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ACADEMIC APPOINTMENTS

Director, Chicago Research Consortium (CRC), UIUC School of Social Work, Chicago, IL, 2020-pres
Associate Professor with tenure, School of Social Work, University of Illinois at Urbana-Champaign, 2020-pres
Assistant Professor of Social Work, University of Illinois at Urbana-Champaign, 2014-2020
Postdoctoral Fellow, Northwestern University Feinberg School of Medicine, 2012-2014

EDUCATION

Ph.D., Public Health, University of Illinois at Chicago, 2012
M.S., Public Health, University of Illinois at Chicago, 2010
B.A., Biological Sciences, University of Illinois at Chicago, 2005

RESEARCH INTERESTS

Psychological well-being, cardiovascular health, health behaviors, Hispanic/Latino and African American older adults, health disparities, hemodialysis, biological markers

GOVERNMENT AND OTHER PROFESSIONAL SERVICE:

2022-Pres Advisory Member, National Institute of Nursing Research (NINR) | National Advisory Council for Nursing Research (NACNR) Strategies to Strengthen Inclusion in NINR-Supported Research Workgroup

2021-Pres Member, American Heart Association (AHA), Council on Epidemiology & Prevention (EPI), LIFESTYLE & EPI Behavioral Change for Improving Health Factors Committee

2021-Pres Editorial Board, *Health Education & Behavior*

2017-Pres Reviewer, UIUC Office of the Vice Chancellor for Research & Innovation, Campus Research Board

2016-2020 Member, American Heart Association (AHA), Council on Epidemiology & Prevention (EPI), Committee to Advance Minority Health, Equity, and Diversity (EPI ADVANCE Committee)

ORIGINAL RESEARCH

Peer-reviewed Articles in Journals

1. Rodriquez EJ, Coreas SI, Gallo LC, Isasi CR, Salazar CR, Bandiera FC, Suglia SF, Perreira KM, **Hernandez R**, Penedo F, Talavera GA, Daviglius ML, Pérez-Stable EJ. "Allostatic load, unhealthy behaviors, and depressive symptoms in the Hispanic Community Health Study/Study of Latinos." *SSM - Population Health*, 2021, doi: <http://doi.org/10.1016/j.ssmph.2021.100917>.

2. Piedra LM, Andrade FCD, **Hernandez R**, Perreira KM, Gallo LC, Gonzalez HM, Gonzalez S, Cai J, Chen J, Castañeda SF, Tabb KM, Talavera GA, Durazo-Arvizu RA, Daviglius ML. "The Association of Subjective Social Status with Life's Simple 7s Cardiovascular Health Index among Hispanics/Latinos: Results from the Hispanic Community Health Study/Study of Latinos." *Journal of the American Heart Association (JAHA)*, 2021; Aug 17:e012704 [Epub ahead of print].
3. **Hernandez R**, Burrows B, Browning MHEM, Solai K, Fast D, Litbarg NO, Wilund KR, Moskowitz JT. "Mindfulness-based Virtual Reality Intervention in Hemodialysis Patients: A Pilot Study on End-User Perceptions and Safety." *Kidney 360*, 2021; Jan 1 [Epub ahead of print].
4. Velasquez-Melendez G, Andrade FCD, Moreira AD, **Hernandez R**, Vieira MA, Felisbino-Mendes MS. "Association of self-reported sleep disturbances with ideal cardiovascular health in Brazilian adults: a cross-sectional population-based study." *Sleep Health*, 2020; 7(2): 183-190.
5. Boehm JK, Qureshi F, Chen Y, Soo J, Umukoro P, **Hernandez R**, Lloyd-Jones D, Kubzansky LD. "Optimism and cardiovascular health: Longitudinal findings from the CARDIA Study." *Psychosomatic Medicine*, 2020; 82(8): 774-781.
6. Burrows B, Andrade FCD, Piedra L, Xu S, Aguiñaga S, Steinberg N, Sarkisian C, **Hernandez R**. "The Influence of Evidence-based Exercise and Age Reattribution on Physical Function in Hispanic Older Adults: Results from the ¡Caminemos! Randomized Controlled Trial." *Journal of Applied Gerontology*, 2020; 40(3): 278-288.
7. Boehm JK, Chen Y, Qureshi F, Soo J, Umukoro P, **Hernandez R**, Lloyd-Jones D, Kubzansky LD. "Positive emotions and favorable cardiovascular health: A 20-year longitudinal study." *Preventive Medicine*, 2020; 136: 106103.
8. **Hernandez R**, Cohn M, Hernandez AK, Daviglius ML, Martinez L, Martinez A, Martinez I, Durazo-Arvizu RA, Moskowitz JT. "Web-based Positive Psychological Intervention to Improve Blood Pressure Control in Spanish-speaking Hispanic/Latino Adults with Uncontrolled Hypertension: Protocol and Design of the ¡Alégrate! Randomized Controlled Trial." *JMIR Research Protocols*, 2020; 9(8): e17721.
9. **Hernandez R**, Burrows B, Wilund K, Moskowitz JT. "Qualitative Findings: Expressions of Gratitude and Positive Emotion among Hemodialysis Patients." *The Journal of Nephrology Social Work*, 2020; 44(1): 9-12.
10. Xu S, Liu M, Shi O, Parker V, **Hernandez R**. "Differences of Quality in End-of-Life Care Across Settings: Results from the U.S. National Health and Aging Trends Study of Medicare Beneficiaries." *Journal of Palliative Medicine*, 2020; 23(9): 1198-1203.
11. Salsman JM, Pustejovsky JE, Schueller SM, **Hernandez R**, Berendsen M, Steffen McLouth LE, Moskowitz JT. "Psychosocial interventions for cancer survivors: A meta-analysis of effects on positive affect." *Journal of Cancer Survivorship*, 2019; 13(6): 943-955.
12. Ross J, Penedo F, Talavera G, Daviglius ML, Tarraf W, Potler VN, Gallo L, Wassertheil-Smoller S, Hanna D, Gonzalez F, **Hernandez R**, Perreira K, Kaplan R, Castaneda S, Hua S. "Association between immigration status and anxiety, depression and use of anxiolytic and antidepressant medications in the Hispanic Community Health Study/Study of Latinos." *Annals of Epidemiology*, 2019; 37: 17-23.
13. **Hernandez R**, Lash JP, Burrows B, Wilund K, Mattix-Kramer HJ, Peralta C, Durazo-Arvizu RA, Talavera GA, Penedo FJ, Khambaty T, Moncrieff AE, Chen J, Daviglius ML. "The Association of Positive Affect and Cardiovascular Health in Hispanics/Latinos with Chronic Kidney Disease: Results from the Hispanic Community Health Study/Study of Latinos (HCHS/SOL)." *Preventive Medicine Reports*, 2019; 15: 1-7 [eCollection].

14. **Hernandez R**, Daviglius ML, Martinez L, Durazo-Arvizu RA, Huffman J, Ramirez F, Tito L, Moskowitz JT. "¡Alegrate!—A Culturally Adapted Positive Psychological Intervention for Hispanics/Latinos with Hypertension: Rationale, Design, and Methods." *Contemporary Clinical Trials Communications*, 2019; 14: 1-9 [eCollection].
15. **Hernandez R**, Vu TT, Kershaw KN, Boehm JK, Kubzansky LD, Carnethon M, Trudel-Fitzgerald C, Knutson KL, Colangelo LA, Kiang Liu. "The Association of Optimism with Sleep Duration and Quality: Findings from the Coronary Artery Risk and Development in Young Adults (CARDIA) Study." *Behavioral Medicine*, 2019; Jul 23: 1-12 [Epub ahead of print].
16. Villareal-Sosa L, Diaz S, **Hernandez R**. "Accompaniment in a Mexican Immigrant Community: Conceptualization and Identification of Biopsychosocial Outcomes." *Journal of Religion & Spirituality in Social Work*, 2018; 38(1): 21-42.
17. Kubzansky LD, Huffman JC, Boehm JK, **Hernandez R**, Kim ES, Koga HK, Feig EH, Lloyd-Jones DM, Seligman MEP, Labarthe DR. "Positive Psychological Well-being and Cardiovascular Disease." *Journal of the American College of Cardiology*, 2018; 72(12): 1382-1396.
18. **Hernandez R**, Burrows B, Wilund K, Cohn M, Xu S, Moskowitz JT. "Feasibility of an Internet-based Positive Psychological Intervention for Hemodialysis Patients with Symptoms of Depression." *Social Work in Health Care*, 2018; 57(10):864-879.
19. Piedra LM, Andrade FCD, **Hernandez R**, Trejo L, Prohaska TR, Sarkisian CA. "Let's Walk! Age Reattribution and Physical Activity among Older Hispanic/Latino Adults: Results from the ¡Caminemos! Randomized Trial." *BMC Public Health*, 2018; 18(1): 964.
20. **Hernandez R**, Cheung E, Carnethon M, Penedo FJ, Moskowitz JT, Martinez L, Schueller SM. "Feasibility of a Culturally Adapted Positive Psychological Intervention for Hispanics/Latinos with Elevated Risk for Cardiovascular Disease." *Translational Behavioral Medicine*, 2018; 8(6): 887-897.
21. **Hernandez R**, Andrade FCD, Piedra LM, Tabb KM, Xu S, Sarkisian C. "The Impact of Exercise on Depressive Symptoms in Older Hispanic/Latino Adults: Results from the "¡Caminemos!" Study." *Aging & Mental Health*, 2018; 23(6): 680-685.
22. **Hernandez R**, Gonzalez HM, Tarraf W, Moskowitz JT, Carnethon MR, Gallo LC, Penedo FJ, Isasi CR, Ruiz JM, Arguelles W, Buelna C, Davis S, Gonzalez F, McCurley JL, Wu D, Daviglius ML. "The Association of Dispositional Optimism and Life's Simple 7's Cardiovascular Health Index: Results from the Hispanic Community Health Study/Study of Latinos (HCHS/SOL) Sociocultural Ancillary Study (SCAS)." *BMJ Open* 2018; 8(3): e019434.
23. **Hernandez R**, Bassett SMR, Shiu EW, Schuette SA, Moskowitz JT. "Author Reply: Illuminating the Health Benefits of Psychological Assets." *Emotion Review* 2018; 10(1): 72-74.
24. Boehm JK, Soo J, Chen Y, Zevon E, **Hernandez R**, Lloyd-Jones D, Kubzansky LD. "Healthy aging: Psychological well-being's association with cardiovascular health in older adults." *American Journal of Preventive Medicine* 2017; 53(6): 791-798.
25. Camacho A, Tarraf W, Jimenez DE, Gallo LC, Gonzalez P, Kaplan RC, Lamar M, Khambaty T, Thyagarajan B, Perreira KM, **Hernandez R**, Cai J, Daviglius ML, Wassertheil-Smoller S, Gonzalez HM. "Anxious-Depression and Neurocognition among Middle-Aged and Older Hispanic/Latino Adults: Hispanic Community Health Study/Study of Latinos (HCHS/SOL) Results." *The American Journal of Geriatric Psychiatry*, 2017; 26(2): 238-249.
26. **Hernandez R**, Bassett SMR, Boughton SW, Shiu EW, Schuette SA, Moskowitz JT. Psychological Well-being and Physical Health: Associations, Mechanisms, and Future Directions." *Emotion Review* 2018; 10(1): 18-29.

27. **Hernandez R**, Cheung E, Liao M, Boughton SW, Tito LG, Sarkisian C. "The Association between Depressive Symptoms and Cognitive Functioning in Older Hispanic/Latino Adults Enrolled in an Exercise Intervention: Results from the "¡Caminemos!" Study." *The Journal of Aging and Health*, 2017; 30(6): 843-862.
28. **Hernandez R**, Carnethon M, Giachello AL, Penedo FJ, Birnbaum-Weitzman OB, Espinoza RA, Gallo LC, Isasi CR, Schneiderman N, Teng Y, Zeng D, Daviglius ML. "Extended Familial Structural Social Support and Cardiovascular Disease Risk Factors in Hispanic/Latino Adults with Diabetes: Results from the Hispanic Community Health Study/Study of Latinos (HCHS/SOL)." *Ethnicity and Health* 2017; Feb 24: 1-15.
29. Piedra L, Andrade FCD, **Hernandez R**, Boughton SW, Trejo L, Sarkisian C. The influence of exercise on cognitive function in older Hispanic/Latino adults: Results from the "¡Caminemos!" Study." *The Gerontologist* 2017; 57(6): 1072-1083.
30. **Hernandez R**, Ruggiero L, Prohaska TR, Chavez N, Boughton SW, Peacock N, Zhao W, Nouwen A. "A cross-sectional study of depressive symptoms and diabetes self-care in African American and Hispanics/Latinos with diabetes: The role of self-efficacy" *Diabetes Educator* 2016; 42(2): 452-461.
31. Gonzalez HM, Tarraf W, Rodriguez CJ, Gallo L, Sacco RL, Talavera G, Heiss G, Kizer JR, **Hernandez R**, Schneiderman N, Daviglius, M, Kaplan RC. "Life's Simple 7's of Hispanic/Latino cardiovascular health: Hispanic Community Health Study/Study of Latinos" *American Heart Journal* 2016; 176: 134-144.
32. **Hernandez R**, Carnethon M, Penedo F, Martinez L, Boehm J, Schueller SM. "Exploring Well-being Among U.S. Hispanics/Latinos in a Church-Based Institution: A Qualitative Study" *The Journal of Positive Psychology* 2016; 11(5): 511-521.
33. Patel SR, Sotres-Alvarez D, Castañeda SF, Dudley KA, Gallo LC, **Hernandez R**, Medeiros EA, Penedo FJ, Mossavar-Rahmani Y, Ramos AR, Redline S, Reid KJ, Zee PC. "Social and Health Correlates of Sleep Duration in a US Hispanic Population: Results from the Hispanic Community Health Study/Study of Latinos" *Sleep* 2015; 38(10): 1515-1522.
34. Xiang X, **Hernandez R**, Larrison CR. "Provider Advice on Exercise and Diet among Adults with Comorbid Serious Psychological Distress and Diabetes or Diabetes Risk Factors" *Diabetes Educator* 2015; 41(2): 185-193.
35. **Hernandez R**, Kershaw KN, Siddique J, Boehm J, Kubzansky L, Diez-Roux A, Ning H, Lloyd-Jones DM. "Optimism and Cardiovascular Health: Multi-Ethnic Study of Atherosclerosis (MESA)" *Health Behavior and Policy Review* 2015; 2(1): 62-73.
36. **Hernandez R**, Kershaw KN, Prohaska TR, Wang P, Marquez DX, Sarkisian CA. "The Cross-sectional and Longitudinal Association between Perceived Neighborhood Characteristics and Depressive Symptoms in Older Latinos: The '¡Caminemos!' Study" *The Journal of Aging and Health* 2015; 27(3): 551-568.
37. Marquez DX, Bustamante EE, Aguiñaga S, **Hernandez R**. "BAILAMOS©: Development, pilot testing, and Future directions of a Latin dance program for older Latinos" *Health Education & Behavior* 2015; 42(5): 604-610.
38. Marquez DX, Aguiñaga S, Campa J, Pinsker E, Bustamante EE, **Hernandez R**. "A Qualitative Exploration of Factors Associated with Walking and Physical Activity in Community-Dwelling Older Latino Adults" *Journal of Applied Gerontology* 2016; 35 (6): 664-677.
39. Ruggiero L, Riley B, **Hernandez R**, Quinn L, Gerber B, Castillo A, Day J, Ingram D, Wang Y, Butler P. "Medical Assistant Coaching to Support Diabetes Self-Care among Low-income Racial/Ethnic

Minority Populations: Randomized Controlled Trial” *Western Journal of Nursing Research* 2014; 36(9):1052-1073.

40. **Hernandez R**, Allen NB, Liu K, Stamler J, Reid KJ, Zee PC, Wu D, Kang J, Garside DB, Daviglius ML. “Association of Depressive Symptoms, Trait Anxiety, and Perceived Stress with Subclinical Atherosclerosis: Results from the Chicago Healthy Aging Study (CHAS)” *Preventive Medicine* 2014; 61: 54-60.
41. **Hernandez R**, Ruggiero L, Riley BB, Wang Y, Chavez N, Quinn LT, Gerber BS, Choi Y. “Correlates of Self-Care in Low-Income African American and Latino Patients with Diabetes” *Health Psychology* 2014; 33(7):597-607.
42. **Hernandez R**, Prohaska TR, Wang P, Sarkisian CA. “The Longitudinal Relationship Between Depression and Walking Behavior in Older Latinos: The ‘¡Caminemos!’ study” *Journal of Aging and Health* 2013; 25:319-341.

Chapters in Books

Castillo A, Aponte-Soto L, **Hernandez R**. (2019). Assessing Tai Chi as an Intervention for Self-management of Diabetes among Hispanics/Latino older Adults/Evaluación del Tai Chi como una intervención para el autorregulación de la diabetes entre Hispanos/Latinos de la tercera edad. In Gloria del Socorro Molina Marin (Ed.), *Integración de métodos de investigación en Salud Publica*. Medellin, Colombia: Universidad de Antioquia.

Labarthe D & **Hernandez R**. (In-Press). Chapter 11: Psychological Factors in Cardiovascular Health and Disease. In F. Valentin (Ed.). *Hurst’s the Heart*. McGraw-Hill Medical.

RESEARCH GRANTS

Current Research Support

Johnson M, Hernandez R, McGee Bernestein 11/24/2021-11/24/2022
Direct/Indirect Costs = \$33,333

2021 Supplemental NORC Pilot and Feasibility Grant—Virtual Reality Nutrition Education Intervention in College Students: A Pilot Study on End-User Knowledge and Behaviors
Develop and pilot test fully immersive virtual reality (VR) software to improve nutrition education and health-related outcomes in college students of Southern University and A&M College.
Role: Co-PD/PI

Hernandez et al.
Direct/Indirect Costs = US\$872,678 9/1/2021-7/31/2024
NIH R01 National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)—Virtual Reality: A New Technological Modality to Deliver Psychotherapy to Hemodialysis Patients with Comorbid Depression [Grant no. *1R01DK129594-01*]
To design and test initial efficacy of our VR-based psychotherapeutic intervention on outcomes of depression, quality of life, dietary intake, HD sessions missed, and hospitalizations in HD patients.
Role: Principal Investigator

Wilund et al. 10/16/2020-10/16/2022
Direct/Indirect Costs = US\$125,000
UIUC Discovery Partners Institute—Development of the Kidney Wellness Institute of Illinois (KIWII)
To develop the Kidney Wellness Institute in Illinois (KIWII) and bring together local and international leaders in research, medicine, industry, and patient-advocacy to address chronic kidney disease.
Role: Co-Investigator

Hernandez/McGee/Kesavadas 01/21/2020-01/21/2021 [No-cost Extension]
Direct/Indirect Costs = US\$75,000
UIUC Jump ARCHES—Virtual Reality to Deliver Psychotherapy to Lung Cancer Patients with Depression
To design a virtual reality application to deliver our evidenced-based positive psychological intervention to lung cancer patients undergoing radiation therapy at OSF HealthCare.
Role: Principal Investigator

Hernandez 07/01/2017-06/30/2019 [No-cost Extension]
Direct/Indirect Costs = US\$172,170
NIH National Institute on Minority Health and Health Disparities (NIMHD)—R21 Obesity in Hispanic/Latino Youth: Intergenerational Effects of Parents' Stress [Grant no. *5U54MD012523*]
To identify and characterize subtypes of structural violence present among Hispanic/Latino parents and to determine potential effects on BMI percentiles and rates of obesity in their child offspring.
Role: Principal Investigator

Hernandez/Moskowitz/Cohn 08/01/2017-07/31/2022 [No-cost Extension]
Direct/Indirect Costs = US\$99,869
ROSENFELD HEART FOUNDATION—Internet-based Positive Psychology Intervention for Hispanic/Latino Adults with Uncontrolled Hypertension
To pilot test an Internet-based positive psychology intervention to determine efficacy in Hispanic/Latino patients with uncontrolled hypertension in the clinic setting.
Role: Principal Investigator

Completed Research Support

Hernandez et al. 09/01/2016-07/21/2021
Direct/Indirect Costs: \$732,402
NIH/NHLBI K01 CAREER DEVELOPMENT AWARD—Positive Psychology Intervention for Spanish-speaking Hispanic/Latino Adults at Risk for Cardiovascular Disease [Grant no. *1K01HL130712-01A3*]
Seeks to evaluate the efficacy of a culturally-tailored positive psychology (PP) intervention in Hispanic/Latino adults with uncontrolled hypertension. It additionally explores biobehavioral mechanisms through which positive psychological well-being influences cardiovascular health.
Role: Principal Investigator

Hernandez/Wilund/Moskowitz 10/15/2018-04/30/2020
Direct/Indirect Costs = US\$8,362
UIUC Campus Research Board—Virtual Reality to Improve Emotional Well-being in Hemodialysis Patients: Initial Safety Testing and Proof-of-Concept
To evaluate initial safety, acceptability, and utility of a virtual reality platform to deliver an immersive psychotherapeutic module in hemodialysis patients.
Role: Principal Investigator

Hernandez/Moskowitz/Wilund 01/01/16 – 12/15/17
Direct Costs = US\$5,190
UIUC SCHOOL OF SOCIAL WORK RESEARCH INCENTIVE PROGRAM—Positive Psychology Intervention to Reduce Depressive symptoms in Hemodialysis Patients
To pilot test an Internet-based positive psychology intervention to determine feasibility and acceptability in hemodialysis patients with elevated symptoms of depression.
Role: Principal Investigator

Piedra/Andrade/Hernandez 01/15/17-12/15/18
Direct Costs = US\$4,823
Subaward from the UCLA Division of Geriatrics—“Let’s Walk!” Age Reattribution and Physical Activity among Older Hispanic/Latino Adults: Results from the ¡Caminemos! Randomized Trial [276144QUE]
Our team led data analysis for the “¡Caminemos!” trial targeting older Hispanics/Latinos and we drafted the full manuscript for peer-reviewed publication presenting intervention effects on physical activity adherence.
Role: Co-Investigator

Hernandez

03/07/16-05/15/2017

Direct Costs = US\$2,000

Nancy Weinberg Memorial Award for Faculty Research—Psychological Well-being and Subjective Social Status: Contributions to Cardiovascular Health in Hispanic/Latino adults

Salary supplementation for statistical analyst to examine pre/post changes in psychological well-being, health behavior adherence, and blood pressure profiles among Hispanics/Latinos at risk for cardiovascular disease, after delivery of our 8-week positive psychological intervention.

Role: Principal Investigator

Hernandez

Direct Costs = US\$104,188

2016 [DECLINED by PI]

National Heart, Lung, and Blood Institute (NHLBI): Research Supplement to Promote Diversity—Exploring Psychological Well-being and its Influence on Health Behaviors in Hispanics/Latinos

To investigate the association of psychological assets (e.g., optimism, positive affect) on health behaviors in Hispanics/Latino adults who participated in the Hispanic Community Health Study/Study of Latinos.

Role: Principal Investigator

Hernandez/Carnethon/Penedo

07/01/13 – 01/05/15

Direct Costs = US\$10,080

George M. Eisenberg Foundation Pioneer Grants for Defining & Implementing Strategies for Healthy Aging—Positive Psychology Intervention for Spanish-speaking Hispanic/Latino Adults: Feasibility and Pilot Study.

To conceptualize happiness, resilience, and positive psychological well-being in Hispanics/Latinos; develop a Spanish-language positive psychology curriculum; and test feasibility of a novel 8-week positive psychology intervention for Spanish-speaking Hispanic/Latinos at risk for cardiovascular disease.

Role: Co-Principal Investigator

Castillo/Aponte-Soto/Hernandez

02/25/11 – 09/30/14

Direct Costs = US\$50,000

University of Illinois at Chicago, Midwest Roybal Center for Health Promotion and Translation—Stress Reduction with Tai Chi for Elderly Hispanics with Diabetes.

To examine the cultural acceptability of Tai Chi in older Hispanics/Latinos with type 2 diabetes and implement a randomized trial to improve psychological well-being, diabetes self-care, and glycemic control.

Role: Co-Investigator

Villarreal-Sosa/Hernandez

03/15/11 – 05/15/12

Direct Costs = US\$500

Illinois Area Health Education Centers—The Accompaniment Model: Conceptualization and Identification of Biopsychosocial Outcomes.

To conceptualize the accompaniment services offered by Taller de Jose, a non-for-profit organization serving low-income Mexican-American immigrants in Chicago.

Role: Co-Principal Investigator

JURIED RESEARCH PRESENTATIONS

Hernandez R., et al. “Innovations in Delivery of Positive Psychological Interventions” International Positive Psychology Association (IPPA) Idea Starter Symposium, Oct 29-30, Virtual Conference.

Hernandez R, Burrows B, Wilund K. “Mindfulness-based Virtual Reality Intervention in Hemodialysis Patients: A Pilot Study on End-User Perceptions and Safety” Society for Social Work and Research (SSWR) 2021 Annual Conference, Jan 19-22, Virtual Conference.

Burrows B, Browning MHEM, Solai K, Drew F, Litbarg NO, Moskowitz JT, Wilund KR, **Hernandez R**. “Fully Immersive Virtual Reality-Based Mindfulness Intervention in Hemodialysis Patients: A Pilot Study Assessing Safety and Utility” 2020 Annual Kidney Week of the American Society of Nephrology, Oct 22-25, Virtual Conference.

Hernandez R, Molina KM, Tan K, Isasi CR, Durazo-Arvizu RA, Gallo LC, Perreira KM, Sanchez-Johnsen LAP, Zen D, Pulgaron ER, Delamater AM, Daviglius ML. "Parental/Caregiver Exposure Patterns to Structural Violence in Hispanics/Latinos: Results from the Hispanic Community Health Study/Study of Latinos (HCHS/SOL) Youth Study." American Psychosomatic Society, March 11-14 2020, Long Beach, CA.

Hernandez R, Burrows BT, Wilund K, Cohn M, Xu S, Moskowitz JT. "An Internet-based Positive Psychological Intervention for Hemodialysis Patients with Symptoms of Depression: Feasibility and Acceptability Testing." 6th World Congress on Positive Psychology 2019, July 18-21, Melbourne, Australia.

Hernandez R, Lash JP, Burrows B, Wilund K, Mattix-Kramer HJ, Peralta C, Durazo-Arvizu R, Talavera GA, Penedo FJ, Khambaty T, Moncrieff AE, Chen J, Daviglius ML. "Positive Affect and Cardiovascular Health in Hispanics: Results from the Hispanic Community Health Study/Study of Latinos." 40th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine 2019, March 6-9, Washington, DC, [Oral Presentation].

Hernandez R, Cheung E, Carnethon M, Penedo F, Moskowitz J, Martinez L, Schueller S. "Feasibility of a Culturally Adapted Positive Psychological Intervention for Hispanics/Latinos with Elevated Risk for Cardiovascular Disease: Results of the "Alegrate!" Trial." Society for Social Work and Research (SSWR) 2019 Annual Conference, Jan. 16-20, San Francisco, CA, [Oral Presentation].

Zu S, Liu X, Shin OJ, Lux E, Liu M, **Hernandez R**. "Is Quality of End-of-Life Care Changing in the United States: A Comparison from 2012-2016." Society for Social Work and Research (SSWR) 2019 Annual Conference, Jan. 16-20, San Francisco, CA.

Zu S, Liu X, Shin OJ, Lux E, **Hernandez R**. "Quality of End-of-Life Care: Does Place of Residence Really Matter?" Society for Social Work and Research (SSWR) 2019 Annual Conference, Jan. 16-20, San Francisco, CA.

Aguayo L, Vizcarra M, Pineros M, **Hernandez R**, Schwingel A. "Metabolically Healthier Mexican Children: Evidence of the Hispanic Health Paradox in Early Childhood" Obesity Week 2018, Nov. 11-15, Nashville, TN.

Majid D, **Hernandez R**, Inoue M, Schwingel A, Aguayo L. "Mexican Mothers' Depressive Symptomatology Influences Their Children's C-Reactive Protein" 2018 Scientific Sessions of the American Heart Association, Nov. 10-12, Chicago, IL.

Piedra L, Andrade F, **Hernandez R**, Sarkisian. "Let's Walk! Age Reattribution and Physical Activity Among Older Hispanic/Latino Adults: Results from the "Caminemos!" Randomized Trial" Society for Social Work and Research (SSWR) 2018 Annual Conference, Jan. 10-14, Washington, DC.

Burrows B, Wilund K, Cohn M, Moskowitz J, Shuo X, **Hernandez R**. "Internet-Based Positive Psychological Intervention for Hemodialysis Patients with Comorbid Depression: Design and Feasibility" American Society of Nephrology (ASN) Kidney Week 2017, Oct. 31-Nov. 05, New Orleans, LA.

Moskowitz JT, Pustejovsky JE, **Hernandez R**, Schueller SM, Berendsen M, & Salsman JM (2017). Don't worry, be happy? Meta-analysis of intervention trials on positive affect in cancer patients and survivors. In J.M. Salsman (Chair), Promoting psychological well-being in cancer patients and survivors: Meta-analyses of randomized clinical trials. *Annals of Behavioral Medicine*, 51 (Suppl.), S1624.

Piedra L, Andrade FCD, **Hernandez R**, Boughton SW, Trejo L, Sarkisian C. "Exercise and Cognitive Function in Older Hispanic/Latino Adults: Results from the "¡Caminemos" Study" 21st IAGG World Congress of Gerontology and Geriatrics, July 23-27 2017, San Francisco, CA.

Hernandez R, Carnethon M, Giachello AL, Penedo FJ, Birnbaum-Weitzman OB, Espinoza RA, Gallo LC, Isasi CR, Schneiderman N, Teng Y, Zeng D, Daviglius ML. "Structural Social Support and Cardiovascular Disease Risk Factors in Hispanic/Latino Adults with Diabetes: Results from the Hispanic Community Health Study/Study of Latinos (HCHS/SOL)" American Heart Association (AHA), March 7-10, 2017, Portland, OR.

Hernandez R, Andrade FCD, Piedra L, Tabb Dina K, Boughton S, Sarkisian C. "The influence of exercise on cognitive function in older Hispanic/Latino adults: Results from the "¡Caminemos!" study" Society for Social Work and Research (SSWR), January 11-15 2017, New Orleans, LA.

Hernandez R, Boughton S, Tito L, Liao M, Sarkisian C. "Association of depressive symptoms and cognitive functioning in older Hispanic/Latino adults: Results from the "¡Caminemos!" study" American Public Health Association (APHA), October 29-November 2nd 2016, Denver, CO.

Hernandez R, Gonzalez HM, Tarraf W, Carnethon MR, Penedo FJ, Gallo LC, Arguelles W, Buelna C, Davis S, Gonzalez F, Isasi CR, McCurley JL, Ruiz JM, Daviglius M. "Association of Optimism and Cardiovascular Health: Results from the Hispanic Community Health Study/Study of Latinos (HCHS/SOL) Sociocultural Ancillary Study" American Heart Association (AHA), March 1-4 2016, Phoenix, AZ.

Hernandez R, Ruggiero L, Boughton S, Prohaska T. "A Cross-sectional Study of Depressive Symptoms and Diabetes Self-Care in African American and Hispanic/Latinos with Diabetes: The Role of Self-Efficacy" Society for Social Work and Research 20th Annual Conference, January 13-17 2016, Washington, DC.

Hernandez R, Carnethon M, Penedo FJ, Schueller S. "Investigating well-being among U.S. Hispanic/Latino Adults: Qualitative Findings" Fourth World Congress on Positive Psychology, June 25-28 2015, Lake Buena Vista, FL.

Boehm J, Smith TW, **Hernandez R**, Huffman, J. "Beyond risk factors & disease: Positive psychological well-being and cardiovascular health" American Psychosomatic Society, March 18-21 2015, Savannah, GA. [Symposium]

Hernandez R, Kershaw KN, Seeman T, Boehm J, Vu TT, Ning H, Lloyd-Jones DM. "Associations of Positive Psychological Well-being on Changes in Allostatic Load: Multi-Ethnic Study of Atherosclerosis (MESA)" American Heart Association (AHA), March 3-6 2015, Baltimore, MD.

Xiang X, **Hernandez R**, Larrison CR. "Provider Advice on Exercise and Diet among Adults with Comorbid Serious Psychological Distress and Diabetes or Diabetes Risk Factors" Society of Social Work and Research (SSWR), January 14-18 2015, New Orleans, LA.

Hernandez R, Vu TT, Liu K, Daviglius ML. "Is Positive Psychological Well-being Associated with Physical Functioning in Older Adults? Results from the Chicago Healthy Aging Study (CHAS)" American Heart Association, November 15-18 2014, Chicago, IL.

Hernandez R, Vu TT, Kershaw KN, Carnethon M, Knutson KL, Colangelo L, Liu K. "The Cross-Sectional and Longitudinal Association of Dispositional Optimism with Sleep Duration and Quality: Findings from the Coronary Artery Risk Development in Young Adults (CARDIA) Study" American Heart Association, March 18-21 2014, San Francisco, CA.

Hernandez R, Kershaw KN, Siddique J, Boehm J, Kubzansky L, Diez-Roux A, Ning H, Lloyd-Jones DM. "The Association of Optimism and Pessimism with Cardiovascular Health: Results from the Multi-Ethnic Study of Atherosclerosis (MESA)" American Heart Association, November 16-20 2013, Dallas, TX.

Castillo A, Aponte-Soto L, **Hernandez R**, Ruggiero L. "Tai Chi for Stress Reduction and Glycemic Control among Hispanic Older" American Public Health Association 141st Annual Meeting & Exposition, November 2-6 2013, Boston, MA.

Hernandez R, Ruggiero L, Prohaska TR, Chavez N, Peacock NR, Nouwen A. "The Association between Depressive Symptoms and Diabetes Self-care in Low Income African American and Hispanic/Latino Patients with Type 2 Diabetes in a Primary Care Setting" American Diabetes Association 73rd Scientific Sessions, June 21-25 2013, Chicago, IL.

Hernandez R, Soca RR, Wu D, Reid KJ, Daviglius ML, Garside DB, Liu K, Zee PC. "Prevalence of Excessive Sleepiness in Older Adults: The Chicago Healthy Aging Study (CHAS)" 28th Annual Meeting of the Associated Professional Sleep Societies, June 1-5 2013, Baltimore, MD.

Soca R, **Hernandez R**, Wu D, Reid K, Daviglius ML, Garside DB, Liu K, Zee PC. "Assessment of High Risk for Obstructive Sleep Apnea using the Berlin Questionnaire in the Chicago Healthy Aging Study (CHAS)" 28th Annual Meeting of the Associated Professional Sleep Societies, June 1-5 2013, Baltimore, MD.

Hernandez R, Allen NB, Liu K, Stamler J, Reid KJ, Zee PC, Wu D, Kang J, Garside DB, Daviglius ML. "Relation of Depressive Symptoms to the Cross-Sectional and Longitudinal Association of Low Cardiovascular Risk with Subclinical Atherosclerosis: The Chicago Healthy Aging Study (CHAS)" Northwestern University Feinberg School of Medicine Ninth Annual Lewis Landsberg Research Day, April 4 2013, Chicago, IL

Hernandez R, Allen NB, Liu K, Stamler J, Reid KJ, Zee PC, Wu D, Kang J, Garside DB, Daviglius ML. "Relation of Depressive Symptoms to the Cross-Sectional and Longitudinal Association of Low Cardiovascular Risk with Subclinical Atherosclerosis: The Chicago Healthy Aging Study (CHAS)" American Heart Association, March 19-22 2013, New Orleans, LA.

Hernandez R, Allen NB, Liu K, Stamler J, Reid KJ, Zee PC, Wu D, Kang J, Garside DB, Daviglius ML. "Relation of Depressive Symptoms to the Cross-Sectional and Longitudinal Association of Low Cardiovascular Risk with Subclinical Atherosclerosis: The Chicago Healthy Aging Study (CHAS)" National Heart, Lung, and Blood Institute Cardiovascular Epidemiology, Biostatistics and Prevention Trainee Session, March 20 2013, New Orleans, LA.

Hernandez R, Prohaska T, Wang P, Sarkisian CA. "Neighborhood Characteristics, Walking Behavior, and Depressive Symptoms in Older Latinos: The '¡Caminemos!' Study" American Heart Association, March 19-22 2013, New Orleans, LA.

Hernandez R, Prohaska T, Sarkisian CA. "The Relationship between Depression and Walking Behavior in Older Latinos: The '¡Caminemos!' Study" Northwestern University Buehler Center on Aging, Health & Society 17th Annual James E. & Bonnie L. Eckenhoff Lecture and John & Gwen Smart Symposium, October 16 2012, Chicago, IL.

Hernandez R, Sosa LV, Brazda K, Monnot L. "The Accompaniment Model: Conceptualization and Identification of Biopsychosocial Outcomes" Immigrant Health Research Conference, December 8 2011, Chicago, IL.

Hernandez R, Ruggiero L, Chavez N, Choi YK, Zhao W. "Biopsychosocial predictors of diabetes self-care among African American and Latino patients with type 2 diabetes" American Public Health Association 139th Annual Meeting & Exposition, October 29-November 2 2011, Washington, DC.

Castillo A, Aponte-Soto L, **Hernandez R**. "Assessing stress and stress reduction with Tai Chi among elderly Hispanics with diabetes" American Public Health Association 139th Annual Meeting & Exposition, October 29-November 2 2011, Washington, DC.

Hernandez R, Ruggiero L, Chavez N, Choi Y. "Minorities with Comorbidity of Depression and Type 2 Diabetes: Adherence to Self-care Activities" 3rd Annual Minority Health in the Midwest Conference, February 25 2011. Chicago, IL.

Ruggiero L, Choi YK, Zhao W, **Hernandez R**, Castillo A on behalf of the entire UIC Diabetes Self-Care Study Team. "Diabetes Self Care in Low Income Populations Attending Primary Care Clinics in the United States" 16th Spring Scientific Meeting of the EASD Psychosocial Aspects of Diabetes (PSAD) Study Group, May 13-15 2011, Cambridge, UK.

Hernandez R, Prohaska T, Sarkisian CA. "The Relationship between Depression and Walking Behavior in Older Latinos: The 'Caminemos!' Study" American Public Health Association 138th Annual Meeting & Exposition, November 6-10 2010, Denver, CO.

Ruggiero L, Choi Y, **Hernandez R** on behalf of the UIC Diabetes Self-Care Study Team. "Depression in Diabetes: Rates and Predictors in Primary Care Patients" 14th Spring Scientific Meeting of the EASD Psychosocial Aspects of Diabetes (PSAD) Study Group, April 24-26 2009, Dubrovnik, HR.

INVITED RESEARCH PRESENTATIONS

"On the Road to a Global and Cross-cultural Understanding of Psychological Well-being," Emotional Well-being & Physical Health: Summer Short Course, Lee Kum Sheung Center for Health and Happiness, Harvard T.H. Chan School of Public Health, Virtual Presenter, July 13, 2021.

"Virtual Reality: A New Technological Modality to Deliver Psychotherapy to Hemodialysis Patients with Comorbid Depression," CTMH Cross-Disciplinary Collaborative Meeting, Northwestern University Feinberg School of Medicine, Division of Nephrology and Hypertension, Chicago, IL, August 21, 2019.

"The Heart's Content: The Influence of Positive Emotions on Cardiac Health." Department of Preventive Medicine at Northwestern University Feinberg School of Medicine, Cardiovascular Epidemiology Seminar Series, Chicago, IL, June 28, 2019.

"Healthcare Training in a Virtual Reality Environment." UIUC School of Social Work, Harnessing Technology for Social Good—Lecture Series, Champaign, IL, December 6, 2017.

"Obesity in Hispanic/Latino Youth: Intergenerational Effects of Parents' Stress." UIC Community Symposium: Structural Violence & Health Equity, Chicago, IL, August 30, 2018.

"Internet-Based Positive Psychological Intervention for Hemodialysis Patients with Comorbid Symptoms of Depression: Design and Feasibility." Stanford University, NIDDK-sponsored Network of Minority Health Research Investigators (NMRI) West Regional Workshop, Stanford CA, November 17, 2017.

"Positive Psychology in Social Work Practice: Theory, Skills, and Strategies." University of Illinois at Urbana-Champaign, CEU Event for Healthcare Education and Leadership Scholars (HEALS) Program, Urbana, IL, September 29, 2017.

"Don't Worry Be Happy: Cardioprotective Influence of Positive Psychological Attributes." University of Illinois at Chicago, College of Applied Health Sciences, Chicago, IL September 13, 2017.

"Association of Optimism and Cardiovascular Health: Results from the Hispanic Community Health Study/Study of Latinos (HCHS/SOL) Sociocultural Ancillary Study," American Psychosomatic Society Annual Conference, Mobilizing Technology to Advance Biobehavioral Science and Health, Seville, Spain, March 17, 2017.

“Don’t Worry Be Happy: Cardioprotective Influence of Positive Psychological Attributes,” University of Illinois at Chicago, Division of Academic Internal Medicine (AIM) and Geriatrics Department of Medicine, Chicago IL, November 22, 2016.

“Association of Optimism and Cardiovascular Health: Results from the Hispanic Community Health Study/Study of Latinos (HCHS/SOL) Sociocultural Ancillary Study,” Hispanic Community Health Study/Study of Latinos (HCHS/SOL), Steering Committee Meeting, Bethesda MD, November 4, 2016.

“Beyond Risk Factors & Disease: Positive Psychological Well-being and Cardiovascular health,” University of Illinois at Urbana Champaign, Department of Human Development and Family Studies, Urbana IL, April 15, 2016.

“NHLBI K01—Beyond Risk Factors & Disease: Positive Psychological well-being and Cardiovascular Health.” Program to Increase Diversity in Cardiovascular Health Related Research (PRIDE), Mid-Year Progress Report, November 8 2015, Orlando FL.

“The Association of Dispositional Optimism with Sleep Duration and Quality: Findings from the Coronary Artery Risk and Development in Young Adults (CARDIA) Study.” CARDIA Psychosocial Working Group, Northwestern University, June, 2015.

“NIH K Award Overview” UIUC School of Social Work, April 2015, Urbana, IL.

“Cardiovascular Health in the Hispanic/Latino Community” UIUC Alpha Psi Lambda, La Casa Cultural Latina, March 30 2015, Urbana, IL.

“An Interactive Introduction to Positive Psychology and its Effect on Cardiovascular risk among Latinos in the U.S.” UIUC College of Medicine—Medicine and Society, February 25 2015, Urbana, IL.

FELLOWSHIPS, HONORS, AND AWARDS

2017	Travel Award to attend the Network of Minority Health Research Investigators (NMRI) workshop sponsored by NIDDK
2017	UIUC, Office of the Vice Chancellor for Research, Scholars’ Travel Fund (STF), Spain - \$1350
2016	UIUC, Office of the Vice Chancellor for Research, Scholars’ Travel Fund (STF), Colorado - \$750
2015	UIUC, Office of the Vice Chancellor for Research, Scholars’ Travel Fund (STF), Florida - \$650
2015	UIUC, Office of the Vice Chancellor for Research, Scholars’ Travel Fund (STF), Georgia - \$650
2014	EPI Minority Travel Grant to attend the American Heart Association’s Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism 2014 Scientific Sessions
2012	UIC School of Public Health Scholarship for Disadvantaged Students (SDS)
2008-2012	Diversifying Higher Education Faculty in Illinois Program Fellow of the Illinois Board of Higher Education
2011	Scrimshaw Latino Health Scholarship
2010	Minority Students for the Advancement of Public Health 2010 APHA Annual Meeting Travel Award
2010	Delta Omega Society of the National Honorary Public Health Fraternity
2006 & 2009	UIC Abraham Lincoln Graduate Fellowship
2007-2008	UIC Martin Luther King Jr. Scholarship

COMPETATIVE TRAINING OPPORTUNITIES

2018	National Institute of General Medical Sciences of the National Institutes of Health, Applied Statistics in Biological systems (ASIBS) Short Course, Icahn School of Medicine in Mount Sinai, New York, NY
2015	National Heart, Lung, and Blood Institute (NHLBI) sponsored Fellow for the Programs to Increase Diversity among Individuals Engaged in Health-Related Research (PRIDE), SUNY Downstate Medical Center, Brooklyn, NY

- 2014 Ten-Day Seminar on the Epidemiology and Prevention of Cardiovascular Disease, American Heart Association, Tahoe City, CA
- 2013 Thirteenth Annual Summer Institute on Randomized Behavioral Clinical Trials, National Office of Behavioral and Social Sciences Research (OBSSR) at the National Institute of Health in collaboration with the National Heart, Lung, and Blood Institute (NHLBI), Warrenton, VA
- 2010 "Seize the Moment: Embracing Winds of Change," Grantmakers in Aging Fellow, Chicago, IL
- 2009 Grants Technical Assistance Workshop, National Institute on Aging (NIA), Atlanta, GA

TEACHING EXPERIENCE

Instructor 2014-Present
 University of Illinois at Urbana-Champaign
 School of Social Work
 Social Work Research Methods 427
 Human Behavior in the Social Environment 451

Guest Lecturer 2013
 Northwestern University Feinberg School of Medicine
 Department of Preventive Medicine
 Qualitative Data Management Training: Introduction to Atlas/ti 6

Guest Lecturer 2012-2014
 Northwestern University Feinberg School of Medicine
 Center for Healthcare Studies
 (HSR 456-0) Applied Qualitative Methods and Analysis for Health Researchers (Prof. Elisa Gordon)

Graduate Teaching Assistant 2009-2011
 University of Illinois at Chicago
 School of Public Health
 Qualitative Methods in Public Health

PREDOCTORAL STUDENTS SUPERVISED OR MENTORED

Dates	Name	Program or School	Role	Current Position
2021-	Xavier Ramirez	UIUC School of Social Work	Research Advisor	Graduate Student in Social Work
2017-	Soonhyung Kwon	UIUC School of Social Work	Chair of Dissertation Committee	Graduate Student in Social Work
2015-	Kang Sun	UIUC School of Social Work	Mentor	Graduate Student in Social Work
2016-2021	Brett T. Burrows	UIUC Kinesiology & Community Health	Co-Chair of Dissertation Committee	Visiting Assistant Professor for Health and Human Physiology Sciences Department, Skidmore, Saratoga Springs, NY
2020-2021	Madhura A. Phansikar	UIUC Kinesiology & Community Health	Member of Dissertation Committee	Postdoctoral Researcher, Clinical Neuroscience Lab, The Ohio State University
2016-2020	Shuo Xu	UIUC School of Social Work	Member of Dissertation Committee	Faculty in Beijing, China
2018-2019	Tiffany Bullard	UIUC Kinesiology & Community Health	Member of Dissertation Committee	Manager, Clinical Research, WW
2017-2019	Yang Wang	UIUC School of Social Work	Member of Dissertation Committee	Department of Social Work & Social Policy, School of Sociology & Population Studies, Renmin University of China, Beijing, China

2016-2018	Sung-wan Kang	UIUC School of Social Work	Member of Dissertation Committee	Faculty, School of Social Work, Missouri State University, Springfield, MO
2014-2016	Meng-Jung Chloe Lee	UIUC School of Social Work	Member of Dissertation Committee	Faculty, Graduate Institute of Social Work, National Taiwan Normal University, Taipei, Taiwan

PROFESSIONAL AFFILIATIONS

- Since 2013 Member, American Diabetes Association (ADA)
- Since 2013 Member, International Positive Psychology Association (IPPA)
- Since 2012 Member, American Heart Association (AHA)
- Since 2010 Member, American Public Health Association (APHA)
- 2010-2012 Minority Students for the Advancement of Public Health (MSAPH)

PROFESSIONAL SERVICE

Steering Committee Member, Positive Aging for Latinos Study (PALS), University of Illinois at Chicago in collaboration with Mather LifeWays, 2017-2019

Co-Chair, Positive Cardiovascular Health Network, Department of Preventive Medicine, Feinberg School of Medicine, 2015-2017

Guest Speaker for Illinois African American and Latino Higher Education Alliance (IALHEA) Diversity Dialogue and Research Forum: Building a Community of Scholars, 2013

Community Engagement and Research Core (CERC) of the Center for Clinical and Translational Science (CCTS) at the University of Illinois at Chicago, Community Engagement Advisory Board (CEAB), 2012-2013

AD HOC REVIEWING

- 2018 Reviewer (Abstracts) for the *American Public Health Association Annual Meeting, Aging and Public Health | Public Health Social Work | Mental Health*
- 2015 Reviewer (Abstracts) for the American Heart Association, Epidemiology and Prevention | Lifestyle and Cardiometabolic Health 2016 Scientific Sessions
- Since 2015 Reviewer for *Journal of Health Care for the Poor and Underserved*
- Since 2013 Reviewer for *Preventive Medicine*
- Since 2013 Reviewer for *Journal of Immigrant and Minority Health*
- 2012 Reviewer (Abstracts) for the *American Public Health Association Annual Meeting, Aging and Public Health*
- Since 2012 Reviewer for *Diabetic Medicine*
- Since 2012 Reviewer for *Health Psychology*
- 2011 Reviewer (Abstracts) for the *Minority Health in the Midwest Conference*

SELECTED MEDIA COVERAGE

- “Optimism Tied to Healthier Hearts Among Latinos,” PsychCentral, April 01, 2018
- “Optimistic Thinking Gives Heart Health A Boost, Study Finds,” Forbes, March 31, 2018
- “Sunnier outlook may translate into a healthy heart for Hispanics, Latinos,” American Heart Association, May 13, 2016 <https://newsarchive.heart.org/sunnier-outlook-may-translate-into-a-healthy-heart-for-hispanics-latinos/>
- “Study Suggests Correlation between Heart Health and Optimism,” U.S. News and World Report, January 12, 2015
- “How Optimism Might be Good for Your Heart,” Time, January 12, 2015
- “Being an Optimist may be Good for your Heart,” CBS News, January 13, 2015
- “Optimists twice as likely as pessimists to have healthy hearts,” PBS NEWSHOUR, January 10, 2015
- “Optimism is Heart Healthy,” PsychCentral, January 12, 2015



SCHOOL OF SOCIAL WORK

1010 W. Nevada Drive, MC-082
Urbana, IL 61801-3813

RE: Open-rank, Tenure-Track Faculty Positions - Kinesiology and Nutrition (Job ID #161379)

April 17, 2022

Dear Search Committee:

Statement of Accomplishment and Future Research

Having joined University of Illinois at Urbana-Champaign (UIUC) in 2014, I am currently an Associate Professor at the UIUC School of Social Work. Prior to joining the faculty at UIUC, I completed a 2-year post-doctoral fellowship in cardiovascular epidemiology at Northwestern University Feinberg School of Medicine. I have over a decade of experience in conducting research, teaching at the undergraduate and graduate levels, and in engaging with community partners in Chicago and Urbana-Champaign who predominantly serve Hispanic/Latino adults and other vulnerable populations. My research portfolio focuses on exploring the link between psychological well-being (e.g., optimism) and cardiovascular health (CVH), along with delivery of positive psychological interventions intended to boost emotional assets in vulnerable populations using emergent technology. My work is highly transdisciplinary. We seek to build virtual reality (VR) applications for use in clinical populations and is inclusive of the fields of public health, kinesiology, social work, psychology, nephrology, engineering, graphic design, and theatre, among others. My lab is also working closely with the Gies College of Business and Discovery Partners Institute (DPI) to work toward commercializing our VR technology, by first conducting a customer discovery analysis and developing a go-to-market strategy.

My research program is built around a drive to discover how psychological assets impact heart health, how this knowledge can improve CVH profiles in racial/ethnic minorities and vulnerable populations, and how technologies can be harnessed to hasten dissemination of evidence-based treatments. My funded work investigates these key areas: (1) observational link between psychological assets and heart health, and plausible mechanisms, (2) impact of strengths-based positive psychological interventions on cardiac health in Hispanics/Latinos, and (3) use of innovative technology to disseminate strengths-based psychotherapeutic content. To date, my research has produced 42 peer-reviewed publications (21 of which are first-authored) with impact factors ranging from none to 16.834. Having recently completed a 5-year K01 Career Development award from the National Heart, Lung, and Blood Institute, I successfully transitioned to an R01 grant as principal investigator, where my team secured just under 1-million dollars to develop a 5-module VR program to treat depressive symptoms in hemodialysis, chairside while they undergo dialysis. I am also principal investigator for an R21 from the National Institute for Minority Health and Health Disparities and multiple foundation grants, i.e., the Rosenfeld Heart Foundation and Jump ARCHES. I have given over 40 oral or poster presentations at national and international conferences—with significant involvement with the American Heart Association where I am a board member of the LIFESTYLE & EPI Behavioral Change for Improving Health Factors Committee. My findings on the health benefits

of positive psychological assets sparked interest from multiple media outlets (e.g., U.S. News & World Report, NPR, Forbes), including a featured story by the American Heart Association.

I am a recognized national leader in the field of positive psychology, particularly in the integration of cultural adaptations across interventions seeking to promote emotional well-being to address health disparities in cardiovascular health and chronic kidney disease. I am a teaching faculty in the summer short course organized by the Lee Kum Sheung Center for Health and Happiness at the Harvard T.H. Chan School of Public Health and the Research Department of Behavioural Science and Health at the University College London (UCL), where I lecture on the cross-cultural considerations when exploring emotional well-being and health and important consideration when designing positive psychological interventions that use emergent technologies in clinical populations. This requires annual summer travel to UCL. I am also a national leader in the influence of structural violence on health in underserved communities, particularly through my work using data of the largest cohort of Hispanic/Latino adults, i.e., the Hispanic Community Health Study/Study of Latinos. My research portfolio has also allowed for community engagement with immigrant and minority serving organizations in Chicago, including Catholic Charities, Taller de Jose, and the Brighton Park Neighborhood Council, among others. I have partnered with these Chicago-based non-for-profit organizations in multiple capacities, including as a volunteer to help develop process and outcome evaluation plans and metrics and in the design of trials to assess community access to mental health services.

My future work will continue exploring technology to deliver my evidence-based positive psychological intervention in ethnic/racial minorities at risk for cardiovascular disease and adults with kidney disease. My VR software can be easily adapted and translated into many languages with limitless options for cultural tailoring; it also has enormous potential for rapid expansion to other patient populations. In partnership with Illinois CancerCare in Peoria, I am currently collecting pilot data on use of my VR technology in lung cancer patients with the goal of submitting an R01-level grant to the National Cancer Institute (NCI). My work in VR continues to expand. My lab is currently building prototypes to deliver nutrition education to hemodialysis patients and to school-aged children, through a 3D immersive and gamified experience using Oculus technology. Finally, I want to test strategies for implementation of my technology-enhanced positive psychological interventions at the population level in order to improve access to care and reduce disparities in the burden of disease among vulnerable populations.


Commitment to Teaching and Student Mentorship

My teaching approach is informed by Paulo Freire, who contends that students should go beyond the banking concept of education where simple rote memorization is espoused. Instead, I seek to foster emergence of critical thinkers who grapple with real-world social problems and who are subsequently propelled to engage in the creation of new knowledge and innovative solutions. This approach is particularly important in an applied field, where both practitioners and scholars are heavily engaged with real-world issues. Using this overarching philosophy, I have made contributions in terms of classroom teaching, formal and informal mentoring of undergraduate and graduate students, and hands-on teaching through participation across my funded trials. I have also mentored students through the Summer Research Opportunity Program (SROP) and the UIC Honors College. At the UIUC School of Social Work, I have taught two courses at both the undergraduate and graduate levels: Social Work Research Methods (SOCW427) and Human

Behavior in the Social Environment (SOCW451). Finally, from 2016-2022, I served on the Minorities Committee of the American Heart Association and my activities as peer reviewer traverse both scientific societies and academic journals.

I am grateful for the opportunity to submit my application for consideration for the position of Associate Professor at the UIC Department of Kinesiology and Nutrition. As is demonstrated in my CV, I have worked closely with my colleagues in Kinesiology, across both the Chicago and Urbana-Champaign campuses, including Drs. David X. Marquez, Ken Wilund, and Neha P. Gothe. I have served as member of multiple dissertation committees for PhD students enrolled at the UIUC Department of Kinesiology and Community Health. I also have extensive collaborative ties with faculty of UIC, across departments in Nursing, Public Health, and Nephrology, among others. As such, I look forward to meeting members of the search committee to provide further details of my research portfolio and future goals, along with my commitment to teaching and mentorship.

Sincerely,

A handwritten signature in blue ink, appearing to read "Rosalba Hernandez".

Rosalba Hernandez, PhD
Associate Professor
University of Illinois at Urbana-Champaign
School of Social Work
1010 W. Nevada St.
Urbana, IL 61801
Phone: 217-300-1049
Email: rherna17@illinois.edu

University of Illinois Chicago Campus

Faculty Employment Application

The University of Illinois is an Affirmative Action/Equal Opportunity Employer

Personal Data

Position Applying for		Open-rank, Tenure-Track Faculty Positions - Kinesiology and Nutrition	
First name Rosalba	Middle	Last Name Hernandez	Suffix
Mailing Address 3330 N. Hamlin Ave Unit #2			
City Chicago	State IL	Postal Code 60618	
County	Country United States		
Home Phone (773) 655-6535	Work Phone (217) 300-1049		
Cell Phone	Email rherma17@illinois.edu		

Are you legally authorized to work in the U.S.? Yes No Not Currently

References

Aida Giachello
680 N Lake Shore Drive, Suite 1400, Chicago, IL 60611
312-503-0983
Research Professor in Preventive Medicine
Northwestern Feinberg School of Medicine
a-giachello@northwestern.edu
Professional Reference

Martha Daviglius
1819 West Polk Street, Suite 246, Chicago, IL 60612
Executive Director
UIC Institute for Minority Health Research
daviglius@uic.edu
Professional Reference

Mercedes Carnethon
680 N. Lake Shore Drive, Suite 1400, Chicago, IL 60611
Vice Chair, Department of Preventive Med
Northwestern Feinberg School of Medicine
carnethon@northwestern.edu
Professional Reference

Relatives

Relative Name	Relationship	Department of Relative
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Are you or have you ever been employed by the University of Illinois? Yes No

If Yes, Please answer the following:

Campus: Urbana-Champaign

Department: School of Social Work
Dates of Employment: 2014-Present
Last Supervisor: Dean Steve Anderson

I certify that to the best of my knowledge the information provided to the University of Illinois in my application and attached documentation is true and complete. I understand that false answers, statements or omissions of any information requested here shall be sufficient grounds for disqualification from employment or immediate termination of employment.

I understand that as a condition of my employment I may be required to undergo a medical examination and/or fitness to work assessment, including drug testing.

I give the University of Illinois permission to investigate my past educational record, criminal history background, employment history and related activities releasing persons, companies or agencies supplying such information from liability. Additionally, the University may verify whether I am prohibited from participation in federal or state health care programs due to fraud, abuse or misconduct. This participation extends to all mandated governmental exclusion listings. By submitting this application, I understand that my inclusion on a state or federal exclusion list may invalidate any offer of employment or require my immediate termination of employment.

Submitting this application to the University of Illinois does not obligate the University of Illinois, the State Universities Civil Service System, or any institution or agency served by it nor does it indicate that there are positions open.

Acknowledgement Received : April 17, 2022 2:25 PM
Rosalba Hernandez
User Name: rherma17

Recruitment Sources

Survey (STEP 1 OF 1)

How did you learn about this opening?

Professional Contact