sciences Section, GSA
- 2009-present Reviewer, Gerontological Society of America Meeting Abstracts
- 2009-2012 Supervisor, Neuropsychology and Aging Laboratory and CRMDA
Nine research assistants (undergraduate & graduate)
- 2009-2010 Secretary, Emerging Scholar & Professional Organization, GSA
- 2007-2008 Supervisor, seven dissertation research assistants
- 2006-2008 Research Manager & Clinical Trainer, Posit Science Trial
- 2005-2008 Reviewer, Student Paper & Grant Awards, APS
- 2005-2006 Ph.D. Student Departmental Representative
- 2005-2006 Vice President, Student Gerontology Association, Univ. of Southern California

Ad Hoc Journal Reviews: Journal of the American Geriatrics Society; Psychology & Aging; Alzheimer's & Dementia; Current Alzheimer's Research; Behavior Genetics; Journal of the International Neuroscience Society; International Journal of Geriatric Psychiatry, Developmental Psychology; Aging, Neuropsychology, & Cognition; Brain and Behavior; Behavioral & Brain Functions; and others

Professional Organization Membership

- American Psychological Association
- Association for Psychological Science
- Gerontological Society of America
- Alzheimer's Association International Society to Advance Alzheimer's Research and Treatment