
Ashlee S. Davis

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RESEARCH INTERESTS

Design, implementation, and evaluation of behavior change programs for health promotion
Use of digital health to improve health program access and to promote sustainable health behavior change
Determinants of health behaviors

EDUCATION

Doctor of Philosophy in Kinesiology, Exercise Psychology **August, 2020**
Cognate: Public Health
Georgia State University, Atlanta, Georgia
Committee Chair: Rebecca Ellis, PhD
Dissertation: Tailored eHealth and mHealth for Physical Activity Promotion

Graduate Certificate in Public Health **December, 2018**
Georgia State University, Atlanta, Georgia

Master of Science, Exercise Science **August, 2014**
Concentration: Exercise Physiology
Georgia State University, Atlanta, Georgia
Thesis: Effects of Electronic Reminders for Promoting Exercise Motivation and Adherence in University Students

Bachelor of Science, Health Science **May, 2011**
Howard University, Washington, D.C.

PROFESSIONAL EXPERIENCE

2021 – Present **Assistant Professor, Health & Community Wellness**
Sport Management, Wellness, & Physical Education
University of West Georgia, Carrollton, GA

2021 **Limited Term Instructor**
Sport Management, Wellness, & Physical Education
University of West Georgia, Carrollton, GA

2019 - 2020	Graduate Research Assistant (Assistant Program Coordinator) Desire2Move Georgia State University, Atlanta, GA
2017 – 2020	Instructor Oh Baby! Fitness, Atlanta, GA
2016 - 2020	Graduate Teaching Assistant Department of Kinesiology & Health Georgia State University, Atlanta, GA
2016 - 2017	Part-time Instructor Wellness Instruction Spelman College, Atlanta, GA
2015 - 2016	Director of Wellness Calvin Court Presbyterian Homes of Georgia, Atlanta, GA
2014 - 2015	Fitness Specialist Lenbrook Continuing Care Retirement Community Atlanta, GA
2013 - 2014	Graduate Assistant Employee Development & Wellness Services Georgia State University, Atlanta, GA
2012 - 2013	Graduate Assistant Student Recreational Services Georgia State University, Atlanta, GA

SCHOLARSHIP AND PROFESSIONAL DEVELOPMENT

Peer-reviewed Manuscripts

1. Ballard, A., **Davis, A.**, Wong, B., Lyn, R., and Thompson, W. (in press). The effects of exclusive walking on lipids and lipoproteins in women with overweight and obesity: A Systematic Review and Meta-Analysis. *American Journal of Health Promotion*.
2. **Davis, A.**, Ellis, R., & Wilson, K. (2021). An observation of the impact of tailored messages on participant compliance during Desire2Move. *Translational Behavioral Medicine*. doi: 10.1093/tbm/ibab092

3. **Davis, A.**, Sweigart, R., & Ellis, R. (2020). A systematic review of tailored mHealth interventions among adults. *Translational Behavioral Medicine*, 10(5), 1221–1232. <https://doi.org/10.1093/tbm/ibz190>
4. Ellis, R., Saringer, C., **Davis, A.**, Biber, D., & Ferrer, D. (2020). Examining the impact of wellness champions on the effectiveness of a workplace health and well-being program. *American Journal of Health Promotion*, 35(1), 121–126. <https://doi.org/10.1177/0890117120929131>
5. Ballard, A.M., **Davis, A.**, & Hoffner, C. (2020). The impact of health narratives on persuasion in African American women: A Systematic Review and Meta-Analysis. *Health Communication*, 1 – 12. doi: 10.1080/10410236.2020.1731936
6. **Davis, A.** & Ellis, R. (2019). A quasi-experimental investigation of college-students' ratings of two physical activity mobile apps with varied behavior change technique quantity. *Digital Health*. <https://doi.org/10.1177/2055207619891347>

Peer-reviewed Published Abstracts

1. **Davis, A.**, Appleton, S., Sweigart, R. & Ellis, R. (2020). Patterns of Individual Level Program Implementation in a Workplace Health and Well-Being Program. *Annals of Behavioral Medicine*, 54(Suppl.), S642.
2. **Hamilton, A.**, & Ellis, R. (2017). Predictors of physical activity intention and behavior among university employees. Southeast Regional Chapter of the American College of Sports Medicine, Greenville, SC, 67.
3. Biber, D., Ellis, R., Ransaw, C. J., Saringer, C., Ferrer, D., **Hamilton, A.**, & Abbott, L. (2015). Motivational correlates of physical activity among university employees. Southeast Regional Chapter of the American College of Sports Medicine, Jacksonville, FL, 92.
4. **Hamilton, A.**, & Ellis, R. (2015). Effects of electronic reminders for promoting exercise motivation and adherence in university students. Southeast Regional Chapter of the American College of Sports Medicine, Jacksonville, FL, 62.

Peer-Reviewed Presentations to Scholarly and Professional Groups (*Mentored students underlined*)

1. **Davis, A.**, Appleton, S., Molina, T., & Ellis, R. (2021). The Impact of Tailored Messages on Physical Activity Participation During an eHealth Workplace Health and Wellbeing Program. Poster abstract submitted for Kinesiology Research Day at Augusta University.
2. **Davis, A.**, Wilson, K., & Ellis, R. (2021). An Observation of the Impact of Tailored Messages on Participant Non-compliance in Desire2Move. Research Spotlight to be presented at the virtual annual meeting of the Society of Behavioral Medicine.

3. **Davis, A., Molina, T.**, Wilson, K., & Ellis, R. (2021). Reasons for Non-Compliance during an eHealth Workplace Health and Well-being Program. Research Spotlight to be presented at the virtual annual meeting of the Society of Behavioral Medicine.
4. **Davis, A., Appleton, S.**, Sweigart, R. & Ellis, R. (2020). Patterns of Individual Level Program Implementation in a Workplace Health and Well-Being Program. Poster to be presented at the annual meeting of the Society of Behavioral of Medicine, San Francisco, CA. *Canceled due to COVID19.
5. **Davis, A.** & Ellis, R. (2019). User perceptions of mobile apps for physical activity. Poster presented at the annual meeting of the Society of Behavioral of Medicine, Washington, DC.
6. Ellis, R., Saringer, C., Biber, D., Ferrer, D., & **Davis, A.** (2019). Does the organization Desire2Move? Poster presented at the annual meeting of the Society of Behavioral of Medicine, Washington, DC.
7. Ballard, A.M., **Davis, A.**, Warren, G., & Hoffner, C., The effect of health narratives on persuasion in African American women: A Meta-Analysis. (2018). Paper presented at the CDC National Conference on Health Communication, Marketing, and Media.
8. **Davis, A.**, Biber, D., & Ellis, R. (2018). Barriers to a workplace physical activity program. Paper presented at the annual meeting of the Southeast Regional Chapter of the American College of Sports Medicine, Chattanooga, TN.
9. **Hamilton, A.**, & Ellis, R. (2017). Predictors of physical activity intention and behavior among university employees. Poster presented at the annual meeting of the Southeast Regional Chapter of the American College of Sports Medicine, Greenville, SC.
10. Biber, D., Ellis, R., Ransaw, C. J., Saringer, C., Ferrer, D., **Hamilton, A.**, & Abbott, L. (2015). Motivational correlates of physical activity among university employees. Poster presented at the annual meeting of the Southeast Regional Chapter of the American College of Sports Medicine, Jacksonville, FL.
11. **Hamilton, A.**, & Ellis, R. (2015). Effects of electronic reminders for promoting exercise motivation and adherence in university students. Poster presented at the annual meeting of the Southeast Regional Chapter of the American College of Sports Medicine, Jacksonville, FL.

Invited Presentations

1. **Davis, A.** (2020). Mindfulness, Self-compassion, and Yoga. Best of the Blue Speaker Series, GSU Young Alumni Council, Atlanta, GA.

2. **Davis, A.** (2018). Mindfulness and Meditation. Campus Life Division Retreat, Emory University, Atlanta, GA.
 3. **Davis, A.** (2017). Physical Activity Promotion. Chinese Olympic Delegations for Winter Sports, Atlanta, GA.
 4. **Davis, A.** (2016). Mobile Applications for Physical Activity and Fitness. Chinese Olympic Delegations for Winter Sports, Atlanta, GA.
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TEACHING EXPERIENCE

University of West Georgia

CMWL 2200 Social Determinants of Health (Spring, Fall 2021)
CMWL 3101 Mental & Emotional Wellness (Spring 2021)
CMWL 3202 Psychology of Health & Wellness (Spring 2021)
CMWL 3401 Technology in health & Wellness (Fall 2021)
CMWL 4103 Applied Research Methods in Health & Community Wellness (Summer, Fall 2021)

Georgia State University

KH 2230 Physiology (Fall 2019)
KH 4630 Fitness Testing and Exercise Prescription (Spring 2016)
KH 3650 Physiology of Exercise (Fall 2016; Spring 2017)
KH 4280 Psychology of Physical Activity (Fall 2017; Spring 2018; Fall 2018; Spring 2019)

Spelman College

SWEL 101 Yoga & Meditation I (Fall 2016; Spring 2017)
SWEL 102 Yoga & Meditation II (Spring 2017)

PROFFESIONAL SOCIETIES AND ORGANIZATIONS:

Society of Behavioral Medicine	2018 - Present
American College of Sports Medicine	2017 - Present
Southeast Chapter of American College of Sports Medicine	2014 - 2018; Present
Yoga Alliance	2017 - 2020

HONORS AND AWARDS

GSU Kinesiology & Health Outstanding Dissertation Award	2021
GSU Kinesiology & Health Outstanding Doctoral Student Award	2020
GSU Kinesiology & Health Outstanding Masters Student Award	2014

CERTIFICATIONS

American Red Cross CPR & First Aid	2020 - Present
200-hour Registered Yoga Teacher	2017 - Present
OhBaby Fitness Prenatal and Postpartum Training Certificate	2017 - Present
ACSM Certified Exercise Physiologist	2014 - Present

INVITED PEER-REVIEWER

Journal of Applied Gerontology (n = 1, 2020; n = 1, 2021)
Translational Behavioral Medicine (n = 1, 2021)

SERVICE

University of West Georgia, Department of Sport Management, Wellness, & Physical Education

- D2M Team Captain (Spring 2021)

Georgia State University, Desire2Move

- Student Liaison Coordinator (2018)

Atlanta Bicycle Coalition

- Atlanta Streets Alive Data Team Volunteer (2018 -2019)

Atlanta Beltline Partnership

- Volunteer Fitness Instructor (2017)