

Chad D. Rethorst

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EDUCATION

Ph.D., Kinesiology, Arizona State University, 2008.

Ed.M., Counseling/Sport Psychology, Boston University, 2003.

B.S., Biopsychology, Nebraska Wesleyan University, 2002.

POST-DOCTORAL TRAINING

NRSA Postdoctoral Fellow in Geriatric Psychiatry, University of Rochester Medical Center, 2008- 2010

FACULTY APPOINTMENTS

Assistant Professor, Department of Psychiatry, University of Texas – Southwestern Medical Center, 2010-2016

Associate Professor, Department of Psychiatry, University of Texas – Southwestern Medical Center, 2016-2020

Associate Professor, Agrilife Research, Texas A&M University, 2021-Present

NON-ACADEMIC POSITIONS

Director of Clinical Research, WW (Formerly Weight Watchers), 2019-2021

PUBLICATIONS

1. Peer reviewed articles (* denotes trainee)

1. Wipfli BM, **Rethorst CD**, & Landers DM. The anxiolytic effects of exercise: A meta-analysis of randomized trials and dose-response analysis. *J Sport Exercise Psy* 30:392-410, 2008.
2. **Rethorst CD**, Wipfli BM, & Landers DM. The anti-depressive effects of exercise: A meta-analysis of randomized controlled trials. *Sports Med* 39: 491-511, 2009.
3. **Rethorst CD**, Landers, DM, Nagoshi, CT & Ross JT. A randomized trial examining the efficacy of exercise in reducing depressive symptoms across 5-HTTLPR

genotypes. *Med Sci Sport Exer* 42(11): 2141-2147, 2010.

4. **Rethorst CD**, Landers, DM, Nagoshi, CT & Ross JT. The association of 5-HTTLPR genotype and depressive symptoms is moderated by physical activity level. *J Psychiat Res* 45(2): 185-189, 2011.
5. **Rethorst CD**, Moynihan J, Lyness JM, Chapman BP. Moderating Effects of Moderate-Intensity Physical Activity in the Relationship Between Depressive Symptoms and Interleukin-6 in Primary Care Patients. *Psychosom Med* 73(3): 265-269, 2011.
6. Toups MSP, Greer TL, Kurian BT, Grannemann BD, Carmody TJ, Huebinger R, **Rethorst CD**, Trivedi MH. Effects of serum brain derived neurotrophic factor on exercise augmentation treatment of depression. *J Psychiat Res*, 45(10):1301-1306, 2011.
7. Trivedi MH, Greer TL, Potter JS Grannemann BD, Nunes EV, **Rethorst CD**, Warden D, Ring KM, Somoza E. Determining the primary endpoint for a stimulant abuse trial: Lessons learned from STRIDE (CTN0037). *Am J Drug Alcohol Ab*, 37(5): 339-349, 2011.
8. Trivedi MH, Greer TL, Grannemann BD, Church TS, Somoza E, Blair SN, Szapocznik J, Stoutenberg M, **Rethorst CD**, Warden D, Ring KM, Walker R, Morris DW, Kosinski A, Marcus B, Crowell B, Oden N, Nunes E. Stimulant Reduction Intervention using Dosed Exercise (STRIDE) – CTN 0037: Study Design and Rationale. *Trials*, 12:206, 2011.
9. Greer TL, Ring KM, Warden D, Grannemann BD, Church TS, Somoza E, Blair SN, Szapocznik J, Stoutenberg M, **Rethorst CD**, Walker R, Morris DW, Kosinski AS, Kyle T, Marcus B, Crowell B, Oden N, Nunes E, Trivedi MH. Rationale for Using Exercise in the Treatment of Stimulant Use Disorders. *J of Global Drug Policy and Practice*, 6(1), 2012.
10. Stoutenberg M, **Rethorst CD**, Greer TL, Church TS, Blair SN, Marcus B, Trivedi MH. Stimulant Reduction Intervention using Dosed Exercise (STRIDE) – Description of the Exercise Intervention and Behavioral Program to Ensure Adherence. *Mental Health & Physical Activity*, 5(2): 175-182, 2012.
11. **Rethorst CD**, Sunderajan P, Greer TL, Grannemann BD, Carmody TJ, Trivedi MH. Does exercise improve self-reported sleep quality in nonremitted major depressive disorder? *Psychol Med*, 43(4): 699-709, 2013.
12. **Rethorst CD**, Trivedi MH. Evidence-based exercise prescription for major depressive disorder. *J Psychiat Pract*, 19(3): 204-212, 2013.
13. **Rethorst CD**, Trivedi MH. Response to Stanton, Reaburn, and Rosenbaum. *J*

Psychiat Pract, 19(4): 272-273, 2013.

14. **Rethorst CD**, Toups MSP, Greer TL, Grannemann BD, Nakonezny PA, Carmody TJ, Huebinger R, Barber RC, Trivedi MH. Proinflammatory cytokines as predictors of antidepressant effects of exercise in nonremitted major depressive disorder. *Mol Psychiat*, 18: 1119-1112, 2013.
15. **Rethorst CD**, Greer TL, Grannemann BD, Ring KM, Marcus BH, Trivedi MH. A health education intervention as a control condition in CTN-0037 STRIDE trial: Rationale and description. *Mental Health & Physical Activity*, 7(1): 37-41, 2014.
16. dela Cruz AM, Bernstein IH, Greer TL, Walker R, **Rethorst CD**, Grannemann BD, Carmody TJ, Trivedi MH. Self-rated measure of pain frequency, intensity, and burden (P-FIBS): psychometric properties of a new instrument for the assessment of pain. *J Psychiat Res*, 59, 155-160, 2014.
17. **Rethorst CD**, Bernstein I, Trivedi MH. Inflammation, obesity and metabolic syndrome in depression: Data from the 2009-2010 National Health and Nutrition Survey (NHANES). *J Clin Psychiatr*, 75(12): e1428-e1432, 2014.
18. Kangas, J, Baldwin AS, Rosenfield D., Smits JA, **Rethorst CD**. Examining the moderating effect of depressive symptoms on the relation between exercise and self-efficacy during the initiation of regular exercise. *Health Psychol*, 34(5): 556-565, 2015.
19. Sanchez K, Chartier K, Greer TL, Walker R, Carmody TJ, **Rethorst CD**, Ring KM, dela Cruz AM, Trivedi MH. Comorbidities and race/ethnicity among adults with stimulant use disorders in residential treatment. *J Ethnicity in Substance Abuse*, 14(1): 79-95, 2015.
20. **Rethorst CD**, Greer TL, Bernstein I, Toups MSP, Trivedi MH. IL-1B and BDNF are associated with improvement in hypersomnia but not insomnia following exercise in Major Depressive Disorder. *Translational Psychiatr*, 5: e611, 2015.
21. Stoutenberg M, **Rethorst CD**, Lawson O, Read JP. Exercise training: A worthwhile intervention in alcohol treatment? *Drug Alcohol Dependence*, 160: 2-11, 2016.
22. dela Cruz AM, Carmody TJ, Greer TL, **Rethorst CD**, Warden D, Walker R, Trivedi MH. Baseline Medical Comorbidities in Adults Randomized in the STRIDE Trial for Psychostimulant Use Disorders. *Am J Addict*, 25: 215-220, 2016.
23. **Rethorst CD**, Tu J, Greer TL, Carmody TJ, Trivedi MH. Atypical depressive symptoms as a predictor of treatment response to exercise in Major Depressive Disorder. *Psychiatr Res*, 200: 156-158, 2016.
24. Suterwala A*, **Rethorst CD**, Greer TL Grannemann BD, Carmody TJ, Trivedi MH.

Affect following first exercise session as a predictor of treatment response in depression. *J Clin Psychiatr*, 77(8): 1036-1042, 2016.

25. Greer TL, Trombello JM, **Rethorst CD**, Carmody TH, Jha M, Liao A, Church TS, Chambliss, HO, Grannemann BD, Daly E, Trivedi MH. Improvements in psychosocial functioning and health-related quality of life in patients with treatment response but non-remitted major depressive disorder: Results from the TREAD study. *Depression and Anxiety*, 33(9): 870-881, 2016.
26. Warden D, Sanchez K, Greer TL, Carmody T, Walker R, dela Cruz A, Toups M, **Rethorst CD**, Trivedi MH. Demographic and clinical characteristics of current comorbid psychiatric disorders in a randomized clinical trial for adults with stimulant disorders. *Psychiatr Res*, 246: 136-141, 2016.
27. Northrup TF, Greer TL, Walker R, **Rethorst CD**, Warden D, Stotts AL, Trivedi MH. An ounce of prevention: A pre-randomization protocol to improve retention in substance use disorder clinical trial. *Addictive Behaviors*, 64: 137-142, 2017.
28. Toups MSP, Carmody TJ, Greer TL, **Rethorst CD**, Grannemann BD, Trivedi MH. Exercise is an effective treatment for positive valence symptoms in major depression. *J Affect Disord*, 209: 188-194, 2017.
29. Beg MS, Gupta A, Stewart T, **Rethorst CD**. Promise of wearable devices in oncology practice. *J Oncol Practice*, 13(2): 82-89, 2017.
30. Trombello JM, Walker R, **Rethorst CD**, Carmody TJ, Greer TL, Trivedi MH. Psychosocial relationship status and quality as predictors of exercise-based treatment adherence and substance use outcomes: Results from the STRIDE (CTN-0037) study. *Psychiatry Res*, 254: 332-339, 2017.
31. Stoutenberg M, **Rethorst CD**, Vidot DC, Greer TL, Trivedi MH. Cardiorespiratory fitness and body composition of stimulant users: A baseline analysis of the STRIDE cohort. *J Substance Abuse Treatment*, 78: 74-79, 2017.
32. **Rethorst CD**, Moncrieft AE, Gellman MD, Arredondo EM, Buelna C, Castañeda SF, Daviglius ML, Khan UI, Perreira KM, Sotres-Alvarez D, and Stoutenberg M. Isotemporal analysis of the association of objectively measured physical activity with depressive symptoms: Results from the Hispanic Community Health Study/Study of Latinos (HCHS/SOL). *J Phys Act and Health*, 14: 733-739, 2017.
33. **Rethorst CD**, Leonard D, Barlow CE, Willis BL, Trivedi MH, DeFina LF. Effect of Depression, Metabolic Syndrome and Cardiorespiratory Fitness on Mortality. Results from the Cooper Center Longitudinal Study. *Psychol Med*, 47(14): 2414-2420, 2017.
34. Trivedi MH, Greer TL, **Rethorst CD**, Carmody TJ, Grannemann BD, et al. Randomized trial comparing exercise to health education for stimulant use disorders:

Results from the Stimulant Reduction Intervention using Dosed Exercise (CTN-0037; STRIDE) Trial. *J Clin Psychiatr*, 78(8): 1075-1082, 2017.

35. **Rethorst CD**, South CC, Rush AJ, Greer TL, Trivedi, MH. Prediction of treatment outcomes to exercise in patients with non-remitted Major Depressive Disorder. *Depression & Anxiety*, 34(12): 1116-1122, 2017.
36. Sanchez K, Greer TL, Walker R, Carmody T, **Rethorst CD**, Trivedi MH. Racial and ethnic differences in treatment outcomes among adults with stimulant use disorders after a dosed exercise intervention. *J Ethn Subst Abuse*, 16(4): 495-510, 2017.
37. Trombello JM, Killian MO, Liao A, Sanchez K, Greer TL, Walker R, **Rethorst CD**, Grannemann B, Carmody T, Trivedi MH. Psychometrics of self-report Concise Associated Symptoms Tracking Scale: Results from STRIDE (CTN-0037) study. *J Clin Psychiatr*, 79(1): 17m11707, 2018.
38. Carmody TJ, Greer TL, **Rethorst CD**, Warden D, Grannemann BD, et al. CACE analysis of the Stimulant Reduction Intervention using Dosed Exercise (CTN-0037; STRIDE) Trial. *Contemp Clin Trials Comm*, 10: 1-8, 2018.
39. Gupta A, Stewart T, Bhulani N, Dong Y, Rahimi Z, Crane K, **Rethorst CD**, Beg MS. Feasibility of wearable physical activity monitors in patients with cancer. *JCO Clin Cancer Informatics*, 2: 1-10, 2018.
40. **Rethorst CD**, Hamann HA, Carmody TJ, Sharp KJ*, Argenbright KE, Haley BB, Skinner CS, Trivedi MH. The Promoting Activity in Cancer Survivors (PACES) trial: A multiphase optimization strategy approach to increasing physical activity in breast cancer survivors. *BMC Cancer*, 18(1): 744, 2018.
41. **Rethorst, CD**. Exercise for persons with depression and/or anxiety disorders. *ACSM Health & Fitness Journal*, 23(2):44-6, 2019
42. Vidot DC, **Rethorst CD**, Carmody TJ, Stoutenberg M, Walker R, Greer TL, Trivedi MH. Acute and long-term cannabis use among stimulant users: Results from CTN-0037 Stimulant Reduction Intervention using Dosed Exercise (STRIDE) Randomized Control Trial, *Drug and Alcohol Depend*, 200:139-44, 2019.
43. Sharp KJ*, South CC, Fatt CC, Trivedi MH, **Rethorst CD**. Pilot Studies to Evaluate Feasibility of a Physical Activity Intervention for Persons With Depression. *J Sport Exerc Psychol*. 42(6): 443–451, 2020.
44. Killeen TK, Wolf B, Greer TL, Carmody T, **Rethorst CD**, Trivedi MH. Gender and racial/ethnic differences in physiologic responses in the Stimulant Reduction Intervention using Dosed Exercise Study. *Addict Behav*, 1;110:106546, 2020.
45. Greer TL, Walker R, **Rethorst CD**, Northrup TF, Warden D, Horigian VE,

Silverstein M, Shores-Wilson K, Stotts AL, Trivedi MH. Identifying and responding to trial implementation challenges during multisite clinical trials. *J Substance Abuse Treatment*, 112(1):63-72, 2020.

46. Roake J, Phelan S, Alarcon N, Keadle SK, **Rethorst CD**, Foster GD. Sitting time, type, and context among long-term weight loss maintainers. *Obesity*, 29(6):1067-1073, 2021.
47. Bullard T, Medcalf A, **Rethorst CD**, Foster GF. Impact of the COVID-19 pandemic on initial weight loss in a digital weight management program: A natural experiment. *Obesity*, 29:1434-1438, 2021.
48. Hales SB, Schulte EM, Turner TF, Malcom R, Wojtanowski AC, **Rethorst CD**, Foster, GD, Pinto AM, O'Neil PM. Pilot Evaluation of a Personalized Commercial Program on Weight Loss, Health Outcomes and Quality of Life. *Translational Behavioral Medicine*, ibab110, 2021.
49. **Rethorst CD**, Henley SS, Carmody TH, dela Cruz, A, Greer TL, Walker R, Stoutenberg M, Trivedi MH. Moderators of treatment response to exercise in participants with stimulant use disorder: Results from the Stimulant Reduction Using Dosed Exercise (STRIDE) CTN-0037 study. *Mental Health and Physical Activity*, 21:100421, 2021.
50. Lynch PT, Horani S, Lee R, Sumer BD, Lee SC, Mayo HG, **Rethorst CD**, Day AT. Effectiveness of physical activity interventions in improving objective and patient-reported outcomes in head and neck cancer survivors: A systematic review. *Oral Oncology*, 117: 105253, 2021.
51. Young J, Phelan S, Alarcon N, Roake J, **Rethorst CD**, Foster GD. Factors associated with food choice among long-term weight loss maintainers. *J Human Nutr and Dietetics*, 35(5): 924,933, 2022.
52. Bailey-Davis L, Pinto A, Hanna D, **Rethorst CD**, Still C, Foster GD. Qualitative inquiry with primary care providers and specialists about adult weight management care and referrals. *Translational Behavioral Medicine*, 12(4): 576-584, 2022.
53. Githinji P*, Dawson JA, Appiah D, **Rethorst CD**. A culturally sensitive and theory-based intervention on prevention and management of diabetes: a cluster randomized control trial. *Nutrients*, 14(23): 5126, 2022.
54. Seguin-Fowler RA, LaCroix AZ, LaMonte MJ, Liu J, Maddock JE, **Rethorst CD**, Bird CE, Stefanich ML, Manson JE. Association of Neighborhood WalkScore with Accelerometer-Measured Physical Activity varies by Neighborhood Socioeconomic Status. *Prev Med Reports*, 29: 101931, 2022.

55. Seguin-Fowler RA, Hanson KL, **Rethorst CD**, Ayine P, Folta SC, Maddock JE, Marshall GA, Volpe LC, Eldridge G, Kershaw M, Luong V, Wang H, Kenkel D, Patterson MS. Evaluation of a Civic Engagement Approach to Catalyze Built Environment Change and Promote Healthy Eating and Physical Activity among Rural Residents: A Cluster (Community) Randomized Controlled Trial. *BMC Public Health*, 22(1): 1-17, 2022.
56. Seguin-Fowler RA, Eldridge G, **Rethorst CD**, Graham M, Demment M, Strogatz D, Folta S, Maddock J, Nelson M, Ha S. Improvements and Maintenance of Clinical and Functional Measures Among Rural Women: Strong Hearts, Healthy Communities-2.0 Cluster Randomized Trial. *Circulation: Cardiovascular Quality and Outcomes*, 15(11): e009333, 2022.
57. **Rethorst CD**, Githinji P*, Seguin-Fowler RA, MacMillan Uribe AL, Szeszulski J, Liao Y. Real-time assessment of the bidirectional relationship between affective states and glucose: Protocol paper for a 14-day observational study. *JMIR Res Protocols*, 12(1):e45104, 2023.
58. **Rethorst CD**, Trombello JM, Chen P, Carmody TH, Lazalde A, Trivedi MH. Adaption of tele-behavioral activation to increase physical activity in depression: Protocol for iterative development and evaluation. *Contemp Clin Trials Comm*, 33:101103, 2023.
59. **Rethorst CD**, Carmody TH, Argenbright KA, Mayes T, Hamann HA, Trivedi MH. Considering depression as a secondary outcome in the optimization of physical activity interventions for breast cancer survivors in the PACES trial: A factorial randomized controlled trial. *Int J Beh Nutr Phys Activity*, 20(1): 1-8, 2023.
60. Kindratt TB, Moza J, **Rethorst CD**, Liao Y. How do people spend their day? Sociodemographic disparities in 24-hour movement guideline adherence among US adults using 2017-2020 NHANES data. *J Racial & Ethnic Health Disparities*, 10:-19, 2023.
61. Bailey-Davis L, Pinto AM, Hanna DJ, Cardel M, **Rethorst CD**, Matta K, Still CD, Foster GD. Qualitative inquiry with persons with obesity about weight management in primary care and referrals. *Front Public Health*, 11:1190443, 2023.
62. MacMillan Uribe AL, Demment M, Graham ML, Szeszulski J, **Rethorst CD**, Githinji P*, Nelson ME, Strogatz D, Folta SC, Bailey RL, Davis JM, Seguin-Fowler RA. Strong Hearts, Healthy Communities 2.0: Effect of a Community-Randomized Cardiovascular Disease Risk Reduction Intervention on Diet-related Outcomes of Rural Women, *Am J Clin Nutr*, 118(5): 1055-66, 2023.
63. Githinji P*, MacMillan Uribe AL, Seguin-Fowler RA, Ayine P, On A, Villarreal DL, McNeely A, Szeszulski J, **Rethorst CD**. A qualitative exploration of the health needs and goals of urban women to inform the tailoring and adaptation of Strong Hearts

Health Communities: a community-based cardiovascular disease prevention intervention, *BMC Public Health*, 24:296, 2024.

64. Liu Z, Liao Y, Hwang C, **Rethorst CD**, Zhang X. Associations of Online Health Information Seeking with Health Behaviors of Cancer Survivors, *Digital Health*, 10, 2024.
65. Seguin-Fowler RA, Graham ML, Demment M, MacMillan Uribe AL, **Rethorst CD**, Szeszulski J. Multilevel Obesity Prevention Interventions: State of the Science and Future Directions, *Ann Rev Nutr*, 44, 2024.
66. Szeszulski J, Iyer S, Walker T, Marroquin M, Dement M, MacMillan Uribe AL, **Rethorst CD**, Seguin-Fowler RA. Urban-Rural Differences in School Districts' Local Wellness Policies and Policy Implementation Environments, *Nutrients*, 16:801, 2024.
67. Schaefers A, Xin L, Butler P, Gardner J, MacMillan Uribe AL, **Rethorst CD**, Rolke LJ, Seguin-Fowler RA, Szeszulski J. Relationship Between the Inner Setting of CFIR and the Delivery of the Healthy School Recognized Campus Initiative: A Mixed-Methods Analysis. *Implementation Science Communications*, in press.
68. **Rethorst CD**, Carmody TH, Argenbright KA, Vazquez L, DeLuca T, Mayes T, Hamman HA, Trivedi MH. The Physical Activity in Cancer Survivors (PACES) trial: A factorial randomized trial to optimize intervention for breast cancer survivors, *J Beh Med*, 47:1002-1011, 2024.
69. Githinji P*, MacMillan Uribe AL, Szeszulski J, **Rethorst CD**, Luong V, Xin L, Rolke LJ, Smith MG, Seguin-Fowler RA. Public Health Communication During the COVID-19 Health Crisis: Sustainable Pathways to Improve Health Information Access and Reach among Underserved Communities, *Humanities and Social Science Communications*, 11:1218, 2024.
70. **Rethorst CD**, Trombello JM, Chen P, Carmody TH, Lazalde A, Trivedi MH. Pilot evaluation of the acceptability and feasibility of an adapted tele-behavioral activation intervention targeting physical activity in persons with depression, *BMC Psychology*, 12:643, 2024.
71. Rolke LJ, Szeszulski J, Ayine P, Bailey R, Demment M, Elridge G, Folta SC, Graham ML, MacMillan Uribe AL, McNeely A, Nelson ME, Pullyblank K, **Rethorst CD**, Strogatz D, Seguin-Fowler RA. Process Evaluation Findings from Strong Hearts, Healthy Communities 2.0: A Cardiovascular Disease Prevention Intervention for Rural Women, *Int J Beh Nutr Phys Activity*, 21:122, 2024.

1a. Manuscripts in Progress

1. **Rethorst CD**, Demment M, Graham ML, MacMillan Uribe AL, Szeszulski J, Githinji P, Nelson ME, Strogatz D, Folta SC, Bailey RL, Davis JM, Seguin-Fowler RA. Mediation analysis to identify mechanisms responsible for weight loss in the Strong Hearts, Healthy Communities 2.0 community-randomized trial SHHC mediators, submitted to *Journal of Nutrition and Eating Behavior*.
2. Githinji P*, Seguin-Fowler RA, On A, Benner L, Demment M, MacMillan Uribe AL, Szeszulski J, Graham M, **Rethorst CD**. Feasibility and Acceptability of an adapted community-based cardiovascular disease prevention program: StrongPeople Strong Hearts, submitted to *BMC Public Health*.
3. **Rethorst CD**, Demment M, Ha S, Folta SC, Graham ML, Eldridge GD, Seguin-Fowler RA. Moderators of health outcomes in a multilevel community-randomized trial, Strong Hearts, Healthy Communities-2.0, submitted to *Nutrients*.

2. Books Chapters

1. **Rethorst CD**, Greer TL, Trivedi MH. Depression. In: Mooren FC, Ed. *Encyclopedia of Exercise Medicine in Health and Disease*, 1st ed. New York: Springer; 2012, 232-233.
2. **Rethorst CD**, Trivedi MH. Physical Activity and Depression. In: Rippe JM, Ed. *Lifestyle Medicine*, 2nd ed. Boca Raton, FL: CRC Press; 2013, 1409-1420.
3. **Rethorst CD**. Exercise for Depression/Anxiety. In: Cautin & Lilienfeld, Eds. *The Encyclopedia of Clinical Psychology*, 1st ed. Hoboken, NJ: Wiley-Blackwell; 2015.
4. **Rethorst CD**, Greer TL, Trivedi MH. The Treatment with Exercise Augmentation for Depression (TREAD) study. In: Lam & Riba, Eds. *Physical Exercise Interventions for Mental Health*, 1st ed. Cambridge, UK: Cambridge University Press; 2016, 96-108.
5. Fair KN, **Rethorst CD**. Physical Activity and Depression. In: Rippe JM, Ed. *Lifestyle Medicine*, 3rd ed. Boca Raton, FL: CRC Press; 2017, 1281-1290.
6. **Rethorst CD**. Overview of mechanisms of action in psychiatric disorders and future directions for research. In: Stubbs & Rosenbaum, Eds. *Exercise-Based Interventions for People with Mental Illness*. Academic Press; 2018, 1st ed., 286-302.
7. **Rethorst CD**. Effects of exercise on depression and other mental disorders. In: Anshel, Petruzzello & Labbe, Eds. *APA Handbook of Sport and Exercise Psychology*, Vol 2. Exercise psychology. 1st ed. American Psychological Association, 2019, 109-121.

8. **Rethorst CD**, O'Sullivan D, Herring MP. Physical Activity and Depression. In: Rippe JM, Ed. *Lifestyle Medicine*, 4th ed. Boca Raton, FL: CRC Press; 2024, 1323-1335.

3. Verbal Presentations

Rethorst CD, Wipfli BM, & Landers DM. The anti-depressive effects of exercise: A meta-analysis of randomized controlled studies. North American Society for the Psychology of Sport and Physical Activity Annual Conference. Denver, CO, June 2006. Abstract published in *J Sport Exercise Psy* 28:S151-S152, 2006.

Wipfli BM, **Rethorst CD**, & Landers DM. The anxiolytic effects of exercise: A meta-analysis of randomized trials. North American Society for the Psychology of Sport and Physical Activity Annual Conference. Denver, CO, June 2006. Abstract published in *J Sport Exercise Psy* 28:S193, 2006.

Rethorst CD, Wipfli BM, & Landers DM. The effect of exercise on depression: Examining clinical significance. North American Society for the Psychology of Sport and Physical Activity Annual Conference. San Diego, CA, June 2007. Abstract published in *J Sport Exercise Psy* 29:S198, 2007.

Rethorst CD, Landers, DM, Nagoshi, CT & Ross JT. The efficacy of exercise in the reduction of depressive symptoms across serotonin transporter genotypes. American College of Sports Medicine Annual Meeting. Seattle, WA, May 2009. Abstract published in *Med Sci Sport Exer* 41: S6, 2009.

Rethorst CD, Landers, DM, Nagoshi, CT & Ross JT. Moderation of the life stress-depression relationship by 5-HTTLPR genotype, social support and physical activity. North American Society for the Psychology of Sport and Physical Activity Annual Conference. Austin, TX, June 2009. Abstract published in *J Sport Exercise Psy* 31:S135, 2009.

Rethorst CD, Chapman BP, Moynihan J, Hefner KL, Lu N, Kaukeinen KA, Tu XM, Lyness JM. Physical activity moderates the relationship between depressive symptoms and allostatic load. American College of Sports Medicine Annual Meeting. Seattle, WA, June 2010. Abstract published in *Med Sci Sport Exer* 42(5) Supp 1, 58-59, 2010.

Barnes, KA, **Rethorst CD**, Etnier JL, Wipfli BM, & Landers DM. The effects of exercise on cognitive function across the life span: A meta-analysis. North American Society for the Psychology of Sport and Physical Activity Annual Conference. Tuscon, AZ, June 2010. Abstract published in *J Sport Exercise Psy* 32: S142, 2010.

Rethorst CD (Symposium Chair). Novel exercise interventions for substance abuse and mental health. American College of Sports Medicine, Annual Meeting. Denver, CO, June 2011.

Rethorst CD. Biological plausibility of exercise in the treatment of stimulant abuse. American College of Sports Medicine, Annual Meeting. Denver, CO, June 2011. Abstract published in Med Sci Sport Exer.

Rethorst CD, Sunderajan P, Greer TL, Carmody TJ, Bruce D, Grannemann BD, Trivedi MH. Effects of exercise on self-reported sleep quality in nonremitted Major Depressive Disorder. American College of Sports Medicine, Annual Meeting. Denver, Co, June 2011. Abstract published in Med Sci Sport Exer.

Rethorst CD, Trivedi MH. Exercise prescription for depression: Empirical evidence and clinical perspectives. American College of Sports Medicine, Annual Meeting. San Francisco, CA, May 2012. Abstract published in Med Sci Sport Exer.

Rethorst CD, Trivedi MH. Exercise prescription for Major Depressive Disorder. American Psychiatric Association, Annual Meeting. New York, NY, May 2014.

Rethorst CD (Symposium Chair). Exercise in the treatment of substance use disorders. American College of Sports Medicine, Annual Meeting. Orlando, FL, May 2014

Rethorst, CD, Greer TL, Bernstein I, Trivedi MH. Biological Markers of Improvement in Sleep Quality Following Exercise in Major Depressive Disorder. Society of Behavioral Medicine Annual Meeting. San Antonio, TX, April 2015.

Rethorst CD (Symposium Chair). Conducting randomized controlled trials in exercise and mental health. American College of Sports Medicine, Annual Meeting. Boston, MA, June 2016.

Rethorst CD. Selecting the appropriate control condition. American College of Sports Medicine, Annual Meeting. Boston, MA, June 2016.

Rethorst CD. Getting involved in Exercise is Medicine – The EIM Ambassador program. American College of Sports Medicine, Southwest Regional Meeting, October 2016.

Rethorst CD. Fitbit-support physical activity intervention in persons with depression. Society of Behavioral Medicine, Annual Meeting. San Diego, CA. March 2017.

Rethorst CD (Discussant). Let's get moving. Exploring targets and mechanisms of exercise's therapeutic effect on mental health. Anxiety and Depression Association of America, Annual Meeting. San Francisco, CA, April 2017.

Rethorst CD. Exercise as an intervention for incomplete responders to pharmacotherapy for depression. Anxiety and Depression Association of America Annual Meeting. San Francisco, CA, April 2017.

Rethorst CD. Getting involved in Exercise is Medicine – The EIM Ambassador program. American College of Sports Medicine, Southwest Regional Meeting, Long Beach, CA, October 2017.

Rethorst CD. Getting involved in Exercise is Medicine – The EIM Ambassador program. American College of Sports Medicine, Texas Regional Meeting, Austin, TX, March 2018.

Rethorst CD (Discussant). Digital Health in the Wild: How Do We Help People with Mental Health Disorders Utilize Technology in Their Treatment? Society of Behavioral Medicine, Annual Meeting, Washington, D.C., March 2019.

Liao Y, Cho P, Baum M, Aghajani H, Pan Z., Beg M., **Rethorst CD**, Schembre SM, Basen-Engquist KM. The use of glucose-based biofeedback to motivate physical activity in cancer survivors: A pilot intervention study. Society of Behavioral Medicine, Annual Meeting, Baltimore, MD, April 2022.

Rethorst CD. Multiphase optimization strategy approach to evaluating physical activity interventions in breast cancer survivors: Results from the Physical Activity in Cancer Survivors (PACES) trial. International Society for Behavioral Nutrition and Physical Activity, Annual Meeting, Phoenix, AZ, May 2022.

MacMillan Uribe AL, Demment M, Graham M, Githinji P, Szeszulski J, **Rethorst CD**, Seguin-Fowler R. Effects of a community-randomized cardiovascular disease risk reduction intervention on diet-related outcomes of rural women. Society of Behavioral Medicine, Annual Meeting, Phoenix, AZ, April 2023.

Schaefers A, Butler P, MacMillan Uribe AL, **Rethorst CD**, Rolke L, Seguin-Fowler R, Szeszulski J. Relationship between the CFIR inner setting and the implementation of the HSRC initiative: a mixed methods analysis. Society of Behavioral Medicine, Annual Meeting, Phoenix, AZ, April 2023.

Rethorst CD, Demment M, Graham ML, MacMillan Uribe AL, Szeszulski J, Githinji P, Nelson ME, Strogatz D, Folta SC, Bailey RL, Seguin-Fowler RA. Mediation analysis to identify mechanisms responsible for weight loss in the Strong Hearts, Healthy Communities 2.0 community-randomized trial. International Society for Behavioral Nutrition and Physical Activity, Annual Meeting, Uppsala, Sweden, June 2023.

Rethorst CD (Chair). Understanding multilevel social and environmental influences on health behavior using mHealth/technology-based approaches. Society of Behavioral Medicine, Annual Meeting, Philadelphia, PA, March 2024.

Rethorst CD. Using ecological momentary assessment and continuous glucose monitors to evaluate effects of loneliness on glucose variability. Society of Behavioral Medicine, Annual Meeting, Philadelphia, PA, March 2024.

MacMillan Uribe AL, Largacha Cevallos E, Xin L, Trevino V, Gupta S, Szeszulski J, **Rethorst CD**, Seguin-Fowler RA. A comparative feasibility study to evaluate fruit and vegetable delivery methods in a produce prescription program for Head Start families. Accepted for NUTRITION 2024 (American Society for Nutrition Annual Conference), Chicago, IL, June 2024.

Rethorst CD (Chair). Bench to Bedside and Beyond: Moving for Mental Health (Highlighted Symposium). American College of Sports Medicine, Annual Meeting, Boston, MA, May 2024.

4. Poster Presentations

Rethorst CD, Wipfli BM, & Landers DM. The anti-depressive effects of exercise: A meta-analysis of randomized controlled studies. Arizona State University/Mayo Clinic Arizona Research Symposium. Tempe, AZ, January 2006.

Wipfli BM, **Rethorst CD**, & Landers DM. The anxiolytic effects of exercise: A meta-analysis of randomized trials. Arizona State University/Mayo Clinic Arizona Research Symposium. Tempe, AZ, January 2006.

Wipfli BM, **Rethorst CD**, & Landers DM. The anxiolytic effects of exercise: A dose-response analysis. North American Society for the Psychology of Sport and Physical Activity Annual Conference. San Diego, CA, June 2007. Abstract published in *J Sport Exercise Psy* 29:S219, 2007.

Rethorst CD, Chapman BP, Moynihan J, Hefner KL, Lu N, Kaukeinen KA, Tu XM, Lyness JM. Depression and objectively measured physical activity in U.S. older adults. America Association of Geriatric Psychiatry Annual Meeting. Savannah, GA, March 2010. Abstract published in *Am J Geriat Psychiat* 18:S96-S97, 2010.

Rethorst CD, Greer TL, Grannemann BD, Nakonezny PA, Carmody TJ, Huebinger R, Barber RC, Trivedi MT. Effect of exercise augmentation on proinflammatory cytokines in nonremitted major depressive disorder. NCDEU Annual Meeting. Boca Raton, FL, June 2011.

Northrup TF, Stotts AL, Warden D, Walker R, Greer T, **Rethorst CD**, Thomas-Gordon A, Mulpur S, & Trivedi M. An Ounce of Prevention: Rationale and Design for a Pre-Randomization Discussion to Strengthen Adherence and Retention. Annual NIDA CTN Steering Committee Meeting. Bethesda, MD, March 2013

Sanchez K, Chartier KG, Greer TL, Walker R, Carmody T, **Rethorst CD**, Ring K, Trivedi MH. Racial and ethnic differences among stimulant abusing/dependent inpatients in a residential treatment setting: A baseline analysis of the STRIDE cohort. Annual NIDA CTN Steering Committee Meeting, Racial/Ethnic Minority Symposium. Bethesda, MD, March 2013

Rethorst CD, Greer TL, dela Cruz AM, Carmody TM, Trivedi MH. Maximal exercise testing and medical clearance for exercise in patients with psychostimulant use disorders. Society of Behavioral Medicine Annual Meeting. San Francisco, CA, March 2013.

Toups MSP, **Rethorst CD**, Carmody TJ, Trivedi MH. Cytokines in the relationship between exercise treatment and anhedonia and changes in arousal in depressed subjects. Society of Biological Psychiatry Annual Meeting. New York, NY, May 2014.

Rethorst CD, Carmody TJ, Argenbright K, Skinner C, Haley B, Trivedi MH. Promoting Activity in Cancer Survivors: The PACES program. Cancer Prevention Research Institute of Texas Annual Meeting. Austin, TX, November 2017.

Rethorst CD. Implementation of exercise referral for treatment of Major Depressive Disorder. Society of Behavioral Medicine Annual Meeting. New Orleans, LA, April 2018.

Rethorst CD. Facilitating collaboration in a growing research center. Society of Behavioral Medicine Annual Meeting. New Orleans, LA, April 2018.

Phelan S, Keadle S, Alarcon N, **Rethorst CD**, Foster G. Sitting Time Among Long-Term Weight Loss Maintainers. The Obesity Society Obesity Week, November 2020.

Hales S, Schulte E, Turner T, Malcolm R, **Rethorst CD**, Foster G, O'Neil P. Improvements in Cravings, Happiness and Quality of Life With Weight Loss and Reduced Caloric Intake. The Obesity Society Obesity Week, November 2020.

Phelan S, Alarcon N, **Rethorst CD**, Foster G. Determinants of Food Choice Among Long-Term Weight Loss Maintainers. The Obesity Society Obesity Week, November 2020.

Rethorst CD, Carmody TC, Trivedi MH. Reduction in depressive symptoms in breast cancer survivors in the Physical Activity for Cancer Survivors (PACES) trial. Society of Behavioral Medicine Annual Meeting. Baltimore, MD, April 2022.

Gardner, A, MacMillan Uribe, AL, **Rethorst, CD**, Seguin-Fowler, R., & Szeszulski, J. Using Evidence-Based Intervention Mapping to Adapt the Change Club Curriculum into Strong Teens for Healthy Schools Change Club. Accepted as a poster presentation at the 44th Annual Society for Behavioral Medicine Conference. Phoenix, AZ, USA. April 2023.

Githinji, P, Ayine P, On A, Villarreal DL, Szeszulski J, **Rethorst CD**, MacMillan Uribe AL, Seguin-Fowler RA. Strong Hearts Healthy Communities: An urban adaptation of an effective cardiovascular disease prevention intervention. Society of Behavioral Medicine, Annual Meeting, Phoenix, AZ, April 2023.

Iyer, S, MacMillan Uribe, AL, **Rethorst, CD**, Seguin-Fowler, R., & Szeszulski, J. Examining urban-rural differences in school districts' local wellness policy implementation environments. Society of Behavioral Medicine, Annual Meeting, Phoenix, AZ, April 2023.

Rethorst CD, Trombello J, Carmody T, Chen P, Trivedi MH. Pilot evaluation of behavioral activation targeting increased physical activity in depression. Society of Behavioral Medicine, Annual Meeting, Phoenix, AZ, April 2023.

Gardner A, MacMillan Uribe, AL, **Rethorst, CD**, Seguin-Fowler, R., & Szeszulski, J. Using evidence-based intervention mapping to adapt the change club curriculum into strong teens for healthy schools change club

Rethorst CD, Githinji P, Marroquin M. Pilot Microrandomized Trial of Affective Framing to Increase Physical Activity. Society of Behavioral Medicine, Annual Meeting, Philadelphia, PA, March 2024.

Githinji, P, Seguin-Fowler RA, MacMillan Uribe AL, Szeszulski J, **Rethorst CD**. A pilot study to evaluate the feasibility and acceptability of the StrongPeople Strong Hearts adaption in diverse urban women. Society of Behavioral Medicine, Annual Meeting, Philadelphia, PA, March 2024.

MacMillan Uribe AL, McNeely A, George A, Butler P, **Rethorst CD**, Seguin-Fowler RA, Herrero-Loza A, Ali M, Szeszulski J. Implementers' views on a middle school civic engagement curriculum to promote positive changes to the school nutrition and physical activity environment. Nutrition 2024 (American Society for Nutrition Annual Conference) Chicago, IL. June 2024.

McNeely A, George A, Herrero-Loza A, Ali M, Butler P, MacMillan Uribe AL, **Rethorst CD**, Seguin-Fowler RA, Szeszulski J. Barriers and Facilitators to Implementing Strong Teens for Healthy School: A qualitative analysis using the Consolidated Framework for Implementation Research framework. American Public Health Association, Annual Meeting. Minneapolis, MN, October 2024.

Rethorst CD, Githinji P. The association between loneliness and physical activity in adults with overweight/obesity: An ecological momentary assessment study. International Society for Physical Activity and Health Congress. Paris, France, October 2024.

5. Invited Lectures

Biological rationale for exercise in the treatment of substance abuse. University of South Carolina, School of Public Health. October 2011.

Physical activity and health. University of Texas Southwestern Medical Center, Department of Psychiatry, October 2013.

Exercise and depression: Previous research and future directions. Cooper Institute, October 2013.

Physical Activity and Mental Health. University of South Carolina, School of Public Health. January 2015.

Exercise Prescription for Major Depressive Disorder. U.S. Psychiatric & Mental Health Congress, San Diego, CA. September 2015.

Exercise as treatment for Major Depressive Disorder: Why, Who, and How? Geriatric Psychiatry and Neuroscience Grand Rounds, Stanford School of Medicine. September 2016.

Exercise as treatment for Major Depressive Disorder: Why, Who, and How? Department of Psychiatry Grand Rounds, UT Southwestern Medical Center. April 2017.

Optimizing physical activity interventions for breast cancer survivors: The Promoting Activity in Cancer Survivors (PACES) trial. Sixth State of the Science Cancer Survivorship Symposium, MD Anderson Cancer Center. March 2018.

Exercise as a treatment for Major Depressive Disorder: Moving from “Why?” to “How?” American College of Sports Medicine Exercise is Medicine Ambassador Webinar. April 2018.

Optimizing physical activity interventions in Major Depressive Disorder and other chronic medical conditions. Psychology Department Seminar, Southern Methodist University. September 2018.

6. Community Lectures

“Ask the Expert: Exercise and Depression.” Facebook Live, archived at <https://www.youtube.com/watch?v=z8l8I2DA4zA>.

“Walk Across Texas wrap up: Strategies for remaining active.” April 20, 2023.

7. Media publications

Beg MS, **Rethorst CD**. Outrun (or outwalk!) cancer: How exercise can help reduce treatment symptoms. Published January 9, 2019, <https://utswmed.org/medblog/exercise-cancer-treatment/>.

PREVIOUS RESEARCH FUNDING

NASPSPA Graduate Student Research Award, 2008

Stimulant Reduction Intervention using Dosed Exercise (STRIDE)

NIDA CTN-0037

09/01/09 – 04/30/13

NIH/NIDA

Role: Co-I/National Intervention Director

Exercise in the treatment and prevention of depressive and substance abuse disorders
L30 DA034372 10/01/12 – 09/30/16
NIH Loan Repayment Program Role: Principal Investigator
Award amount: \$73,370

Increasing physical activity among breast cancer survivors with depression
ACS-IRG-02-196 12/28/15 – 12/31/16
American Cancer Society Role: Principal Investigator
Award amount: \$40,000

An Exercise Intervention to Prevent Interferon-Induced Depression in Hepatitis C
1K01MH097847 05/22/13 – 02/28/17
NIMH Role: Principal Investigator
Award amount: \$594,560

Implementation of exercise referral for treatment of depression
Program for the Development and Evaluation of Model Community Health Initiatives in
Dallas (PDEMCHID)
8/1/16 – 12/31/18
Award amount: \$75,000 Role: Principal Investigator

Promoting Activity in Cancer Survivors (PACES)
PP160121 8/31/16 – 2/28/20
Cancer Prevention & Research Institute of Texas Role: Co-Principal
Investigator
Award Amount: \$1,365,226

*Mobile technology intervention to increase physical activity in patients receiving
treatment for renal cell carcinoma*
P50CA196516 8/1/18 – 7/1/19
SPORE - Developmental Research Program Role: Principal Investigator
Award Amount: \$25,000

Adapted Tele-Behavioral Activation Targeted to Increase Physical Activity in Depression
1R34MH122640 6/23/21 – 5/31/24
NIMH Role: Principal Investigator
Award amount: \$738,000

*Real-time assessment of the bidirectional relationship between affective states and eating
behaviors*
tNORC Pilot and Feasibility Projects program 4/15/22 – 4/30/23
Award Amount: \$20,000 Role: Principal Investigator

*StrongHearts Healthy Communities Adaptation for Black and Hispanic/Latinx women in
Dallas*

Institute for Advancing Health through Agriculture 2/1/22 – 8/31/23
Award Amount: \$179,183 Role: Principal Investigator

StrongHearts Healthy Communities Digital Adaptation
Institute for Advancing Health through Agriculture 2/1/22 – 8/31/23
Award Amount: \$166,060 Role: Principal Investigator

StrongTeens for Healthy Schools Change Club: A civic engagement approach to improving physical activity and healthy eating environments
NIMHD 9/19/22 – 5/31/2027
Award Amount: \$1,515,000 Role: Co-investigator

USDA-ARS Postdoctoral Funding Support in Nutrition and Diabetes
Institute for Advancing Health through Agriculture 2/1/22 – 8/31/23
Award Amount: \$216,640 Role: Principal Investigator

Capacity Support for Graduate Students and Postdoctoral Scholars Program
Texas A&M Agrilife Research 4/1/24 – 8/31/24
Award Amount: \$13,030 Role: Principal Investigator

Capacity Support for Graduate Students and Postdoctoral Scholars Program
Texas A&M Agrilife Research 9/1/24 – 8/31/25
Award Amount: \$40,000 Role: Principal Investigator

HONORS AND AWARDS

Douglas T. Conley Memorial Scholarship, Arizona State University, 2006

Fellow, Summer Research Institute in Geriatric Mental Health, sponsored by NIHM and UCSD; University of Michigan, July 25-31, 2009

NCDEU New Investigator Award, sponsored by ASCP, NIMH, NIDA, NIAA and FDA, Boca Raton FL, June 12, 2011.

Fellow, Summer Institute on Design and Conduct of Randomized Controlled Trials Involving Behavioral Interventions, sponsored by the Office of Behavioral and Social Sciences Research at NIH, Airlie Conference Center, July 10-22, 2011.

Fellow, Physical Activity and Public Health Course, sponsored by Center for Disease Control and Prevention and the University of South Carolina Prevention Research Center, September 10-18, 2013.

Fellow, Leadership Training Program. Department of Psychiatry, UT Southwestern Medical Center, 2015.

Fellow, Society of Behavioral Medicine Mid-Career Leadership Institute, 2017.

Fellow, Mentoring Excellence for Developing Leaders, UT Southwestern Center for Translational Medicine, 2017-2018.

Fellow, Innovation Lab: “Staying Power: Developing Lifestyle Interventions that Last.” Sponsored by the University of Buffalo Clinical and Translational Science Institute and the Vanderbilt Institute for Clinical and Translational Research. Airlie Conference Center, April 23-27, 2018

TEACHING EXPERIENCE

Arizona State University

KIN 352 – Psychosocial Aspects of Sport and Physical Activity (7 sections)

UT Southwestern Medical Center

Co-Director, Mood Disorders T32 fellow seminar (2013-2014, 2014-2015)

Guest Lecturer, “Systematic Review and Meta-Analysis” DCS 5301 – Clinical Research Design & Analysis, Fall 2016.

RESEARCH SUPERVISION

Master’s Thesis Committee (Student: Julie Kangas). Southern Methodist University, Department of Psychology, 2012-2013.

Doctoral Dissertation Committee (Student: Cassidy Cisneros). UT Southwestern, Department of Clinical Psychology 2014-2016.

PROFESSIONAL SERVICE

UT Southwestern

Member, Institutional Review Board, 2014-2020

Professional Affiliations

Member, American College of Sports Medicine, 2008-Present

Member, Society of Behavioral Medicine, 2011-Present

Member, The Obesity Society, 2019-Present

Professional Organization Contributions

Co-Chair, American College of Sports Medicine Exercise Is Medicine Ambassador Program, 2015-2019

Program Committee, Society of Behavioral Medicine, 2018

Grant Review Activities

Netherlands Organisation for Health Research and Development, 2012

Mitacs ACCELERATE Internship Program, 2012

NIH Special Emphasis Panel/Scientific Review Group ZMH1 ERB-M (C1), 2014

Austrian Science Fund, 2015

Ontario Mental Health Foundation, 2015

NIH CMGC Study Section, June 2023
Austrian Science Fund, 2024
NIH LCBH Study Section, October 2024

Editorial Positions

Editorial Board Member, Mental Health and Physical Activity, 2019-Present
Editorial Board Member, Frontiers in Psychiatry, 2023-Present

Ad Hoc Review for:

Journal of Health Psychology
Psychology and Aging
Scandinavian Journal of Medicine & Science in Sports
Archives of Pediatrics & Adolescent Medicine
British Journal of Nutrition
International Journal of Environmental Research and Public Health
Social Psychiatry and Psychiatric Epidemiology
American Journal of Epidemiology
American Journal of Drug and Alcohol Abuse
Translational Behavioral Medicine
Epidemiologic Reviews
American Journal of Geriatric Psychiatry
Society for Behavioral Medicine Annual Meeting
Neuropsychobiology
American Journal of Psychiatry
Journal of Affective Disorders
Sports Medicine
Mental Health and Physical Activity
Psychiatry Research
International Journal of Geriatric Psychiatry
Psychoneuroendocrinology
Medicine & Science in Sports & Exercise
Annals of Internal Medicine
Depression & Anxiety
CNS Spectrums
Preventive Medicine
Medical Education
Journal of Science and Medicine in Sport
Psychology of Sport and Exercise
Preventive Medicine Reports
Current Sports Medicine Reports
Annals of Behavioral Medicine
Journal of Mental and Nervous Disease
European Addiction Research
Frontiers in Psychiatry
Journal of Healthy Eating and Active Living
2024 reviews

Mental Health and Physical Activity
Journal of Behavioral Medicine
BMC Public Health
Scientific Reports