

Julia L. Sheffler, Ph.D., ABPP

Assistant Professor

Center for Translational Behavioral Science

Department of Behavioral Sciences and Social Medicine

Florida State University College of Medicine

Tallahassee FL, 32304-1270

Cell Phone: 618-203-3119

Office: 850-644-4199

Julia.sheffler@med.fsu.edu

License: PY 10819

ABPP Geropsychology:
11923

EDUCATION

- | | |
|-------------|--|
| 2013 - 2018 | Doctor of Philosophy, Clinical Psychology
Florida State University, Tallahassee, FL (APA-Accredited)
<u>Research Advisor:</u> Natalie Sachs-Ericsson, Ph.D.
<u>Dissertation</u> (Defended June, 2017): Resilience through adversity:
Mapping out the mechanisms through which childhood adversity
influences health across the lifespan
<u>GPA:</u> 3.9 |
| 2012 – 2013 | Master of Science, Clinical Psychology
Department of Psychology, Florida State University, Tallahassee, FL
<u>Major Professor:</u> Natalie Sachs-Ericsson, Ph.D.
<u>Thesis</u> (Defended Aug., 2013): Stress, race, and APOE: Understanding
the interplay of risk factors for changes in cognitive functioning |
| 2008 - 2011 | Bachelor of Arts, Psychology
Southern Illinois University, Carbondale, IL
Minor: Women's Studies
Honors Degree, Summa Cum Laude (2011)
<u>Honors Thesis:</u> Habits and lifestyles of successfully aging women in a
rural area |

RESEARCH POSITIONS

- | | |
|-------------------|---|
| 07/2023 – Present | Assistant Professor
Director of the Integrative Science for Health Aging Program
Center for Translational Behavioral Science, Florida State University
College of Medicine, Tallahassee, FL |
| 08/2018 – 2023 | Clinical Assistant Professor
Director of the Integrative Science for Health Aging Program
Center for Translational Behavioral Science, Florida State University
College of Medicine, Tallahassee, FL |
| 08/2016 – 08/2017 | Graduate Research Assistant
Study on effectiveness of “Powerful Tools for Caregivers” program
Department of Geriatrics, Florida State University Medical School
Tallahassee, FL
<i>Supervisor:</i> Antonio Terracciano, Ph.D. |
| 08/2012 – 06/2017 | Graduate Research Assistant
Epidemiology and Aging, Stress, and Dementia Research Laboratory |

Florida State University, Psychology Department
Tallahassee, FL
Supervisor: Natalie Sachs-Ericsson, Ph.D.

TEACHING POSITIONS

- 08/2018 – Present **Instructor & Mentor**
Directed Individual Study (DIS) in Health Sciences (IHS 4904), Honors
DIS in psychology (PSY 4915 & 4039), DIS in Psychology (PSY4920),
DIS in Biological Sciences (BSC 4900), Florida State University
- 08/2016 – 08/2017 **Teaching Instructor**
Abnormal Psychology (CLP 4143), Florida State University
- 08/2015 – 12/2015 **Teaching Assistant & Supervisor**
Clinic Pre-practicum course (CLP 5624), Florida State University
- 08/2013 – 08/2015 **Teaching Assistant**
Research Methods (PSY 3213c), Florida State University

CLINICAL POSITIONS

- 08/2020 – Present **Psychologist**
FSU BehavioralHealth™
Tallahassee, FL
- 08/2017 – 07/2018 **Pre-Doctoral Geropsychology Intern**
Denver VA Medical Center
American Psychological Association Accredited
Denver, CO
- 08/2015 – 08/2016 **Assistant Director**
Florida State University Psychology Clinic
Tallahassee, FL
Supervisors: Thomas Joiner, Ph.D. & Therese Skubic Kemper, Ph.D.
- 08/2015 – 08/2016 **Psychological Specialist & Peer Supervisor**
Florida State University Psychology Clinic
Tallahassee, FL
Supervisor: Thomas Joiner, Ph.D.
- 08/2013 – 08/2016 **Clinical Psychology Trainee**
Florida State University Psychology Clinic
Tallahassee, FL
Individual Therapist & Dialectical Behavior Therapy Group Leader
Supervisors: Therese Kemper, Ph.D., Kimberly Driscoll, Ph.D.
- 08/2014 – 08/2015 **Clinician Psychology Extern**
Apalachee Center
Tallahassee, FL
Supervisor: Mark Reeves, Ph.D.

08/2013 – 08/2014	Clinical Psychology Extern Florida State Hospital Chattahoochee, FL <i>Supervisors:</i> Gary Simmons, Ph.D. (Specialty Care Unit), Leslie Dellenbarger, Psy.D. (Forensic Unit).
08/2011- 05/2012	Medical Team Leader and Habilitation Technician Developmental Planning & Services Inc. Murphysboro, IL <i>Supervisor:</i> Lori Cowser
Summer 2011	Psychiatry Intern Department of Psychiatry, Southern Illinois University Medical School Springfield, IL <i>Supervisors:</i> Chad Noggle, Ph.D., Haojiang Huang, Ph.D., Shreedhar, Kulkarni, M.D.

CLINICAL CERTIFICATIONS

REACH VA Certified REACH VA Certification for Dementia <u>Presenter:</u> Celeste Bursi, REACH VA Program Coordinator	8/16/17, 10/11/17, & 10/19/17
Certified PATH Therapist Problem Adaptation Therapy (PATH) Workshop and Certification <u>Presenter:</u> Dimitris Kiosses, Ph.D.	9/29/18-12/14/18
Behavioral Health in Aging Certificate Boston University's Center for Aging and Disability Education and Research	7/1/21-12/21/21
EssentiALZ®-Alzheimer's Association Training and Certification Alzheimer's Association and Rush University Medical School	9/15/22
Certified Precision Nutrition Coach Precision Nutrition Level 1, Certificate in Nutrition and Coaching 1/31/2026	01/31/2024,

CLINICAL TRAININGS

Cognitive Behavioral Analysis System of Psychotherapy (CBASP) Workshop <u>Presenter:</u> Martina Belz, Ph.D.	10/19/2013
University of Florida Transcranial Direct Current Stimulation (tDCS) Workshop <u>Presenters:</u> Adam J. Woods, PhD; Helena Knotkova, PhD; Marom Bikson, PhD	9/04/2014 – 9/05/2014

Brief Behavioral Activation Treatment for Depression

12/05/2014

Presenter: Carl Lejuez, Ph.D.

Advanced Motivational Interviewing Workshop

7/16/2015 –

Presenter: Therese Skubic Kemper, Ph.D.

7/17/2015

Neuro-anatomy and Neuropsychology Seminar

10/4/17-6/29/18

Presenters: Katherine Taber, Ph.D. & Robert Shura, Psy.D., ABPP

Acceptance and Commitment Therapy Training Workshop

8/29/17-8/31/17

Presenter: Debra Sorensen, Ph.D.

Mediation, Moderation, and Conditional Process Analysis

Summer 2020

Instructor: Andrew Hayes, Ph.D.

Motivational Interviewing – Foundational

Summer 2020

Trainers: Bill Miller, PhD, Theresa Moyers, PhD, & Stephen Rollnick, PhD

PEER-REVIEWED PUBLICATIONS

1. Xavier Hall, C. X., Meng, Z., Okantey, B., Sabuncu, C., Lane, B., Ramirez Surmeier, L., **Sheffler, J.**, Oviedo, D. C., Wong, F., Britton, G., & Flores Millender, E. (In Press). Resilience and social support as correlates of dementia risk: Insights from a biopsychosocial secondary analysis of the All of Us dataset. *Frontiers in Public Health*.
2. **Sheffler, J.**, Meng, Z., Sims, T., Gutierrez Caimary, V., Nagpal, R., & Mompremier, G. (2026). Facilitators and Barriers to Adherence and Engagement in a Lifestyle Intervention for High-Risk Older Adults: A Multi-Trial Analysis. *Nutrients*, 18(5), 747; <https://doi.org/10.3390/nu18050747>
3. **Sheffler, J.**, Bautista, A., Smith, H., Karter, H., & Meng, Z. (2026). Early-Life Rural Disadvantage and Executive Function in Adulthood: The Role of Income and Education. *Journal of Public Health Research*. <https://doi.org/10.1177/22799036261418437>
4. Patoine, C.*, **Sheffler, J.***, Sims, T., Gutierrez Caimaray, V., Park, G., & Nagpal, R. (2025). Obesity Alters Gut Microbiome Composition and Influences Diet-induced Metabolic and Cognitive Outcomes in Older Adults. *Gut Microbes Reports*, 3(1), 2605879.
5. Meynadasy, M., Sachs-Ericsson, N., Cushing, S., **Sheffler, J.**, Wilber, A. (2025). Psychiatric Factors for Progression from Mild Cognitive Impairment to Alzheimer's Disease: A Systematic Review. *The American Journal of Geriatric Psychiatry: Open Science, Education, and Practice*. <https://doi.org/10.1016/j.osep.2025.07.002>
6. Markley, A.,* Stratton, K.,* Cho, G., Schmidt, N.B., Suhr, J., **Sheffler, J.**, Nguyen, C., Schubert, F., Quiles, J., Potter, M., Meynadasy, M., Irvin, S., & Allan, N.P. (2025). Study Protocol for Cognitive Anxiety Sensitivity Treatment for Anxiety in Adults with Mild Cognitive Impairment or Dementia. *Contemporary Clinical Trials*, 108044.
7. Kadyan, S., Park, G., Singh, T., Patoine, C., Singar, S., Heise, T., Domeier, C., Ray, C., Behare, P., Chakrabarty, P., Efron, P., **Sheffler, J.**, & Nagpal, R. (2025). Microbiome-based therapeutics to promote healthy ageing and longevity. *Genome Medicine*.
8. Klejc, K., Cruz-Almeida, Y., & **Sheffler, J.** (2024). Feasibility of Addressing Pain using a Mediterranean Ketogenic Nutrition Program in Older Adults with Mild Cognitive Impairment. *Journal of Pain Research*, 17, 1867-1880.
9. Park, G., Kadyan, S., Hochuli, N., Pollak, J., Wang, B., Salazar, G., Chakrabarty, P., Efron, P., **Sheffler, J.**, & Nagpal, R. (2024). A modified Mediterranean-style diet enhances brain function via specific gut-microbiome-brain mechanisms. *Gut Microbes*, 16(1), 2323752.

10. **Sheffler, J. L.**, Meng, Z. Sachs-Ericsson, N., Gutierrez Caimary, V., Patel, J., & Pickett, S. (2024). Sleep quality as a critical pathway between adverse childhood experiences and multimorbidity and the impact of lifestyle. *Journal of Aging and Health*. DOI: 10.1177/0898264324123783
11. Ellouze, I., **Sheffler, J.**, Nagpal, R., Arjmandi, B. (2023). Dietary Patterns and Alzheimer's disease: An updated review linking nutrition to neuroscience. *Nutrients*, 15(14), 3204. <https://doi.org/10.3390/nu15143204>
12. Nowels, M., Nowels, D., **Sheffler, J.**, & Lum, H. (2023). Characteristics of International Primary Care Practices and Physicians Related to Advance Care Planning. *BMC Primary Care*, 24(1), 1-8.
13. Wiese, L., Gibson, A., Guest, A., Nelson, A., Gupta, A., Lewis, J., Carmichael, O., Lindauer, A., Loi, S., Radford, K., Rhodus, E., Ghazi, L., Peterson, R., Wong, C., Pope, C., Killian, T., Weaver, R., Shrestha, H., Prusaczyk, B., Kind, A., Corkey, J., Granzen, S., Valdivieso, E., Miller, J., Zuelsdorff, M., Kulshreshtha, A., Miller, J., Tolea, M., Yank, V., Rahemi, Z., Park, J., Daniels, E.V., Magzamen, S., Moga, D., Hyen, P., **Sheffler, J.**, Williams, M., Newton, R., Harrington, C., Griffin, P., Walter, S., Babulal, G. (2023). Global rural health disparities in Alzheimer's disease and related dementias: State of the science. *Alzheimer's & Dementia*, 1-22. DOI: 10.1002/alz.13104
14. **Sheffler, J. L.**, Kiesses, D. N., He, Z., Arjmandi, B. H., Akhavan, N. S., Klejc, K., & Naar, S. (2023). Improving Adherence to a Mediterranean Ketogenic Nutrition Program for High-Risk Older Adults: A Pilot Randomized Trial. *Nutrients*, 15(10), 2329.
15. Carr, D., **Sheffler, J.L.**, Meynadasy, M., Schmidt, B., Hajcak, G., & Sachs-Ericsson, N. (2023). A longitudinal examination of the protective effect of resilience against anxiety among older adults with high COVID-related worry. *Cognitive Behavioral Therapy*. <https://doi.org/10.1080/16506073.2023.2191825>
16. **Sheffler, J.L.**, Burchard, V., Pickett, S.M. (2023). Adverse childhood experiences and poor sleep quality in older adults: The influence of emotion regulation. *Journal of Gerontology: Medical Sciences*.
17. Martorella, G., Miao, H., Wang, D., Park, L., Mathis, K., Park, J., **Sheffler, J.**, Granville, L., Teixeira, A., Schulz, P., & Ahn, H. (2023). Feasibility, acceptability, and efficacy of home-based transcranial direct current stimulation on pain in older adults with Alzheimer's disease and related dementias: A randomized sham-controlled pilot clinical trial. *Journal of Clinical Medicine*, 12(2), 401; <https://doi.org/10.3390/jcm12020401>
18. Pickett, S. M., Jacques-Tiura, A. J., Echeverri-Alvarado, B., **Sheffler, J. L.**, & Naar, S. (2022). Daytime Sleepiness, Addictive-like Eating, and Obesity Sequelae in Black and African American Youth with Obesity. *Sleep Health*. DOI: 10.1016/j.sleh.2022.08.005
19. **Sheffler, J.L.**, Saliga, H., Pickett, S.M. (2022). The role of physical activity on the relationships between pain, anxiety, and sleep quality in older age. *Journal of Gerontology: Medical Sciences*. DOI: 10.1093/gerona/glac205
20. Meynadasy, M.A., Brush, C. J., **Sheffler, J.L.**, Mach, R., Carr, D., Kiesses, D., Hajcak, G., & Sachs-Ericsson, N. (2022). Emotion Regulation and the Late Positive Potential (LPP) in Older Adults. *International Journal of Psychophysiology*. DOI: 10.1016/j.ijpsycho.2022.05.013
21. Barrett, L.A., Xing, A., Steidley, E., **Sheffler, J.L.**, Adam, T.J., Zhang, R., & He, Z. (2022). Assessing the Use of Prescription Drugs in Obese Respondents in the National Health and Nutrition Examination Survey. *PLOS one*. DOI: 10.1371/journal.pone.0269241
22. Schmidt, N. B., Schubert, F. T., & **Sheffler, J.L.** (2022). Brief, Interoceptive Exposure Focused Treatment for Anxiety in Mild Cognitive Impairment. *Age and Ageing*, 51(6), afac133. DOI: 10.1093/ageing/afac133
23. Brush, C. J., Kallen, A. M., Meynadasy, M. A., King, T., Hajcak, G., & **Sheffler, J. L.** (2022). The P300, loneliness, and depression in older adults. *Biological Psychology*, 171, 108339. DOI: 10.1016/j.biopsycho.2022.108339

24. Moliner, S., Quinn, J., & **Sheffler, J.** (2022). The Mediating Role of Cardiometabolic Dysregulation on the Relation between Adverse Childhood Experiences and Adult Cognition. *Psychosomatic Medicine*. DOI: [10.1097/PSY.0000000000001093](https://doi.org/10.1097/PSY.0000000000001093)
25. **Sheffler, J.**, Arjmandi, B., Hajcak, G., Quinn, J., Vied, C., Akhavan, N., & Naar, S. (2022). Feasibility of an MI-CBT Ketogenic Adherence Program for Older adults with Mild Cognitive Impairment. *Pilot and Feasibility Studies*, 8(16). DOI: <http://dx.doi.org/10.1186/s40814-022-00970-z>
26. Naar, S., MacDonell, K., Chapman, J., Todd, L., Wang, Y., **Sheffler, J.**, Fernandez, M. (2022). Tailored Motivational Interviewing in Adolescent HIV Clinics: Primary Outcome Analysis of a Stepped-Wedge Implementation Trial. *Journal of Acquired Immune Deficiency Syndromes*, 90(1), S74-S83. DOI: [10.1097/QAI.0000000000002967](https://doi.org/10.1097/QAI.0000000000002967)
27. Preston, T.J., Carr, D.C., Sachs-Ericsson, N., **Sheffler, J.**, & Hajcak, G. (2021). Cognitive reappraisal and mental health in later life: The moderating role of gender. *Aging and Mental Health*, 1-9. DOI: <https://doi.org/10.1080/13607863.2021.1998350>
28. **Sheffler, J.**, Meynadasy, M., Taylor, D., Kiosses, D., & Hajcak, G. (2021). Subjective, Neuropsychological, and Neural Markers of Memory in Older Adults. *International Psychogeriatrics*, 1-9. DOI: [10.1017/S1041610221002623](https://doi.org/10.1017/S1041610221002623)
29. Nagy S.M., Butame S.A.*, Todd L, **Sheffler J.L.**, Budhwani H., Fernandez M.I., MacDonell K.K., and Naar S. (2021). Barriers and facilitators to implementing a motivational interviewing-based intervention: A multisite study of care and treatment organizations caring for youth living with HIV. *AIDS Care*, 1-6. DOI: [10.1080/09540121.2021.1950604](https://doi.org/10.1080/09540121.2021.1950604)
30. **Sheffler, J.**, Meyer, C., & Puga, F. (2021). Multi-sample assessment of stress reactivity as a mediator between childhood adversity and mid-to late-life Outcomes. *Aging & Mental Health*. DOI: [10.1080/13607863.2021.1910787](https://doi.org/10.1080/13607863.2021.1910787)
31. **Sheffler, J.**, Bekelman, D, Schmiede, S., & Sussman, J. (2020). A longitudinal analysis of the relationships between depression, fatigue, and pain in patients with heart failure. *Aging & Mental Health*, 1-7. DOI: [10.1080/13607863.2020.1855626](https://doi.org/10.1080/13607863.2020.1855626)
32. **Sheffler, J.**, Joiner, T., & Sachs-Ericsson, N. (2020). The Interpersonal and Psychological Impacts of COVID-19 on Risk for Late-Life Suicide. *The Gerontologist*. DOI: [10.1093/geront/gnaa103](https://doi.org/10.1093/geront/gnaa103)
33. Sachs-Ericsson, N. Carr, D., **Sheffler, J.**, Preston, T.J., Kiosses, D. & Hajcak, G. (2019). Cognitive Reappraisal and the Association between Depressive Symptoms and Perceived Social Support among Older Adults. *Aging & Mental Health*, 1-9.
34. Holden, S., **Sheffler, J.**, Stewart, R., Thompson, S., Persson, J., Finseth, T., Kluger, B. (2019). Feasibility of home-based neurologic music therapy for behavioral and psychological symptoms of dementia. *Journal of Music Therapy*, 56(3), 265-286.
35. **Sheffler, J. L.**, Piazza, J. R., Quinn, J. M., Sachs-Ericsson, N. J., & Stanley, I. H. (2019). Adverse childhood experiences and coping strategies: identifying pathways to resiliency in adulthood. *Anxiety, Stress, & Coping*, 1-16. DOI: [10.1080/10615806.2019.1638699](https://doi.org/10.1080/10615806.2019.1638699)
36. Nowels, D., Nowels, M. A., **Sheffler, J. L.**, Kunihiro, S., & Lum, H. D. (2019). Features of US primary care physicians and their practices associated with advance care planning conversations. *The Journal of the American Board of Family Medicine*, 32(6), 835-846.
37. Piazza, J. R., Stawski, R. S., & **Sheffler, J. L.** (2019). Age, daily stress processes, and allostatic load: A longitudinal study. *Journal of Aging and Health*, 31(9), 1671-1691.
38. Hom, M. A., Stanley, I. H., Rogers, M. L., **Sheffler, J. L.**, Nelson, K. R., Joiner, T. E., & Schramm, E. (2018). Examining the characteristics and clinical features of in-and between-session suicide risk assessments among psychiatric outpatients. *Journal of clinical psychology*, 74(6), 806-818.

39. Sachs-Ericsson, N. J., Hajcak, G., **Sheffler, J. L.**, Stanley, I. H., Selby, E. A., Potter, G. G., & Steffens, D. C. (2018). Putamen volume differences among older adults: depression status, melancholia, and age. *Journal of geriatric psychiatry and neurology*, 31(1), 39-49.
40. Sachs-Ericsson, N., Stanley, I., **Sheffler, J.**, Selby, E., Joiner, T. (2017). Non-violent and violent forms of childhood abuse in the prediction of suicide attempts: Direct or indirect effects through psychiatric disorders? *Journal of Affective Disorders*, 215, 15-22.
41. Sachs-Ericsson, N. J., **Sheffler, J. L.**, Stanley, I. H., Piazza, J. R., & Preacher, K. J. (2017). When emotional pain becomes physical: adverse childhood experiences, pain, and the role of mood and anxiety disorders. *Journal of clinical psychology*, 73(10), 1403-1428.
42. **Sheffler, J.** & Sachs-Ericsson, N. (2016). Racial differences in the effect of stress on health and the moderating role of perceived Social support. *Journal of Aging and Health*, 28(8), 1362-1381.
43. **Sheffler, J.**, Rushing, N. C., Stanley, I. H., & Sachs-Ericsson, N. J. (2016). The long-term impact of combat exposure on health, interpersonal, and economic domains of functioning. *Aging & Mental Health*, 20(11), 1202-1212.
44. Sachs-Ericsson, N. J., Rushing, N. C., Stanley, I. H., & **Sheffler, J.** (2016). In my end is my beginning: Developmental trajectories of adverse childhood experiences to late-life suicide. *Aging & Mental Health*, 20(2), 139-165.
45. Sachs-Ericsson, N., Joiner, T., Cogle, J., & **Sheffler, J.** (2015). Combat Exposure in Early Adulthood Interacts with Recent Stressors to Predict PTSD in Aging Male Veterans. *The Gerontologist*, 56(1), 82-91
46. **Sheffler, J.**, Moxely, J., & Sachs-Ericsson, N. (2014). Stress, race, and APOE: Understanding the interplay of risk factors for changes in cognitive functioning. *Aging & Mental Health*, 18(6), 784-791.
47. Sachs-Ericsson, N., Moxely, J., Corsentino, E., **Sheffler, J.**, Selby, E., & Gotlib, I. (2014). Melancholia in later-life: Late and Early Onset differences in presentation, course and dementia risk. *International Journal of Geriatric Psychiatry*, 29(9), 943-951.
48. Sachs-Ericsson, N., Kendall-Tackett, K. A., **Sheffler, J.**, Arce, D., Rushing, N. C., & Corsentino, E. (2014). The influence of prior rape on the psychological and physical health functioning of older adults. *Aging & Mental Health*, 18(6), 717-730.
49. Sachs-Ericsson, N., Corsentino, E., Rushing, N., **Sheffler, J.** (2013). Early childhood abuse and late-life suicidal ideation. *Aging and Mental Health*, 17(4), 489-494.

BOOK CHAPTERS

1. **Sheffler, J.**, Noggle, C.A., & Ala, T. (2014). Secondary complications in cortical dementias. In C.A. Noggle & R.S. Dean (Eds.) *Neuropsychology of Cortical Dementias*. New York: Springer Publishing Company.
2. **Sheffler, J.**, Stanley, I., Sachs-Ericsson, N. (2019). The Mental Health Effects of ACEs. In Asmundson, G.J.G. & Afifi, T.O. (Eds.) *Adverse Childhood Experiences (ACEs): Using Evidence to Advance Research, Practice, Policy and Prevention*, Elsevier.
3. **Sheffler, J.**, Sachs-Ericsson, N., Urdaneta, E., & Haugbrook, R. (2026). Chapter 5, Adverse childhood experiences and mental health outcomes. In Asmundson, G.J.G. & Afifi, T.O. (Eds.) *Adverse Childhood Experiences (ACEs): Using Evidence to Advance Research, Practice, Policy and Prevention* 2nd edition, Elsevier.

MANUSCRIPTS UNDER REVIEW

Casey D. Xavier Hall^{a,b,e*}, Zhuo Meng,^a Beth Okantey^{a,b}, Crim Sabuncu^b, Brittany Lane^a, Ladanya Ramirez Surmeier^d, **Julia Sheffler^c**, Diana C Oviedo^e, Frank "Frankie" Y. Wong^{a,b,e}, Gabrielle B Britton^{a,e}, Eugenia Millender^{a,b,e} (R&R). Resilience and Social

- Support as Protective Factors Against Dementia Risk: Insights from a Biopsychosocial Secondary Analysis of the All of Us Dataset. *Frontiers in Public Health*.
- Sheffler, J.**, Meng, Z., Michel, J., Dasari, S., Noori, R., Taylor, M., Patoine, C., & Nagpal, R. (Under Review). Identifying Dietary Components Linked to Short-Term Cognitive and Vascular Improvement in Older Adults at Risk for Dementia. *Journal of Nutrition, Health, and Aging*.
- Sheffler, J.**, Meng, Z., Frederic, N., Gutierrez Caimary, V., Sims, T., Burns, J., Patone, C., & Nagpal, R. (In Preparation). *Pilot Trial Evaluating the Mediterranean Diet vs. Modified Mediterranean Ketogenic Diet Using a Scalable Community Program*.
- Gutierrez Caimary, V.*, Karter, H.*, Meng, Z., Knapp, A., Patoine, C., Nagpal, R., & **Sheffler, J.** (In Preparation). Cardiometabolic Effects of Community-Delivered Mediterranean and Mediterranean-Ketogenic Dietary Interventions in Older Adults: Results from the Improving Cognitive Aging through Nutrition (ICAN) Pilot Trial.
- Haughbrook, R., Meng, Z., Villalobos, A., Moak, E., Steen, C., Harold, C., Harmon, S., **Sheffler, J.**, Culjat, C., Queiroz, A., Ibragimov, U., Andringa, R., Wong, F., Millender, E., & Xavier Hall, C. (Under Review). Mental Health Classes and Social Vulnerability: A Latent Class Analysis Using the All of Us Dataset. Submitted to JAMA Open.
- Orsso, C.E., Kirkham, A., Aubrey, C., Dieli-Conwright, C., Ferguson, S., Ghosh, S., Haykowsky, M.J., Pin, S., Pituskin, E., Quintanilha, M., **Sheffler, J.L.**, Simpson, A.N., Sinasac, S.E., Thompson, R.B., Welsh, R.C., Prado, C.M. (In Preparation). ImpRoving hEalth behaviourS for Llife after ENdometrial CancEr (RESILIENCE): Protocol for a randomized controlled trial of a digital multimodal behavior intervention for endometrial cancer survivors.

CONFERENCE PRESENTATIONS (selected)

- Sheffler, J.**, Meng, Z., Frederic, N., Gutierrez Caimary, V., Sims, T., Patoine, C., & Nagpal, R. (July 2026). *Pilot Trial Evaluating the Mediterranean Diet vs. Modified Mediterranean Ketogenic Diet Using a Scalable Community Program*. Alzheimer's Association International Conference, London, England.
- Patoine, C.*, **Sheffler, J.***, Sims, T., Gutierrez Caimary, V., Frederic, N., Park, G., Mayonu, M., Wang, B., & Nagpal, R. (June 2026). *Ultra-processed Food intake is associated with altered diet quality, cognitive, metabolic, and multi-omics signatures in older adults*. International Probiotics Conference. Poland.
- George, L., Schmidt, B., **Sheffler, J.**, Suhr, J., Markley, A., & Allan, N. (2026). *Digital Phenotyping of Anxiety-Related Cognitive Distress Using Ecological Momentary Assessment*. Computational Psychiatry Conference. New Have, CT.
- Sheffler, J.**, Meng, Z., Michel, J., Dasari, S., Noori, R., Patoine, C., & Nagpal, R. (March, 2026). Dietary Impacts on Cardiometabolic and Cognitive Risks for Dementia in Older Adults. Invited Presentation at Southeast CTSA Regional Conference. Callaway, Georgia.
- Ghomashchi, H. Estefani Orsso, C., Quintanilha, M., Aubrey, C., Kirkham, A., Pin, S., **Sheffler, J.**, & Prado, C. (October, 2025). *Enablers and barriers of participating in a multimodal lifestyle intervention to improve health after endometrial cancer: A qualitative study*. Women and Children's Health Research Institute Research Day. Edmonton, Canada.
- Sheffler, J.**, Meng, Z., & Nagpal, R. (July, 2025). *Preliminary Results: Examining Outcomes Associated with Adherence to a Mediterranean Diet compared to a Mediterranean*

- Ketogenic Diet Using the ICAN Program*. Alzheimer's Association International Conference. Toronto, Canada.
- Patoine, C., **Sheffler, J.**, Sims, T., Gutierrez, V., Park, G., & Nagpal, R. (June, 2025). *Distinct Gut Microbiome and Metabolomic Signatures Linked to Cognitive Improvement in Older Adults after Mediterranean and Modified Mediterranean Ketogenic diets*. American Society for Nutrition, Orlando, FL.
- Haughbrook, R., Harold, C., Meng, Z., Harmon, S., **Sheffler, J.**, & Xavier Hall, C. (November, 2025) *Mental Health Profiles and Social Vulnerability: A Latent Class Analysis Using the All of Us Dataset*. American Public Health Association Annual Conference, Washington, D.C.
- Xavier Hall, C., Meng, Z., Okanty, B., Sabuncu, C., Lane, B., Surmeier, L., **Sheffler, J.**, Oviedo, D., Wong, F., Britton, G., & Millender, E. (November, 2025). *Resilience, social support associated with reduced dementia risk in an examination of biopsychosocial correlates of the cardiovascular risk factors in aging and incidence of dementia (CAIDE) risk score in All of Us*. Oral presentation. American Public Health Association Annual Conference, Washington, D.C.
- Sheffler, J.** (May, 2024). *Developing and Piloting a Mediterranean ketogenic nutrition adherence program for older adults at risk for dementia*. FIRST Program Annual Grantees Conference, Washington, DC.
- Sheffler, J.** & Mompremier, G. (August, 2024). *Developing and Tailoring a Nutrition Intervention for Dementia Risk Reduction*. AAIC, Philadelphia, PA.
- Sheffler, J.**, Patel, J., Kiosses, D., Naar, S. (November, 2023). *Lessons Learned Developing a Nutritional Adherence Intervention for Dementia Prevention: A Qualitative Analysis*. GSA Annual Conference, Tampa, FL.
- Trudy Gaillard, Dawn C. Carr, **Julia L. Sheffler**, Ursula Weiss, Donna Neff, Neil Charness, Fern Webb. *Engaging Diverse Older Adults in Aging Research: Identifying Communication and Community Engagement Strategies*: GSA Annual Conference, Nov 8-12, 2023, Tampa, FL.
- Sheffler, J.L.**, Klecj, K., & Cruz-Almeida, Y. (July, 2023). *Piloting a Mediterranean Ketogenic Nutrition Program to Address Pain in Older Adults with Mild Cognitive Impairment*. Alzheimer's Association International Conference, Virtual.
- Sheffler, J.L.**, Arjmandi, B., He, Z., Kiosses, D., & Naar, S. (April, 2023). *Preliminary Results of a Pilot Mediterranean Ketogenic Nutrition Adherence Program for Older Adults at Risk for Dementia*. Live Spotlight Presentation, Society for Behavioral Medicine, Phoenix, AZ.
- Sheffler, J.L.** & Pickett, S. (August, 2022). *Adverse Childhood Experiences and Poor Sleep Quality in Older Adults: The Influence of Cognitive Reappraisal*. Alzheimer's Association International Conference, San Diego, CA.
- Sheffler, J.L.** (March, 2022). *Works in Progress: Feasibility and Acceptability of an MI-CBT Ketogenic Adherence Program for Pain in Older Adults with Mild Cognitive Impairment*. Invited talk at Resource Centers for Minority Aging Research Annual Meeting, Virtual.
- Sheffler, J.L.** & Pickett, S. (March, 2022) *Pain, Anxiety, and Sleep Quality in Older Adults: The Limited Benefits of Physical Activity*. Poster presented at the CTSA Southeastern Regional Conference, Callaway, GA.
- Sheffler, J.L.**, Meynadasy, M., Kiosses, D., & Sachs-Ericsson, N. (November, 2021). *Feasibility Pilot: Problem Adaptation Therapy for Emotion Regulation in Community Older Adults*.

- Paper presentation at the Gerontological Society of America's Annual Conference, Virtual.
- Sheffler, J.L.**, Saliga, H., & Taylor, D. (July, 2021). *The Role of Physical Health on the Relationship Between Subjective Memory Complaints, Anxiety, and Depression in Older Adults during the COVID-19 Pandemic*. Alzheimer's Association International Conference, Virtual.
- Sheffler, J.L.**, Bullock, P., & Naar, S. (March, 2021). *Feasibility of a Ketogenic Nutrition Adherence Program for Older Adults*. Presented at the Southeast Regional Clinical & Translational Science Conference, Virtual.
- Sheffler, J.L.**, Vied, C., Meynadasy, M., Mach, R., Brush, C., & Hajcak, G. (November, 2020). *P300 Amplitude in Relation to Age, Neuropsychological Performance, and Genetic Risk for Alzheimer's Disease*. Presented at the Gerontological Society of America's Annual Conference, Virtual.
- Sheffler, J.** (2020). *Multi-sample assessment of stress reactivity as a mediator between childhood adversity and mid-to late-life Outcomes*. Poster presented at the CTSA Southeastern Regional Conference, Callaway, GA.
- Sheffler, J.** (2019). *Adult Stress as a Mediator between childhood adversity and late-life outcomes*. Symposium presentation at the Emotions International Conference, Tilburg, Netherlands.
- Moltisanti, A. J., **Sheffler, J.**, & Sachs-Ericsson, N. (October, 2017). *The role of inflammation in the relationship between early life adversity and adult neurocognitive functioning*. Poster presented at the National Academy of Neuropsychology Annual Conference, Boston, MA.
- Sheffler, J.** (2017). *Suicidality and Special Considerations for Older Adults*. Geriatric Research, Education, and Clinical Center (GRECC) Education Conference, Denver, CO.
- Sheffler, J.**, Sachs-Ericsson, N., Stanley, I., & Piazza, J. (2016, March). *Coping with adverse childhood experiences: Identifying pathways to health resiliency in adulthood*. American Psychosomatic Society, Denver, CO.
- Sheffler, J.** & Sachs-Ericsson, N. (2015, March). *Racial differences in the effect of stress on health and the moderating role of perceived Social support*. Florida State Graduate Research Day, Tallahassee, FL.
- Sheffler, J.**, Sachs-Ericsson, N. (2013, November). *Stress, race, APOE: Understanding the interplay of risk factors for cognitive decline*. Poster presented at the Gerontological Society of America, New Orleans, LA.

INVITED TALKS AND GUEST LECTURES (Community)

ISL Panel	03/2026
CTSA Translational Science Seminar Series	11/2025
Southside Senior Center Lunch and Learn	10/2025
African-American Alzheimer's Caregiver Training and Support (ACTS 2) Event	9/2025
Grandparents as Parents Program – Tallahassee Senior Center	2024
Leon County Senior Center Lunch and Learn – Woodville	2024
DCCI, Gadsden Educational Series on Dementia – Quincy	2024
Gadsden County Senior Center – Quincy	2024
Gadsden County Senior Center – Havannah	2024
Leon County Senior Center Lunch and Learn – Chaires	2024
Alzheimer's Project: Alzheimer's Disease Education & Training Conference	2024
Florida Alzheimer's Association: Ask the Expert	2023
Alzheimer's Project: Alzheimer's Disease Education & Training Conference	2023
Guest Lecture for PET 4076/5077 Physical Dimensions of Aging	2023
FSU Clinical Psychology Staffing	2023

Community Grand Rounds, BSSM	2022
FSU Institute for Successful Longevity	2022
Smith-Williams Center	2022
FSU Institute for Successful Longevity	2020
FSU Clinical Psychology Staffing	2019
Tallahassee Senior Center	2019

GRANTS & AWARDS

Active Awards and Funding:

1. Szabo-Reed, A., Morris, J., & **Sheffler, J.** (Submitted February 2026). Wearable Insights into Stress and Everyday Health in Older Adults (WISE-Health). Garmin Health and Digital Health Co/Lab at the University of Kansas. Budget: \$20,000.
2. **Sheffler, J.** (PI), Lobene, A., Smith, K., Watso, J. (Submitted 01/2026). *Building a New Care Pathway: ICAN-Guided Nutrition Support for Aging Adults in Clinical Settings*. FSU Clinical Catalyst Award. Budget: \$50,000.
3. Nagpal, R. (PI), **Sheffler, J.** (Co-I), Lobene, A. (Submitted 09/2025). *Nutritional Impact of Almond Butter on Gut Microbiome and Cardiometabolic Health Features in School-Aged Children: A Novel and Timely Pilot Randomized Controlled Trial*. Submitted to the Almond Board. Budget: \$398,719.
4. Nagpal, R. (PI) & **Sheffler, J.** (Co-PI). (June 2025-June 2026). *Unraveling the gut-microbiome-brain axis elements through multi-omics assessments in older adults with mild cognitive impairment*. FSU Institute for Successful Longevity. Total Award: \$25,000.
5. Prado, CM (PI); Co-investigators: Aubrey, C., Pituskin, E., Quintanilha, M., Pin, S., Kirkham, A., Sinasac, S., Simpson, A., Fergusson, S., **Sheffler, J. (Co-I)**, Ghosh, S., Dieli-Conwright, C. (April 2023-March 2028). *Using a Multimodal and Digital Intervention to Optimize Waist circumference, Body composition, and Cardiometabolic Health in Endometrial Cancer Survivors*. Canadian Institutes of Health Research (CIHR). Total Award: \$918,000.
6. Prado, CM (PI), Co-investigators: Aubrey C, Pituskin E, Quintanilha M, Pin S, Kirkham A, Sinasac S, Simpson A, Fergusson S, **Sheffler, J. (Co-I)**, Ghosh S. Dieli-Conwright C. (February 2023-January 2026). *Using a Novel, Digital, and Multimodal Platform to Optimize Waist Circumference, Body Composition and Cardiovascular Health in Endometrial Cancer Survivor*. Lev-Max – Health Program, Alberta Innovates. Total Award: \$1,000,000.
7. **Sheffler, J. (PI)**, Naar, S., Cao, H., Howren, M., & Nagpal, R. (February 2023-January 2027). *A scalable Mediterranean-ketogenic nutrition intervention to improve gut and brain health in underserved rural older adults with mild cognitive impairment*. Florida Department of Health Ed and Ethel Moor Alzheimer's Disease Research Program (23A02). Total award: \$350,000.
8. Schmidt, NB., Allan, N., Suhr, J., **Sheffler, J. (Co-I)**, Boot, W., & Himawan. (February 2023 – January 2027) *Randomized Clinical Trial of a Brief, Anxiety Intervention for Mild Cognitive Impairment or Mild Alzheimer's Disease and their Care Partners*. National Institute on Aging R01: 5R01AG077569-03, Total award: \$2,907,360.00

Submissions Under Review:

1. Watso, J. (PI), Sheffler, J. (MPI). (Resubmitted 07/2026). Isometric Exercise Training as a Novel Strategy to Improve Cerebrovascular Function in Adults with Mild Cognitive Impairment. R21 Submitted to the National Institute of Aging. Budget: \$411,437.
2. Sheffler, J. (PI), Nagpal, R., Hickner, R., Chapman, J., Bailey, R., Graven, L., Taylor, M., & Burns, J. (Submitted June 2026). ICAN: A Behavioral Adherence Program to Enhance

Dietary Intervention Impact on ADRD Risk. R01 Submitted to the National Institute of Aging. Budget: \$3,331,077.00

3. Nagpal, R. (PI), Lobene, A., Sheffler, J. (Co-I), Mallory, (Submitted June 2026). Linking Ingredient-Level Ultra-Processed Food Exposures, Oro-Gut Multi-Omics, and Host Biomarker Signatures Across the Human Lifespan. Submitted to the National Institute of Aging. Budget: \$2,206,061
4. Szabo-Reed, A. (PI), Morris, J. (Co-I), & Sheffler, J. (Co-I). (Submitted May 2026). *ReStore Aging: Resilience Signals from Wearables in the LEAP! Program*. Landon Center on Aging Pilot Project. Budget: \$50,000.
5. Du, J. (PI), Xue, H. (Co-PI), Xue, H., Kim, A. (Co-PI), He, Z. (Co-PI), & Sheffler, J. (Co-I). (Submitted March 2026). *AI-Powered Wearable Exoskeletons for Personalized Health Enhancement in Older Adults: An Integrated Physical-Digital Intervention for Physical, Social, and Mental Well-Being*. CRC Seed Grant submission. Budget: \$49,950
6. Smith, K. (PI), Watso, J. (Co-I), **Sheffler, J. (Co-I)**. (Submitted 03/2025). *Inspiratory Muscle Strength Training as a multi-system countermeasure against autonomic dysfunction*. Submitted to NASA. Budget: \$250,000.

Previous Funding:

1. Smith, K. (PI); Co-investigators: Watso, J., Hickner, B., Nagpal, R., Lobene, A., **Sheffler, J.**, Mousa, J., Liu, L., & Sang, Q. (June 1, 2024-May 31, 2025). *Purchase of an Automated Hematology Analyzer to Enhance FSU's Biomedical Research Capabilities*. FSU Council on Research and Creativity, Total Award: 17,788.
2. **Sheffler, J. (PI)**, Naar, S., He, Z., Arjmandi, B., & Kiosses, D. (July 2021-June 2023). *Pragmatic trial of an MI-CBT Adherence Program for Lifestyle Interventions in Older Adults with Mild Cognitive Impairment*. KL2 Scholar, National Institute of Health, National Center for Advancement of Translational Science (NCATS). Award Number: 1KL2TR001429. Total award \$263,330.
3. **Sheffler, J. (PI)**, Naar, S., Cruz-Almeida, Y., & Kiosses, D. (June 2021-June 2022). *Feasibility and Acceptability of an MI-CBT Ketogenic Adherence Program for Pain in Older Adults with Mild Cognitive Impairment*. Center for Advancing Minority Pain and Aging Science (CAMPAS) Pilot Grant. Total award \$25,000.
4. Schmidt, N.B., **Sheffler, J. (Co-PI)**, Boot, W., Van Orden, K. (June 2022-May 2023). *Combatting Social Isolation in Older Adults: Randomized Clinical Trial Evaluating the Acceptability and Efficacy of a Brief, Technology Delivered Intervention*. RRF Foundation for Aging. Total award: \$91,043.
5. Meynadasy, M. (PI), Sachs-Ericsson, N., Wilber, A., Hajcak, G., Brush, C., **Sheffler, J. (Co-Mentor)**. *Neural Risk Markers of Alzheimer's Disease and their Modulation through Exercise*. National Institute of Health (NIH) Integrated Clinical Neuroscience Training for Translational Research (5T32MH093311-08).
6. Ahn, Hyochol (PI), **Sheffler, J. (Co-I)**. (Pending NIH transfer to FSU). *Self-Administered Transcranial Direct Current Stimulation for Pain in Older Adults with Knee Osteoarthritis: A Phase II Randomized Sham-Controlled Trial*. National Institute of Health, National Institute of Nursing Research (NINR). Award Number: 1R15NR018050-01A1.
7. Pickett, S. (PI), Stanwood, G., Hajcak, G., Ormsbee, M., Lyons, L., Olcese, J., Ribeiro, J., **Sheffler, J.**, & Choogon, L. (May 2020-April 2021). *The Development of a Sleep Laboratory to Increase Collaboration and Research Funding through the Acquisition of Sleep Assessment Equipment*. Funded by FSU Council on Research and Creativity, Equipment and Infrastructure Enhancement Grant. Total award \$39,971.

8. **Sheffler, J. (PI)**, Naar, S., He, Z., & Kiosses, D. (October 2020-June 2021). Pragmatic trial of a Ketogenic Nutrition Adherence Program for Older Adults with Mild Cognitive Impairment. Funded by FSU K Scholar program. Total award \$134,778.
9. **Sheffler, J. (PI)**, Arjmandi, B., Naar, S., Vied, C., Quinn, J., Akhavan, N. (May 2019-June, 2020). *Early phase feasibility trial: Examining the effects of diet on genetic and psychosocial risks for Alzheimer's disease.* University of Florida and its Clinical Translational Science Award (NIH Award Number UL1TR001427). Total award \$50,000.
10. **Sheffler, J. (PI)** & Hajcak, G. (Co-PI), Naar, S., Vied, C., Quinn, J., Arjmandi, B. (July, 2019 – August 2020). *EEG P300 Amplitude and Latency in Relation to Risk for Alzheimer's Disease and the Impact of a Ketogenic Diet.* Funded by the Institute for Successful Longevity. Total award \$15,000.
11. Sachs-Ericsson, N. (PI), Carr, D. (PI), Hajcak, G. (Co-investigator), **Sheffler, J. (Co-investigator)**, Naar, S. (Co-investigator), Miles, T. (Co-investigator). (July 2018 – July 2019). *Is it possible to bolster resilience by increasing emotional regulation in later life? Examining the neural correlates of emotion regulation and resiliency among older adults.* Funded by the Institute for Successful Longevity. Total award \$15,000.

Declined Funding:

1. Watso, J. (PI), **Sheffler, J. (MPI)**. (Submitted 10/2025). Isometric Exercise Training as a Novel Strategy to Improve Cerebrovascular Function in Adults with Mild Cognitive Impairment. R21 Submitted to the National Institutes of Aging. Budget: \$411,437.
2. Pippingas, A. (PI), **Sheffler, J. (Co-I)**... (Submitted 06/2025). *Implementing a scalable lifestyle intervention to reduce the risk of dementia in community dwelling, culturally diverse, middle-aged Australians: The Midlife Intervention for Dementia Risk (MINDER) study.* MRFF submitted to the Maternal Health and Healthy Lifestyle scheme of the Australian National Health and Medical Research Council. Budget: \$1,000,000.
3. Pippingas, A. (PI), **Sheffler, J. (Co-I)**... (Submitted 11/2024). *Implementing a scalable lifestyle intervention to reduce the risk of dementia in community dwelling, culturally diverse, middle-aged Australians: The Midlife Intervention for Dementia Risk (MINDER) study.* MRFF submitted to the Australian National Health and Medical Research Council. Budget: \$1,000,000.
4. Nagpal, R., Lobene, A., & **Sheffler, J.** (submitted 06/2025). Unraveling Anorexia Nervosa: A multi-omics dissection of the microbiome-metabolomic perturbations associated with the eating disorder. R03 submitted to NIH. Budget: \$154,000.
5. **Sheffler, J. (PI)**, Watso, J., Smith, K. (Submitted 11/2025). Inspiratory Training to Improve Blood Pressure & Cognition in Older Adults. Submitted to the Alzheimer's Association Clinician Scientist Fellowship for All (AACSFSA) Program. Budget: \$250,000.
6. **Sheffler, J. (PI)**. (Submitted 11/2025). Taking a LEAP: Evaluating the Lifestyle Empowerment for Alzheimer's Prevention Program. Submitted to the Midwest Roybal Center. Budget: \$220,000.
7. **Sheffler, J. (PI)**, Burns, J., Taylor, M., Nagpal, R., Hickner, B., Hou, Y., & Culjat, C. (Submitted 06/2025). ICAN: A behavioral adherence program to enhance dietary intervention impact on ADRD risk. R01 Submitted to NIA. Budget: \$3,585,585.
8. **Sheffler, J. (PI)**, Hou, Y., Hickner, B., Nagpal, R. (Submitted 08/2025). ICAN-CARE: A Multi-Domain Health Behavior Adherence Program to Support Dementia Caregivers and Enhance Dyadic Health. Submitted to the Department of Defense, Alzheimer's Research Program Transforming Care Award. Budget: \$1,489,553.00.
9. **Sheffler, J. (PI)**, Burns, J., & Shaw, A. (submitted 01/2025). Evaluating the Lifestyle Empowerment for Alzheimer's Prevention Program. Submitted to the Alzheimer's

Association and National Alzheimer's Coordinating Center New Investigator Award. Budget: \$135,000.

10. Watso, J. (PI), **Sheffler, J.** (MPI). (Submitted 09/2025). Isometric Exercise Training as a Novel Strategy to Improve Cerebrovascular Function in Adults with Mild Cognitive Impairment. Submitted to the BrightFocus Foundation, Standard Award Program in Alzheimer's Disease Research. Budget: \$300,000.
11. Nagpal, R., Lobene, A., **Sheffler, J.**, Patoine, C., & Singar, S. (Submitted 05/2025). Role of Almonds within a Healthy U.S.-Style Dietary Pattern on Metabolic Syndrome Severity: A Multi-Omics Mechanistic Trial. Submitted to the Almond Board. Budget: \$600,000.
12. Carr, D., Gaillard, T. (PI), Neff, D. (PI), Webb, F. (PI), **Sheffler, J. (Co-I)**, Weiss, U. (Co-I), Zegers, C. (Co-I). (Resubmitted 11/2024). *Developing Infrastructure for the Consortium on Aging Registries and Engagement - Florida (CARE-Florida), and the Florida Longitudinal Aging and Cognitive Health Study (FLS)*. R61/33 Resubmitted to the National Institute on Aging. Budget: \$2,499,995.
13. Sheffler, J. (PI), Burns, J., Taylor, M., Nagpal, Culjat, C., R., Hickner, R., & Hou, Y. (Submitted 10/2024). ICAN: Evaluating a Scalable Adherence Program to Reduce ADRD Risk. Submitted to the National Institute on Aging. Budget: \$3,573,837.00.
14. Thomas, P. (PI), Liu, H., Carr, D., Sheffler, J. (Co-I) (Submitted 07/2024). The impact of affectionate touch on reducing AD/ADRD. R21 submitted to National Institutes of Health. Budget: \$441,014.
15. Nagpal, R., Salazar, G., Wilber, A., & **Sheffler, J. (Co-I)**. (submitted 10/2024). Sepsis-induced dysbiosis and pathobiome in the etiology of Alzheimer's neuropathology. Submitted to FSU CRC. Budget: \$100,000.
16. Nagpal, R. (PI), Sheffler, J. (Co-PI) (Submitted 9/9/2024). Multi-omics elements of the diet-gut-brain interface in older adults with prodromal Alzheimer's disease. Submitted to Nature Awards: Nature Grant for Gut Health. Budget: \$109,914.
17. Smith, K. (PI), Watso, J. (Co-I), **Sheffler, J. (Co-I)**. (Submitted 01/2024). *Inspiratory Muscle Strength Training as a multi-system countermeasure against autonomic dysfunction*. Submitted to NASA. Budget: \$200,000.
18. Pippingas, A. (PI), **Sheffler, J. (Co-I)**... (Submitted 11/2023). *Implementing a scalable lifestyle intervention to reduce the risk of dementia in community dwelling, culturally diverse, middle-aged Australians: The Midlife Intervention for Dementia Risk (MINDER) study*. MRFF submitted to the Australian National Health and Medical Research Council. Budget: \$1,000,000.
19. Nagpal, R. (PI), Salazar, G., & **Sheffler, J. (Co-I)**. (Submitted 02/2024). *Sepsis-induced Dysbiosis and Pathobiome in the Etiology of Alzheimer's Neuropathology*. FSU CRC Seed grant. Budget: \$100,000.
20. Carr, D. (PI), Gaillard, T. (PI), Neff, D. (PI), Webb, F. (PI), **Sheffler, J. (Co-I)**, Weiss, U. (Co-I), Zegers, C. (Co-I). (Submitted 10/2023). *Developing Infrastructure for the Consortium on Aging Registries and Engagement - Florida (CARE-Florida), and the Florida Longitudinal Aging and Cognitive Health Study (FLS)*. R61/33 Submitted to the National Institute on Aging. Budget: \$2,499,995.
21. **Sheffler, J. (PI)**, Smith, K. (Co-I), Watso, J. (Co-I). (Submitted 02/2024). *Piloting Inspiratory Muscle Strength Training for ADRD Risk Reduction*. AARG submitted to the Alzheimer's Association. Budget: 200,000.
22. Arjmandi, B.H. (PI), Hickner, R.C. (co-PI), Watso, J., **Sheffler, J. (Co-I)**. (Submitted 10/2023). Long-term Effects of Whey Protein Supplementation on Glycemic Control, Cerebral Blood Flow, & Cognitive Function in Postmenopausal Women with T2DM and MCI. Submitted to the National Dairy Council. Budget: \$784,444.
23. Arjmandi, BH, Akhavan, N.S., Nagpal, R., **Sheffler, J. (Co-I)**, Berryman, C.E. (Submitted 03/2023). *Effects of Chilled White Potato Consumption on Measures of Cardiometabolic,*

Brain, and Gut Health in Ambulatory Older Adults with Pre-Diabetes. Alliance for Potato Research and Education.

24. **Sheffler, J. (PI)**, Pickett, S. (Submitted 05/2023). *Development of a scalable sleep health intervention to address ADRD risk*. Alzheimer's Association.
25. **Sheffler, J. (PI)**, Pickett, S. (Submitted 09/2022). *Development of a scalable sleep health intervention to address ADRD risk*. Letter of Intent submitted to the Alzheimer's Association Grant program.
26. **Sheffler, J. (PI)**, Naar, S., Kiosses, D., & Hickner, R. (submitted 06/2022). *A Community Engaged SMART Approach to Address ADRD Risk in Diverse Rural Older Adults*. K23 submitted to the National Institute on Aging.
27. Capron, D (PI), Schmidt, B., **Sheffler, J. (Co-I)**. A2 Pilot
28. **Sheffler, J. (co-PI)**, Nagpal, R. (co-PI), Arjmandi, B (co-PI). California Strawberry Commission.
29. Schmidt, N., Van Orden, K., **Sheffler, J. (Co-I)**, Boot, W., Ahn, H., & Hongyu, M. (Submitted 03/2022). *Evaluating Interpersonal Risk Factors for Suicide in Mild Cognitive Impairment: A Mechanistic Clinical Trial*. R21 submitted to the National Institute on Aging.

PROFESSIONAL AFFILIATIONS AND LEADERSHIP ROLES

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| ▪ ISL, Clinical Research Working Group Chair | 2024-Present |
| ▪ CTSA Community Engagement Core | 2022-2024 |
| ▪ Community Engagement Working Group Leadership | 2022-2024 |
| ▪ Dementia Care and Cure Initiative Task Force, Florida Big Bend | 2022-Present |
| ▪ Gerontological Society of America member | 2019-Present |
| ▪ Alzheimer's Association International Society to Advance Alzheimer's Research and Treatment (ISTAART) member | 2019-Present |
| ▪ Alzheimer's Association Rural Health working group | 2021-Present |
| ▪ Institute for Successful Longevity Faculty Affiliate | 2018-Present |
| ▪ Pepper Institute on Aging and Public Policy Affiliate | 2019-Present |
| ▪ American Psychological Association Member, | 2015-Present |
| ○ Division 20: Adult Development and Aging, Member | 2019-Present |
| ○ Division 20: CRSA Special Interest Group, Co-Chair | 2019-2022 |
| ○ Division 20: ADRD Special Interest Group, Chair | 2022-2024 |
| ▪ American Association for the Advancement of Science Member | 2016-2020 |
| ▪ Association for Women in Science (AWIS) member, | 2016-2017 |
| ▪ 'Diversity in Clinical Sciences' Speaker Series committee member | 2014-2016 |

HONORS AND AWARDS

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|---|-----------|
| ▪ Institute on Methods and Protocols for Advancement of Clinical Trials in ADRD (IMPACT-AD) Alumni Workshop | 2025 |
| ▪ Institute on Methods and Protocols for Advancement of Clinical Trials in ADRD (IMPACT-AD) Alumni Workshop | 2024 |
| ▪ Institute on Methods and Protocols for Advancement of Clinical Trials in ADRD (IMPACT-AD) Fellow | 2023 |
| ▪ NIH ORBIT Institute (NIH-funded), Research Institute Scholar | 2023 |
| ▪ Alzheimer's Association Interdisciplinary Summer Research Institute | 2022 |
| ▪ University of Florida CAMPAS Scientist (RCMAR) | 2021-2022 |
| ▪ Paper Session Chair at the Gerontological Society of America annual Conference | 2021 |
| ▪ Selected to attend NIA IMPACT Collaboratory Training Workshop Retreat | 2021-2022 |
| ○ Building Skills to Conduct Embedded Pragmatic Clinical Trials | |

among People Living with Dementia and their Care Partners

- Outstanding Junior Faculty Researcher Award recipient, FSU CoM 2020-2021
- UROP Materials Grant (\$1,000) 2021
- Nominated for the FSU Inclusive Teaching and Mentoring Award 2020
- UROP Materials Grant (\$1,000) 2020
- National Institute on Aging (NIA) Butler-Williams Scholar, NIH 2019
- UROP Materials Grant (\$500) 2019
- American Psychological Association – APF scholarship Nominee (\$1,000- \$5,000) 2016
- Nominated participant in the AAAS Program for Excellence in Science
 - Three-year sponsored membership 2016-2019
- Cantab Bursary grant finalist – Funding grant for novel cognitive research 2015
- Graduate Research Development Award, 2013 & 2016
- Conference Presentation Support Grant, 2013 & 2016

MENTORSHIP

- Andrew Charles Knapp, Medical Student Research 2026-present
- Viviana Gutierrez Caimary, Clinical Medicine Bridge Program Mentor 2025-2026
- Hannah Karter, MS, Medical Student Research 2025-2026
- Cole Patoine, Doctoral research 2024-present
- Giovanna Mompremier, Clinical Medicine Bridge Program Mentor 2023-2024
- Kamelia Klejc, Clinical Medicine Bridge Program Mentor 2022-2023
- Melissa Meynadasy, Doctoral Dissertation Committee 2022-2023
- Sheyla Moliner, Summer Research Fellowship mentor (Medical student) 2021
- Celina Meyer, Honor's Thesis in Psychology 2021
- Melissa Meynadasy, Master's Thesis Committee 2020
- Undergraduate Research Opportunity Program Mentor 2018-Present

Mentored Presentations (Selected):

- Serna, M., & Sheffler, J. (April, 2026). *Relationship between ketone levels, anxiety, and stress in Older adults*. Poster presented at Undergraduate Research Day, Florida State University, Tallahassee, FL.
- Mui, Hailey., Parker, Mia., & Sheffler, J. (April, 2026). *Effect of Diet and Sleep Quality on Internalizing Symptoms*. Poster presented at Undergraduate Research Day, Florida State University, Tallahassee, FL.
- Michel, J., Noori, R., Dasari, S., Gutierrez Caimary, V., & Sheffler, J. (March 7, 2025). Impact of macronutrients, micronutrients, and minerals on risk factors for vascular dementia. Poster presented at the Florida Undergraduate Research Conference (FURC), University of North Florida, Jacksonville, FL.
- Ramos, M., Sheffler, J. (April 2026). *Subjective vs. Objective Adherence in a Dietary Intervention and the Influence of Baseline Cognitive Function*. Poster presented at Undergraduate Research Day, Florida State University, Tallahassee, FL.
- Ramos, M., Sheffler, J. (March 2026). *Subjective vs. Objective Adherence in a Dietary Intervention and the Influence of Baseline Cognitive Function*. Poster presented at Institute for Successful Longevity Student Poster Day, Florida State University, Tallahassee, FL.
- Michel, J., Noori, R., Dasari, S., Gutierrez Caimary, V., & Sheffler, J. (March 23, 2025). Impact of macronutrients, micronutrients, and minerals on risk factors for vascular dementia. Poster presented at the ISL Student Poster Day, Florida State University, Tallahassee, FL.
- Gutierrez Caimary, V., Patel, J., & Sheffler, J. (February, 2023). *Sleep as a pathway between adverse childhood experiences and multimorbidity: The Impact of Lifestyle*. Poster

- presented at the Florida Undergraduate Research Conference (FURC), St. Thomas University, Miami, FL.
- Saliga, H. & **Sheffler, J.** (April, 2022). *Pilot Trial of an MI-CBT Adherence Program for Lifestyle Interventions in Older Adults with Mild Cognitive Impairment*. Poster presented at the Women in Math, Science, and Engineering Symposium, Tallahassee, FL.
- Meynadasy, M. A., Brush, C. J., **Sheffler, J.**, Kiosses, D., Sachs-Ericsson, N., Hajcak, G. (October, 2021). *Internal Consistency and Stability of the Late Positive Potential During an Emotion Regulation Task in Older Adults*. Poster presented at Society for Psychophysiological Research. Virtual.
- Moliner, S., Quinn, J. M., & **Sheffler, J.** *The Mediating Role of Cardiometabolic Dysregulation on the Relation Between Adverse Childhood Experiences and Adult Cognition*. Medical Student Summer Research Poster Session. Florida State University College of Medicine, FL. 25 Oct 2021.
- Saliga, H. & **Sheffler, J.** (July, 2021). *Examining the Role of Socio-Demographic Factors in the Relationship between Childhood Adversity, Stress, and Late-Life Health Outcomes*. Poster presented at the Florida Alliance Health Professions Diversity Health Equity Research Institute Scholar Conference, Virtual.
- Taylor, D.T., Saliga, H., **Sheffler, J.L.** (March 2021) *The Role of Health in the Relationship Between SMCs, Anxiety, and Depression During the COVID-19 Pandemic*. Oral presentation at the ACC Meeting of the Minds Conference, Virtual.
- Meynadasy, M. A., Brush, C. J., Mach, R., **Sheffler, J.**, Kiosses, D., Sachs-Ericsson, N., Hajcak, G. (October, 2020). *Emotion Regulation, Depression, and the LPP in Older Adults*. Poster presented at Society for Psychophysiological Research. Virtual.
- Meynadasy, M. A., Hajcak, G., Naar, S., **Sheffler, J. L.** (July, 2020). *Subjective Memory Complaints: Fact or Feeling?* Poster presented at the Alzheimer's Association International Conference. Virtual.
- Gutierrez Caimary, V., Patel, J., & Sheffler, J. (April, 2020). *Exploring the Interaction Between Companionship and Visuospatial Skills in Older Adults as Moderated by Sleep Quality*. Poster presented at Undergraduate Research Day, Florida State University, Tallahassee, FL.
- Taylor D.T., Washington, N., **Sheffler J.L.** (February 2020) *The Relationship Between Depression, Anxiety, and Cognitive Functioning: A Cross-sectional and Longitudinal Study*. Poster presented at Florida Undergraduate Research Conference (FURC), Fort Meyers, FL.
- Meyer C. & **Sheffler J.** (2019, October). *The Role of Child Adversity and Household Chaos on Emotion Regulation in Adulthood*. Oral Presentation at the President's Showcase of Undergraduate Research Excellence, Florida State University, Tallahassee, FL.
- Sheffler J.**, Sachs Ericsson N., Meyer C., Carr D., Hajcak G. (2019, April). *The Moderating Role of Depressive Symptoms in Cultivating Social Support Later in Life*. Poster presented at Undergraduate Research Day, Florida State University, Tallahassee, FL.

Contributions to the Field

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|---|--------------|
| 1. Scientific Reviewer for NIH ZRG1 CNV 22 | 05/2026 |
| 2. Scientific Reviewer for NIH ZRG1 CNV 24 | 05/2026 |
| 3. Scientific Reviewer for the Center for Dementia Respite Innovation | 05/2026 |
| 4. Scientific Reviewer for the Center for Dementia Respite Innovation | 05/2025 |
| 5. Scientific Reviewer for the Center for Dementia Respite Innovation | 06/2024 |
| 6. Scientific Reviewer for the NIA, ADRD Special Emphasis Panel | 03/2022 |
| 7. Scientific reviewer for the following journals: | 2013-Present |
| a. Innovations in Aging | |

- b. Journal of Aging and Mental Health
 - c. Journal of Aging and Health
 - d. Journal of Translational Science
 - e. Journal of Clinical Psychology
 - f. Journal of Traumatic Stress
 - g. Journal of Health and Social Behavior
 - h. Social Psychiatry and Psychiatric Epidemiology
 - i. Biological Psychology
 - j. Journal of Anxiety Disorders
 - k. Gerontology and Geriatric Medicine
 - l. International Journal of Molecular Sciences
 - m. Contemporary Clinical Trials
8. Guest Editor for Nutrients (IF=5.7) 2022-2023 Special Issue: *Pathways Linking Nutrition with Age-associated Cognitive and Mental Health* 2024