

Joshua J. Volponi

Curriculum Vitae

University of California, San Francisco
Sandler Neurosciences Center
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Joshua.Volponi@UCSF.edu (work)
Josh.Volponi@gmail.com (other)

Education

University of California, Berkeley
Bachelor of Arts in Molecular and Cell Biology
Emphasis in Neurobiology

Graduated December 2014

Research Interests

- Using novel technology to administer cognitive assessments and interventions across the lifespan
 - Designing and coordinating mobile randomized controlled trials
 - Adapting and applying cognitive assessments and interventions to patients in clinical populations, including individuals diagnosed with dementia, mild cognitive impairment, MS, and ADHD
 - Exploring the effect of culture and language on cognition through multi-site international collaborations
 - Assessing how mental preparation and mindfulness impacts athletic performance
 - Investigating the effect of concussions on cognitive abilities of youth, amateur, and professional athletes
 - Mentoring and training students, interns, and other staff members
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Research Experience

Assistant Clinical Research Coordinator, UCSF – Neuroscape Center
Staff Research Associate, UCSF - Neuroscape Center
Research Assistant, UCSF - Gazzaley Lab

January 2019-Present
January 2016-December 2018
June 2014-December 2015

Projects

Study Coordinator for Cognitive and Physical Training Study (Older Adults) *December 2016-Present*

- Modified an adaptive training paradigm to accommodate the abilities of older adults
- Trained multiple classes of USF Kinesiology students to instruct participants in this intervention
- Served as the liaison between participants, principal investigators, research associates, and interns throughout the 6-8 week study and a one-year follow-up assessment
- Ran participants through assessment visits, including a battery of attention, working memory, and global cognitive outcomes, senior fitness and VO2 Max tests, an MRI, and a blood draw
- Presented initial findings at the 2018 Bay Area Memory Meeting
- Gave a Data Blitz Talk at the Cognitive Neuroscience Society Annual Meeting in March 2019

Study Coordinator for Mobile Randomized Controlled Training Study

January 2019-Present

- Designed a mobile study to test the feasibility of deploying a targeted digital health remediation program for older adults in senior living communities based upon an initial characterization of cognitive abilities
- Implemented a participatory design approach through focus groups of older adults to better design the paradigm for the target intervention group
- Will remotely distribute intervention to senior centers in late 2020

Assisted with cognitive and physical training study designed for MS patients *April 2018- December 2019*

- Collaborated with Neurotech at the Center Hospitalier Universitaire Vaudois (CHUV) in Lausanne, Switzerland, and the Bové lab at UCSF for this multi-site intervention
- Trained visiting scholars and staff in a version of Neuroscape's Body-Brain Trainer (BBT)
- Reviewed and edited the IRB proposal and protocol for this study

Center-Wide Recruitment and Neuropsychological Assessment Manager *June 2014-Sept. 2019*

- Co-created a battery of written and electronic based tasks with the UCSF Memory and Aging Center to efficiently assess the general cognitive abilities of older adults
- Trained over 50 individuals (volunteers, staff, Medical Doctors, and visiting scholars) in these techniques
- Organized, scheduled, and ran neuropsychological training sessions for the Neuroscape Center
- Visited senior centers throughout Northern California to inform older adults about the importance of neuroscience research and provided opportunities to participate
- Assessed more than 300 older adults through this procedure

BRIGHTEN – Bilingual Mood and Depression Mobile RCT *January 2016-August 2018*

- Remotely assessed the impact of cognitive training on individuals diagnosed with depression
- Interacted with thousands of English-speaking, Spanish-speaking, and bilingual individuals across the US
- Created websites and videos for this completely mobile and remote study
- Debugged study-specific mood apps for iOS and Android
- Co-authored a peer-reviewed journal article of these results published in August 2018

Assisted with Cognitive Training Video Game (Neuroracer) 6 Year Follow-Up *June 2017-August 2018*

- Trained research assistants on cognitive assessments, behavioral tasks, and EEG data collection
- Worked with participants from the September 2013 Nature cover paper
- Ran neuropsychological assessments and EEG cognitive visits

Older Adult Cognitive Assessment Feasibility Study *May-June 2017*

- Collaborated with Akili Interactive using the cognitive platform Project: EVO
- Helped present an overview of our research to over 100 older adults in Northern California
- Facilitated the participation of over 45 older adults in an adaptive tablet-based task

Sleep Loading Improves Visual Search RT and Reduces Fatigue in Professional Baseball Players

- Assisted Cheri Mah, M.S., M.D. in a sleep loading study with elite professional athletes *March 2017*
- Helped run a mobile cognitive battery of assessments including using the Right Eye platform
- Study findings presented at the *American Academy of Sleep Medicine* conference *June 2017*

Trained Research Group studying Multiple Sclerosis on Cognitive tasks *2016*

- Trained members of the Bové Lab at UCSF in neuropsychological measures as well as tablet based cognitive assessments
- Offered support and troubleshooting advice for these measures throughout the duration of the study

Adaptive Cognitive and Physical Training Study (Younger Adults) *January 2015-December 2016*

- Scheduled visits and served as first point of contact for participants
- Conducted cognitive and physical outcome measure collection visits using MRI and EEG as well as standardized physical fitness tests
- Trained 18 USF students to run physical assessment visits
- Analyzed outcome measures using Excel, SPSS, and Python
- Organized and led lab-wide meetings

Publications

- Ziegler, D.A., Simon, A. J., Gallen, C.L., Skinner, S., **Volponi, J.**, Rolle, C., Anguera, J. A., & Gazzaley, A. Closed-loop digital meditation improves sustained attention in young adults. *Nature Human Behavior* **3**, 746-757 (2019). <https://doi.org/10.1038/s41562-019-0611-9>
- Pratap, A., Renn, B. N., **Volponi, J.**, Mooney, S. D., Gazzaley, A., Arean, P. A., & Anguera, J. A. (2018). Using Mobile Apps to Assess and Treat Depression in Hispanic and Latino Populations: Fully Remote Randomized Clinical Trial. *Journal of Medical Internet Research*, *20*(8), e10130. <http://doi.org/10.2196/10130>
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Manuscripts in Review/ in Preparation

- Volponi, J.**, Possin, K. L., Gazzaley, A., & Anguera J. A. Efficacy of a mobile tablet-based screening assessment for mild cognitive impairment (*in preparation*).
- Anguera, J. A., **Volponi, J.** & Gazzaley, A. Neural and behavioral transfer of a simultaneous cognitive-physical video game intervention in an older adult population (*in preparation*).
- Volponi, J.**, Anguera, J. A., & Gazzaley, A. Cognitive game-based intervention decreases distraction in older adults. (*in preparation*).
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Conference Presentations

- Simon, AJ., Gallen, CL., **Volponi, JJ.**, Campusano, R., Anguera, JA., Ziegler, DA., Gazzaley, A. *Relationships Between Age-Related Changes in Attention Span and Anticipatory Neural Activity*. Poster presented at the Cognitive Neuroscience Society Annual Meeting; May 2-5, 2020, Virtual.
- Joshua J. Volponi.** *Neural and behavioral transfer of a simultaneous cognitive- physical video game intervention in an older adult population*. Talk presented at the Cognitive Neuroscience Society Annual Meeting; March 23, 2019, San Francisco, Ca.
- Joshua J. Volponi,** Alexander J. Simon, Alana B. Colville, Samirah V. Javed, Brigid J. Larkin, Karam K. Samplay, Soo M. Park, Jessica N. Schachtner, Roger Anguera, Christian J. Thompson, Joaquin A. Anguera, Adam Gazzaley. *Neural and behavioral transfer of a simultaneous cognitive- physical video game intervention in an older adult population*. Poster presented at the Cognitive Neuroscience Society Annual Meeting; March 23-26, 2019, San Francisco, Ca.
- Joshua J. Volponi,** Alexander J. Simon, Alana Colville, Samirah Javed, Brigid Larkin, Karam Samplay, Soo Park, Jessica Schachtner, Roger Anguera, Christian J. Thompson, Joaquin A. Anguera, Adam Gazzaley. *The effect of a novel simultaneous cognitive-physical training video game on an older adult population*. Poster presented at the Bay Area Memory Meeting; August 14, 2018, Davis, Ca.
- Simon, AJ., Campusano, R., **Volponi, JJ.**, Skinner, SN., Anguera, JA., Gazzaley, A., Ziegler, DA. *Common and Unique Markers of Sustained Attention and Impulse Control*. Poster presented at the Cognitive Neuroscience Society Annual Meeting; March 24-27, 2018, Boston, Ma.
- Pratap A, Anguera JA, Renn BN, **Volponi J**, Atkins DC, Mooney SD, Areán PA *Assessing Depression in the Wild: Insights From Two Large-Scale Fully Mobile Randomized Clinical Trials*. *iproc* 2017;3(1):e46 DOI: 10.2196/iproc.8504. Presented at the Connected Health Conference, October 25-27 2017, Boston, Ma.
- Abhishek Pratap*, Joaquin A. Anguera*, Brenna N. Renn, Elias Chaibub Neto, **Joshua Volponi**, Sean D. Mooney & Patricia A. Areán. *The feasibility of using smartphones to assess and remediate depression in Hispanic/Latino individuals nationally*. Presented at the UBICOMP Workshop, September 11-15 2017, Maui, Hi.

Christian Thompson, Caleb Khan, Leticia Whitton-Martinez, **Josh Volponi**, Juliana Souza, Alexander Simon, Sasha Skinner, Daniel

Kingsbook, Alan Leggitt, Joaquin Anguera, Adam Gazzaley. *Physiological and Cognitive Adaptations To 8 Weeks of Training On A Movement-based Video Game*. Poster presented at American College of Sports Medicine Annual Meeting; May 31-June 4 2016, Boston, Ma.

Joshua J. Volponi, Camarin E. Rolle, Alexander J. Simon, Daniel N. Kingsbook, Sasha N. Skinner, Alan C. Leggitt, Roger Anguera, Ty Clark, Caleb A. Khan, Christian J. Thompson, Joaquin A. Anguera, Adam Gazzaley. *Examining the benefit of a novel simultaneous cognitive-physical training video game*. Poster presented at the Bay Area Memory Meeting; August 24, 2015, Davis, Ca.

Other Presentations

Joaquin Anguera, Joshua J. Volponi, AJ Simon. Body Brain Trainer Lifespan Study. Presented February 10, 2020.

Courtney Gallen, AJ Simon, **Joshua J. Volponi**. Using brain modularity to identify EEG-based biomarkers of training outcomes. Presented February 3, 2020

Zoe D'Esposito, **Joshua J. Volponi**. Neuroscape Workshop Series: Design. Presented October 22, 2018.

Joshua J. Volponi and Jessica Schachtner. Neuroscape Journal Club. "Targeted training: Converging evidence against the transferable benefits of online brain training on cognitive function." Presented September 24, 2018

Joshua J. Volponi, Jordin Rodondi, Sierra Niblett & Richard Campusano. Neuroscape Center Meeting. "Neuroscape Leadership and Enrichment Committee." Presented September 10, 2018

Joshua J. Volponi. Neuroscape Journal Club. "The Brain Health Assessment for Detecting and Diagnosing Neurocognitive Disorders." Presented June 25, 2018

Joshua J. Volponi. Neuroscape Workshop Series: Body-Brain Trainer. Presented June 21, 2018.

Alexander J. Simon, Vinith Johnson, & **Joshua J. Volponi**. Neuroscape Workshop Series: EEG Processing. Presented June 15, 2018.

Joshua J. Volponi. VIP Tour and overview of Neuroscape technology. Tour given March 26, 2018

Joshua J. Volponi. Neuroscape Center Meeting. Body-Brain Trainer Dashboards Presented August 17, 2017.

Joshua J. Volponi. Gazzaley Lab Meeting. Body-Brain Trainer Outcome Measures. Presented December 5, 2015.

Liaison for Media Coverage

PBS. American Federation for Aging Research "Incredible Aging: Adding Life to Your Years." Facilitated August 24, 2017.

The Verge. "Prescription Video Games May be the Future of Medicine" by Lauren Goode. Facilitated July 12, 2017.

CNBC. "Video games could soon replace pills in treating some cognitive diseases" by Jeniece Pettitt and Magdalena Petrova. Facilitated May 12, 2017

Wired. "Could a Video Game Strengthen Your Aging Brain?" by Anna Vlasits. Facilitated May 5, 2017

Other Roles and Associations

Co-founder of the Neuroscape Leadership and Enrichment Committee

March 2018-Present

- Meet weekly to create and implement low-cost, high-impact projects and events to enrich the work environment and create leadership opportunities at the mid-management level
- Serve as director for the Neuroscape Workshop Series
- Work with Glenn Entis and other outside collaborators to apply proven techniques to Neuroscape

Member and Coordinator of the Neuroscape Alliance

March 2017-Present

- Facilitate collaborations with academic institutions, clinical centers, and research facilities around the world that share a common vision of leveraging new, non-invasive technology to advance translational neuroscience research
- Coordinate quarterly Neuroscape Alliance Meetings between nine centers in six countries
- Work with Neurotech at the Center Hospitalier Universitaire Vaudois (CHUV) in Lausanne, Switzerland on a cognitive and physical training intervention with patients diagnosed with MS

Sport Club Student Council Board Member, UC Berkeley

August 2013- November 2015

- Constructed and implemented a budget of over \$17,000 to help 32 sport clubs run smoothly and efficiently
- Acted as the liaison between the Recreational Sport directors and the presidents of each sports club
- Served as a member of the internal judicial board for all Sport Clubs to hear and make decisions on new club applications as well as any violation of University of California policies
- Implemented a novel tier system for sports clubs in order to balance clubs' needs with limited University resources

Relevant Skills

- Project manager for large scale longitudinal training studies and single visit assessments
- Work with children, younger adults, and older adults in both research and community service settings
- Proficient in Microsoft Word, Excel, and PowerPoint on PC and Mac
- EEG (Biosemi) and MRI trained
- Experience using VR (Oculus, Vive) and AR modalities and peripherals (Omni)
- Some Python, SPSS, Presentation, E-Prime, and Matlab experience

Languages and Travel

- Intermediate Spanish (Four semesters of college credit) and conversational Portuguese
- Studied abroad in Barcelona, Spain *Summer 2013*
- Helped run youth sports clinics in Costa Rica and Nicaragua *Summer 2014*
- Attended Optos - Daytona Clinical Training in Edinburgh, Scotland *November 2015*
- People to People Educational Experience in Havana, Cuba *January 2017*
- Earned Certificate in Teaching English as a Second Language (TESL)
UC Berkeley Extension - 17 units (255 hours of instruction + 4 hours teaching) *June 2017*
- Selected as a Fulbright US Program semi-finalist *January 2018*

Other Work Experience

Manager, Coach, Lifeguard, LARPD, Livermore, CA

January 2008-Present

- Improve safety and efficiency of local aquatics center
- Teach invaluable skills, such as First Aid, CPR, AED, and swimming stroke development
- Communicate effectively with the staff and the public to improve social and leadership skills
- Coached over 750 children and adults at various skill levels

Optometric Assistant, Tri-Valley Optometry, Livermore, CA

January 2008-Present

- Help manage website, email, and social media outreach
- Test out optical machines and sports vision equipment
- Helped run the Tri-Valley Sports Vision Seminar *September 2015*
- Assisted cognitive and vision screening of the Oakland Athletics with the A-Team *March 2018*

Student and Staff Training

Gazzaley Lab/ Neuroscape Center

Since 2015, recruited and trained 100+ students, staff, and visiting scholars from a variety of disciplines (Psychology, Kinesiology, Cognitive Science, Molecular and Cell Biology, Neuroscience) and education levels (high school/ HS, undergraduate, post-doctoral, medical doctors), which involved training on intervention paradigms, neuropsychological assessments, and data collection using traditional behavioral and neural tasks as well as novel tablet-based assessments.

Tristan Adair, B.S. USF	Molly Gerdes, UCSD	Soo Park, B.S.
Umer Ali, UC Berkeley	Armando Godinez, Eureka	Rebecca Pedras, B.S. USF
Melissa Arioli, USF	Alyssa Halili, B.S. USF	Chien Phan, UC Berkeley
William Ayoub, B.S. USF	Chase Hauser, B.S. USF	Andrew Playsted, UCSC
Garrett Barnett, UC Berkeley	Maddy Heil, B.S. USF	Naixi Powers, M.D.
DeJanelle Bovel, B.S. USF	Brian Hernandez, B.S. USF	Bilal Rajper, B.S. UC Irvine
Adam Bravo, B.S. USF	Ilana Holt, B.S. USF	Anette Recinos, USF
Audrey Breton, B.S. McGill	Chris Huerta, B.S. USF	Miranda Roberts, USF
Randall Brown, B.S. USF	Maria Janice, USF	Andrew Rosenzweig, UC Berkeley
Falguni Bulsara, SFSU	Christopher Janzen, B.S. USF	Elizabeth Ruan, UCI
Bianca Bustamente, B.S. SFSU	Samirah Javed, B.S. USF	Dominic Rubino, B.S. SFSU
Katherine Cai, UC Berkeley	Jessie Joyner B.S. USF	Karam Samplay, UC Berkeley
Angeline Cailles, B.S. USF	Odeya Kagan, UC Berkeley	Jessica Schachtner, B.S. USF
Miles Caliboso, B.S. USF	Sara Khosravinasr, PhD UIUC	Allison Sheu, UC Berkeley
Alison Castaneda, B.S. USF	Andrew Kirjner	Zachary Siebel, B.S. USF
Anthony Castro, B.S. USF	Irina Kitrar, M.A. SFSU	Bhavdeep Singh, B.S. UCD
Rachel Chambers, B.S. USF	MacKenzie Krieser, B.S. USF	Julianne Sison, B.S. UCD
Melody Chang, UC Berkeley	Glyna Lara, B.S. USF	Troy Skinner, B.A. UCB
MacNeill Chapman, M.S.	Brigid Larkin, B.S. USF	Kylie Sullivan, B.S. USF
Tojo Chemmachel, SFSU	Dunstan Lee, B.S. USF	Jaclyn Sutow, B.S. USF
Alana Colville, B.S. U of Oregon	Ivan Lee, B.A. USF	Jeremy Tang, B.S. USF
Hannah Cone, B.S. USF	Keanna Lee, B.S. USF	Adam Thomson, Gilroy HS/UCSB
Angela Constantino, B.S. USF	Vanessa Lopez, B.A. UC Berkeley	Madelyn Torres, B.A. USF
Quentin Coppola, USF	Brittany Luu, B.S. USF	Nichole Vasquez, B.S. USF
Matthew Cruz, B.S. USF	Jessica Manalang, B.S. USF	Micah Viss, B.A. UC Berkeley
Lauren Dacorro, B.A. Biola	Roland Manalo, B.S. USF	Cooper Walter, Cornell
Shannon Daly, B.S. USF	Candice Matlock, B.S. USF	Elizabeth Walton, B.S. USF
Ronald De Guzman, B.S. USF	Genevieve McCloskey, USF	Zachary Ward, B.S. USF
Neil de Quant, B.S. USF	Patrick Mckee, B.S. USF	Naila Weinstein, HS
Erik Dulock, B.S. USF	Noel Moskowitz, USF	Abby Wohl, B.S. USF
Brenna Dutchak, USF	Lily Muñoz, B.A. USF	Brenda Wu, UCSB
Thomas Egan, Occidental	Sukhpaul Nijjar	Tianyue Zhao, HS
Ahmed Eid, M.D.	Ricky Noriega, B.S. USF	
Skylar Fenton, USF	Chelsea Offril, B.S. USF	

Community Outreach

- **Loaves and Fishes** (Berkeley, CA) *January 2015-Present*
Prepare and serve a monthly meal to the needy and homeless in the Bay Area
 - **UCSF Aquatics** (San Francisco, CA) *May 2015-Present*
Serve as a Master's Swim Coach, lifeguard, and swim instructor for participants of all ages
 - Independent outreach to people living on the streets in the San Francisco Bay Area *January 2011- Present*
 - Visit senior centers throughout Northern California to inform older adults about neuroscience research and provide opportunities to participate *January 2017- Present*
 - **Bay Area Science Festival** exhibitor *11/3/18 and 11/2/19*
 - Developed lesson plans and taught English Language Learners (ELL) *January 2017- June 2017*
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Trainings and Certifications

- Cognitive Neuroscience Society Member
 - Intro to Python Workshops - CLE, UCSF *October – November 2018*
 - Falls Prevention In-Service Training –
Neurosciences Clinical Research Unit (NCRU), UCSF *October 3rd, 2018*
 - Communicating with Patients with Primary Progressive Aphasia and Dementia
Neurosciences Clinical Research Unit (NCRU), UCSF *June 21st, 2018*
 - Certified Mediator by the Center for Community Dispute Settlement *August 2008*
 - CPR, AED, and First AID certified *Since January 2008*
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References

Adam Gazzaley, MD/Ph.D.

Director -Neuroscape
Professor -Neurology, Psychiatry and Physiology
University of California, San Francisco
adam.gazzaley@ucsf.edu

Christian Thompson, Ph.D.

Associate Professor, Kinesiology
University of San Francisco
cjthompson@usfca.edu

Joaquin Anguera, Ph.D.

Director of Clinical Program -Neuroscape
Assistant Professor -Neurology and Psychiatry
University of California, San Francisco
joaquin.anguera@ucsf.edu

Katherine L. Possin, Ph.D.

Associate Professor, Memory and Aging Center
University of California, San Francisco
katherine.possin@ucsf.edu

List of Research Techniques Learned and Performed with Reference Papers

Cognitive Assessments	Reference of interest
Attend-Ignore Distractor (AID)	Clapp, W. C., Rubens, M. T., Sabharwal, J., & Gazzaley, A. (2011). Deficit in switching between functional brain networks underlies the impact of multitasking on working memory in older adults. <i>Proceedings of the National Academy of Sciences</i> , 108(17), 7212-7217.
Basic Response Time (BRT)	Anguera, J. A., Boccanfuso, J., Rintoul, J. L., Al-Hashimi, O., Faraji, F., Janowich, J., ... & Gazzaley, A. (2013). Video game training enhances cognitive control in older adults. <i>Nature</i> , 501(7465), 97-101.
Change Localization Task (CLT)	Luck, S. J., & Vogel, E. K. (1997). The capacity of visual working memory for features and conjunctions. <i>Nature</i> , 390(6657), 279.
Digit Symbol Substitution Task (DSST)	Salthouse, T. A. (1992). What do adult age differences in the Digit Symbol Substitution Test reflect? <i>Journal of Gerontology</i> , 47(3), P121-P128.
Filter	Vogel, E. K., McCollough, A. W., & Machizawa, M. G. (2005). Neural measures reveal individual differences in controlling access to working memory. <i>Nature</i> , 438(7067), 500.
N-back task	Chadick, J. Z., & Gazzaley, A. (2011). Differential coupling of visual cortex with default or frontal-parietal network based on goals. <i>Nature neuroscience</i> , 14(7), 830-832.
Psychomotor Vigilance Task (PSV)	Drummond, S. P., Bischoff-Grethe, A., Dinges, D. F., Ayalon, L., Mednick, S. C., & Meloy, M. J. (2005). The neural basis of the psychomotor vigilance task. <i>Sleep</i> , 28(9), 1059-1068.
SART	Grahn, J. A., & Manly, T. (2012). Common neural recruitment across diverse sustained attention tasks. <i>PloS one</i> , 7(11), e49556.
Sleep Loading Paradigm	Mah, C. D., Anguera, J.A., Gazzaley A., Luke A. (2017). Sleep Loading Improves Visual Search Response Time and Reduces Fatigue in Professional Baseball Players [Abstract]. <i>Sleep</i> , 40, A278.
Test of Variance of Attention (TOVA)	Anguera, J. A., Boccanfuso, J., Rintoul, J. L., Al-Hashimi, O., Faraji, F., Janowich, J., ... & Gazzaley, A. (2013). Video game training enhances cognitive control in older adults. <i>Nature</i> , 501(7465), 97-101.
Adaptive Cognitive Evaluation (ACE)	
Stroop	Stroop, J. R. (1935). Studies of interference in serial verbal reactions. <i>Journal of experimental psychology</i> , 18(6), 643.
Flanker	Miller, J. (1991). The flanker compatibility effect as a function of visual angle, attentional focus, visual transients, and perceptual load: A search for boundary conditions. <i>Attention, Perception, & Psychophysics</i> , 49(3), 270-288.
Visual Search	Buschman, T. J., & Miller, E. K. (2007). Top-down versus bottom-up control of attention in the prefrontal and posterior parietal cortices. <i>Science</i> , 315(5820), 1860-1862.

Spatial Span	Berch, D. B., Krikorian, R., & Huha, E. M. (1998). The Corsi block-tapping task: Methodological and theoretical considerations. <i>Brain and cognition</i> , 38(3), 317-338.
Backwards Spatial Span	Berch, D. B., Krikorian, R., & Huha, E. M. (1998). The Corsi block-tapping task: Methodological and theoretical considerations. <i>Brain and cognition</i> , 38(3), 317-338.
Spatial Cueing	Posner, M. I. (1980). Orienting of attention. <i>Quarterly journal of experimental psychology</i> , 32(1), 3-25.
Task Switch	Monsell, S. (2003). Task switching. <i>Trends in cognitive sciences</i> , 7(3), 134-140.
Tap and Trace (TNT)	Anguera, J. A., Boccanfuso, J., Rintoul, J. L., Al-Hashimi, O., Faraji, F., Janowich, J., ... & Gazzaley, A. (2013). Video game training enhances cognitive control in older adults. <i>Nature</i> , 501(7465), 97-101.
Physical Assessments	Reference of interest
Body Fat Percentage/ BMI	Jackson, A. S., & Pollock, M. L. (1978). Generalized equations for predicting body density of men. <i>British Journal of Nutrition</i> , 40, 497-504 Jackson, A. S., Pollock, M. L., & Ward, A. (1980). Generalized equations for predicting body density of women. <i>Medicine and Science in Sports and Exercise</i> , 12, 175-182
Vertical Jump	Sargent, D.A. (1921) The Physical Test of a Man. <i>American Physical Education Review</i> , 26, p. 188-194
Hexagon Test	Anderson, R. E. et al. (1990) An on-site test battery to evaluate giant slalom skiing performance. <i>The Journal of Sports Medicine and Physical Fitness</i> , 30 (3), p. 276-282 Baechle, TR and Earle, RW. Essentials of strength training and conditioning: National Strength and Conditioning Association. 2nd ed. Champaign, IL: <i>Human Kinetics</i> , 2000
VO2 Max	Shephard RJ. Tests of maximum oxygen uptake: a critical review. <i>Sports Medicine</i> . 1984; 1:99–124
Senior Fitness Test	Rikli R.E., Jones C.J.: The development and validation of a functional fitness test for community-residing older adults. <i>Journal of Aging and Physical Activity</i> , 1999a; 7: 129–161
Functional Reach	Duncan, P. W., Weiner, D. K., Chandler, J., & Studenski, S. (1990). Functional reach: a new clinical measure of balance. <i>Journal of gerontology</i> , 45(6), M192-M197.
Gait Speed	Bohannon, R. W. (1997). Comfortable and maximum walking speed of adults aged 20—79 years: reference values and determinants. <i>Age and ageing</i> , 26(1), 15-19.

NeuroCom (Limits of Stability, Lunge Force, Sensory Organization Test)	Nashner, Lewis M. "System and method for monitoring training programs." U.S. Patent No. 5,980,429. 9 Nov. 1999. Pickerill, M. L., & Harter, R. A. (2011). Validity and reliability of limits-of-stability testing: a comparison of 2 postural stability evaluation devices.
Blood Pressure	Millar, P. J., McGowan, C. L., Cornelissen, V. A., Araujo, C. G., & Swaine, I. L. (2014). Evidence for the role of isometric exercise training in reducing blood pressure: potential mechanisms and future directions. <i>Sports Medicine</i> , 44(3), 345-356.
BTrackS™ (Balance Tracking System)	Goble, D. J. (2018). The BTrackSTM Balance Test is a Valid Predictor of Older Adult Falling.
Surveys	Reference of interest
Patient Health Questionnaire (PHQ-9)	Kroenke, K., Spitzer, R. L., & Williams, J. B. (2001). The phq-9. <i>Journal of general internal medicine</i> , 16(9), 606-613.
Profile of Mood States (POMS)	McNair, D. M., Lorr, M., & Droppleman, L. F. (1992). <i>Profile of mood states</i> (pp. 1-40). San Diego, CA: Educational and industrial testing service.
Epworth Sleepiness Scale (ESS)	Johns, M. W. (1991). A new method for measuring daytime sleepiness: the Epworth sleepiness scale. <i>Sleep</i> , 14(6), 540-545.
General Anxiety Disorder Screener (GAD-7)	Spitzer, R. L., Kroenke, K., Williams, J. B., & Löwe, B. (2006). A brief measure for assessing generalized anxiety disorder: the GAD-7. <i>Archives of internal medicine</i> , 166(10), 1092-1097.
Positive and Negative Affect Schedule (PANAS)	Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: the PANAS scales. <i>Journal of personality and social psychology</i> , 54(6), 1063.
International Physical Activity Questionnaire (IPAQ)	Craig, C. L., Marshall, A. L., Sjöström, M., Bauman, A. E., Booth, M. L., Ainsworth, B. E., ... & Oja, P. (2003). International physical activity questionnaire: 12-country reliability and validity. <i>Medicine & Science in Sports & Exercise</i> , 35(8), 1381-1395.
Pittsburgh Sleep Quality Index (PSQI)	Buysse, D. J., Reynolds, C. F., Monk, T. H., Berman, S. R., & Kupfer, D. J. (1989). The Pittsburgh Sleep Quality Index: a new instrument for psychiatric practice and research. <i>Psychiatry research</i> , 28(2), 193-213.
Barratt Impulsiveness Scale (BIS-11)	Patton, J. H., & Stanford, M. S. (1995). Factor structure of the Barratt impulsiveness scale. <i>Journal of clinical psychology</i> , 51(6), 768-774.
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