

## Curriculum Vitae

### PERSONAL DATA

Junxin Li, PhD, RN, FAAN  
Johns Hopkins University School of Nursing  
525 North Wolfe Street N530 I  
Baltimore, MD 21205-2110  
410.502.2608  
Junxin.li@jhu.edu

### EDUCATION

Year	Degree	Institution	Location
2014-2018	Postdoctoral Fellow	University of Pennsylvania Perelman School of Medicine Sleep Medicine	Philadelphia, PA
2010-2014	Ph.D.	University at Buffalo School of Nursing	Buffalo, NY
2023-2006	M.S.	Jilin University School of Nursing	Changchun, China
1997-2002	B.S.	Beihua University School of Nursing.	Jilin, China

### CURRENT LICENSE AND CERTIFICATION

Year	Source	Type
2019-Present	Maryland Board of Nursing	RN
2014-Present	New York State Education Department	RN

### PROFESSIONAL EXPERIENCE

Year	Position	Institution	Location
2023-	Associate Professor	Johns Hopkins University School of Nursing	Baltimore, MD
2019-2023	Assistant Professor	Johns Hopkins University School of Nursing	Baltimore, MD

<b>Year</b>	<b>Position</b>	<b>Institution</b>	<b>Location</b>
2017-2018	Lecturer	University of Pennsylvania School of Nursing	Philadelphia, PA
2014-2017	Postdoc Fellow	University of Pennsylvania School of Medicine	Philadelphia, PA
2010-2014	Research Assistant	University at Buffalo School of Nursing	Buffalo, NY
2006-2010	Lecturer.	Changchun University of Chinese Medicine School of Nursing	Changchun, China
2003-2006	Registered Nurse	First Clinical Hospital of Jilin University	Changchun, China
2002-2003	Registered Nurse	First Clinical Hospital of Dalian Medical University	Dalian, China

### **HONORS AND AWARDS**

- 2024 Protégé Award, Friends of the National Institute of Nursing Research (FNINR) NightinGala
- 2024 Excellence in Research Mentoring Award, Johns Hopkins School of Nursing
- 2023 Outstanding Faculty Research Award, Johns Hopkins School of Nursing
- 2022 Linda Davies Versic Faculty Award, Johns Hopkins School of Nursing
- 2020 Fellow of American Academy of Nursing
- 2019 Springer Publishing Award, Gerontological Society of America Annual Scientific Meeting
- 2018 Maryland Nurse Faculty Fellowship Recipient
- 2016 Okura Leadership Nurse Scholar Award, Asian American Pacific Islander Nurse Association
- 2014 Ruth Bale Elder Award for Excellence in Nursing Research, SUNY, Buffalo, NY
- 2013 Person-in-Training Award, Gerontological Society of America
- 2011 Student Poster Award, from the Network in Aging of WNY 31st Annual Meeting and Conference

### **RESEARCH**

#### **Sponsored Projects**

- 2024-2025 Improving Mobility for Dementia Alleviation in Older Adults via AI-Powered Affordable

- Exosuits, JH AITC Pilot Funding, NIA (P30AG073104) Role: Co-investigator. Total: \$300,000
- 2023-2028 mHealth Facilitated Physical Activity Toward Health (mPATH) for Cognitive Function and Sleep in Low-income Older Adults, NIA (R01 AG080613-01A1) Role: Principal Investigator. Total: \$4,168,000
- 2022-2024 The Power of 40 Hz Sound/Music for Older Adults with Mild Cognitive Impairment NIA (R21 AG078917-01); Role: Principal Investigator. Total: \$450,313
- 2022-2023 Pilot Testing of 40 Hz Sound/Music for Older Adults with Mild Cognitive Impairment Johns Hopkins University (Center for Innovative Care of Aging Pilot Fund & School of Nursing Discovery and Innovation Award); Role: Principal Investigator. Total: \$10,000
- 2020-2022 A Personalized Behavioral Intervention for Older Adults with Mild Cognitive Impairment and Sleep Complaints; NINR. (R01NR016484-04S1); Role: Principal Investigator. Total: \$249,000
- 2019-2023 A Personalized Behavioral Intervention to Improve Physical Activity, Sleep and Cognition in Sedentary Older Adults; NINR (R01NR016484-03); Role: Principal Investigator. Total: \$747,000
- 2019-2020 A Personalized Behavioral Intervention for Sleep and Musculoskeletal Pain in Older Adults; NINR (P30 Promote Center Pilot); Role: Principal Investigator. Total: \$30,000
- 2017-2019 A Personalized Behavioral Intervention to Improve Physical Activity, Sleep, and Cognition in Sedentary Older Adults; NINR (K99NR016484); Role: Principal Investigator. Total: \$184,896
- 2016-2018 Pilot test a Personalized Intervention Implemented with Smartwatch Technology in Older Adults. University of Pennsylvania (Junior Investigator Preliminary/Feasibility Grant); Role: Principal Investigator. Total: \$ 19,950
- 2016-2018 Rehabilitation to Improve Postoperative Outcomes. University of Pennsylvania (PCPM Accelerator Fund Project Awards); PI: Carsten Skarke; Role: CO-Investigator. Total: \$70,000
- 2014-2017 Training in sleep and sleep disorders; NIH/NHLBI (T32 HL07953); PI: Allan Pack; Role: Postdoctoral fellow.
- 2013-2014 Effects of Person-Centered Care on Sleep in Long-term Care Residents with Dementia. Sigma Theta Tau Gamma Kappa Chapter; Role: Principal Investigator. Total: \$1,500
- 2013-2014 Promoting Sleep in Long-term Care Residents: a Person-Centered Care Approach. Shirley D. DeVo Nursing Research Support Fund; Role: Principal Investigator. Total: \$5,500

## **SCHOLARSHIP**

### **Publications**

#### **Peer Reviewed (\*data-based)**

1. \*Huang J, Spira AP, Perrin NA, & Li J. (2024 in press) Latent Classes of Sleep Problems and Subjective Cognitive Decline Among Middle-Aged and Older Adults in the United States. Archives of Gerontology and Geriatrics. 2024:105657.

2. \*Lee JW, Li J., Szanton SL, Li Q, Liu M, Hladek M. (2024 in press). Higher Patient Activation is Associated with lower odds of Functional Limitation in Older Adults with Chronic Diseases. *Geriatric Nursing*.
3. \*Wang, C., Li, M., Szanton, S., Courtney, S., ... & Li, J. (2024). A qualitative exploration of 40 Hz sound and music for older adults with mild cognitive impairment. *Geriatric Nursing*, 56, 259-269.
4. \*Liu X, Li J, Cho Y, Wu B. Heterogeneities in sleep duration and quality among U.S. immigrants from different racial and ethnic backgrounds. *Sleep Health*. 2024 Aug;10(4):393-401. doi: 10.1016/j.sleh.2024.03.006. PMID: 38777645; PMCID: PMC11309898.
5. Ning, H., Li, J., Chen, X., Li, M., Cao, Z., & Feng, H. (2023). Challenges and suggestions for exergaming program in exercise among older adults. *Journal of Central South University. Medical sciences*, 48(10), 1621–1628.
6. Ning, H., Chen, F., Li, J., Du, Y., Chen, X., Wu, S., Joseph, A., Gao, Y., Cao, Z., & Feng, H. (2024). Effectiveness of a multicomponent exercise intervention in community-dwelling older Chinese people with cognitive frailty: protocol for a mixed-methods research. *Frontiers in aging neuroscience*, 16, 1282263. <https://doi.org/10.3389/fnagi.2024.1282263>.
7. \*Ge, S., Dune, L., Liu, M., ... & Li, J. (2023). Feasibility of therapeutic Chinese massage (tui na) for peripheral neuropathy among people with human immunodeficiency virus: Findings of a pilot randomized controlled trial. *Frontiers in Neurology*, 14, 1148150.
8. \*Salisbury, D. L., Maxfield, M., Joseph, R. P., Coon, D., Wang, J., Li, J., & Yu, F. (2023). Predictors of Usual and Peak Gait Speed in Community-Dwelling Older Adults With Mild-to-Moderate Alzheimer's Dementia. *Journal of Aging and Physical Activity*, 1(aop), 1-10
9. Huang, J., Antonsdottir, I. M., Wang, R., Li, M., & Li, J. (2023). Insomnia and Its Non-Pharmacological Management in Older Adults. *Current Geriatrics Reports*, 1-9.
10. \*Li, M., Huang, J., Budhathoki, C., Li, Q., Samuel, L., Szanton, S. L., Schrack, J. A., & Li, J. (2023). Social factors and older adults' use of wearable activity trackers: Before and during the first wave of the COVID-19 pandemic. *Journal of Applied Aging*.
11. \*Lukkahatai, N., Park, J., Jia, H. M., Martin, D., Li, J., Sheng, J. Y. S., ... & Carducci, M. (2023). Feasibility of DNA Methylation Age as a Biomarker of Symptoms and Resilience among Cancer Survivors with Multiple Chronic Conditions. *Biomedicines*, 11(11), 3076.
12. \*Liu, J., Li, S., Yan, X., Li, J.,...& Rao, H (2023). Social Connection and Lifestyle Factors Associated With Happiness in Urban Older Adults in China A Cross-Sectional Study With a Community Sample. *Res Gerontol Nurs*
13. McPhillips, M. V., Li, J., & Gooneratne, N. S. (2023). Optimal sleep and circadian rhythm habits in older adults. *Encyclopedia of Sleep and Circadian Rhythms: Volume 1-6, Second Edition (pp. 123-131)*. Elsevier.
14. \* Liu, X.; Commodore-Mensah, Y., Himmelfarb, C.; Li, J., ... & Logan, J (2023). Determinants of Daytime Sleepiness Among Middle-Aged Adults. *Clinical Nursing Research*

15. McPhillips, MV., Li, J., Petrovsky, DV., Gooneratne, NS., Aryal, S., Hodgson, NA (2023). A randomized controlled trial to test a behavioral sleep intervention to improve insomnia symptoms in older adults with mild cognitive impairment: Multicomponent behavioral sleep intervention (MBSI) protocol. *Contemp Clin Trials*. doi: 10.1016/j.cct.2023.107137.
16. Li, J., McPhillips MV, Deng Z, Fan F, Spira A (2023). Daytime Napping and Cognitive Health in Older Adults: A Systematic Review. *J Gerontol A Biol Sci Med Sci*. 2022 Dec 6:glac239. doi: 10.1093/gerona/glac239
17. \*McPhillips, MV., Li, J., Petrovsky, D., Brewster, G., ...& Gooneratne, N (2022) Assisted Relaxation Therapy for Insomnia in Older Adults with Mild Cognitive Impairment: A Pilot Study *International Journal of Aging and Human Development* 2022 Oct 18: doi: 10.1177/00914150221132163.
18. \*Wang, Y., Li, X., Ji,X., Wu, J., Li,J., Zheng, W.,...& Zhou, J. (2022). Adaptive Auricular-point Acupressure for Sleep Disturbance in Women with Breast Cancer: A Randomized Controlled Trial. *Evidence-Based Complementary and Alternative Medicine* 2022 Oct 31; doi: 10.1155/2022/8637386.
19. \*Li, J., Okoye, S., Dwivedi, P., Sciarratta, L., Li, M., Taylor, J., Szanton, S. (2022). Promoting sleep in low-income older adults with disabilities: comparing CAPABLE with a social engagement control, *Geriatr Nurs*.
20. \*Li, M., McPhillip, M.V., Szanton, S., Wenzel, J., Li, J. (2022). Electronic Wearable Device Use for Physical Activity in Older Adults: A Qualitative Study. *Work, Aging and Retirement* (senior author with a PhD student)
21. \*Huang, J., Li, M., McPhillip, M.V., Lukkanatai, N., & Li, J. (2022) Sleep and Physical Activity Among Older Adults: Comparison of Subjective and Objective Sleep, and the Moderation of Chronotype. *International Journal of Aging and Human Development* (senior author with PhD students)
22. Ge, S., Song, Y., Hu, J., Tang, X., Li, J., & Dune, Li. (2022) Development and Impact of Adopting Electronic Health Records in the United States: A Brief Overview and Implications for Nursing Education. *Health Care Science*
23. \*Li, J., Szanton, L.S., McPhillips, M.V, Lukkanatai, N., Pien, W. G., Chen, K., ... & Gooneratne, N. (2021). An mHealth-facilitated personalized intervention for physical activity and sleep in community-dwelling older adults. *Journal of Aging and Physical Activity*
24. \*Qin, Y., Li, J., McPhillips, M., Lukkanatai, N., Yu, F., & Li, K. (2021). Association of fear of falling with frailty in community-dwelling older adults: A cross-sectional study. *Nurs Health Sci. (CO-first author)*
25. Lukkanatai,L., Li, J., Saligan, L.M. (2021). Challenges for cancer care during the Coronavirus Disease 2019 Pandemic. *Journal of Chulabhorn Royal Academy*.
26. \*McPhillips, M. V.,Sefcik, J., Brewster, G., Li, J., Petrovsky, D.V., Gooneratne, N., Hodgson, N.(2021) Recruiting persons with dementia and caregivers in a clinical trial: Dyads perceptions. *West. J. Nurs. Res*.
27. \*Sun, J., McPhillips, M. V., Chen, K. C., Zang, Y., Li, J., Oehlke, J., ... & Gooneratne, N. S. (2021). Primary care provider evaluation and management of insomnia. *Journal of Clinical Sleep Medicine*

28. \*McPhillips, M., Li, J., Hodgson, N., Cacchione, P...& Riegel, B. (2020). Daytime sleepiness and napping in nursing-home eligible community-dwelling older adults: A mixed methods study. *Gerontology and Geriatric Medicine*.
29. \*Cui, N., Ji, X., Li, J., Cui N.S, Wang, G. (2020). Associated factors of habitual midday napping among Chinese adolescents. *Sleep and Biological Rhythms*.
30. \* Li, Z., Li, J., Yu, G., Yu, F., Li, K., & Szanton, S. (2020). The effect of resistance training on sleep in Chinese older adults: A randomized controlled trial. *Geriatric Nursing*. **(CO-first author)**
31. \*Li, Y., Sun, Y., Li, J., & Jia, J. (2020). Patterns and predictors of preparation for future care among older rural Chinese adults: A latent profile analysis. *Journal of Applied Gerontology*, 0733464820964148.
32. \*Ge S., Tang X., Wei Z., Dune L., Liu T., Li J., & Li C. (2020). Smoking and cognitive function among middle-aged adults in China: Findings from the China health and retirement longitudinal study baseline survey. *J Addict Nurs*, 2020;31(3):E5-E12. doi:10.1097/JAN.0000000000000352
33. \*Porock D., Li J., & Chang Y. (2020). Measuring the 'dose' of person-centered care in aged care: Development of staff and family questionnaires. *Journal of Advanced Nursing*, 2020;76(7):1850-1861. doi:10.1111/jan.14392
34. \*Li, J., Hodgson, N., Lyons, M. M., Chen, K. C., Yu, F., & Gooneratne, N. S. (2020). A personalized behavioral intervention implementing mHealth technologies for older adults: A pilot feasibility study. *Geriatric Nursing*, 41(3), 313-319.
35. \*Yang, Y., Liu, W., Ji, X., Ma, C.,...& Li, J. (2019). Extended afternoon naps are associated with hypertension in women but not in men. *Heart & Lung*. (Senior authored with a student).
36. \*Wu, M., Zan, T., Zhao, Q., Ge, S., Li, K., & Li, J. (2019). Symptom clusters and health-related quality of life in Chinese patients with chronic obstructive pulmonary disease. *Western Journal of Nursing Research*, 0193945919866475. (Senior authored with a student).
37. \*Tang, L., Zhao, Q., Han, W., Li, K., & Li, J. (2019). Association of cardiovascular risk factor clustering and prehypertension among adults: Results from the China health and retirement longitudinal study baseline. *Clinical and Experimental Hypertension*, DOI: 10.1080/10641963.2019.1652633. (Senior authored with a student).
38. \*McPhillips, M., Dickson, V., Cacchione, P., Li, J., Gooneratne, N., & Riegel, B. (2019). Nursing home eligible, community-dwelling older adults' perceptions and beliefs about sleep: A mixed-methods study. *Clinical Nursing Research*, 1054773819849348. <https://doi.org/10.1177/1054773819849348>
39. \*Ji, X., Li, J., & Liu, J. (2019). The relationship between midday napping and neurocognitive function in early adolescents. *Behavioral Sleep Medicine*, doi:10.1080/15402002.2018.1425868
40. Petrosky, D., McPhillips, M., Li, J., Brody, A...& Hodgson, N. (2018). Sleep disruption and quality of life in persons with dementia: A state-of-the-art review. *Geriatric Nursing*

41. \*Li, J., Yang, B., Varrasse, M., Ji, X., Wu, M., Li, M., & Li, K. (2018). Physical activity in relation to sleep among community-dwelling older adults in China. *Journal of Aging and Physical Activity*, doi: 10.1123/japa.2017-0270
42. \*Li, J., Chang, Y., Riegel, B... & Gooneratne, N. (2018). Intermediate, but not extended, afternoon naps preserve cognition in Chinese older adults. *Journal of Gerontology: Medical Sciences*, doi: 10.1093/gerona/glx069 (Editor's Choice Article).
43. \*Sullivan, S., Li, J., Wu, Y., & Hewner, S. (2018). Complexity of chronic conditions impact on end of life expense trajectories of Medicare decedents. *The Journal of Nursing Administration*.
44. Li, J., Vitiello, M., & Gooneratne, N. (2018). Sleep in normal aging. *Sleep Medicine Clinics*, 13(1), 1-11
45. \*Seo, J., Li, J., & Li, K. (2018). Cervical cancer screening experiences among Chinese-American immigrant women in the United States. *Journal of Obstetric, Gynecologic, & Neonatal Nursing*, 47(1), 52-63. doi: 10.1016/j.jogn.2017.10.003
46. \*Lyons, M., Keenan, T., Li, J... & Gurubhagavatula, I. (2017). Symptomless multi-variable apnea prediction index assesses OSA risk and adverse outcomes in elective surgery, *Sleep*.
47. \*Li, J., Cacchione, P.,... & Gooneratne, N. (2017). Afternoon napping and cognition in Chinese older adults: Findings from the CHARLS baseline assessment. *Journal of American Geriatric Society*, doi: 10.1111/jgs.14368
48. Li, J., Yang, B., Varrasse, M., & Li, K. (2016). Sleep among long-term care residents in China: A narrative review of literature. *Clinical Nursing Research*, 1054773816673175
49. \*Li, J., Grandner, M., Chang, Y., Jungquist, C., & Porock, D. (2015). Person-centered dementia care and sleep in assisted living residents with dementia: A pilot study. *Behavioral Sleep Medicine*, 1-17. doi: 10.1080/15402002.2015.1104686
50. \*Li, J., Chang, Y., & Porock, D. (2015). Factors associated with daytime sleep in nursing home residents. *Research on Aging*. 2015 Jan; 37(1):103-17. doi:10.1177/0164027514537081
51. Li, J., & Porock, D. (2014). Resident outcomes of person-centered care in long-term care: A narrative review of interventional research. *International Journal of Nursing Studies*, 2014 Oct;51(10):1395-415. doi: 10.1016/j.ijnurstu.2014.04.003
52. Li, H., Li, J., & Nie, W. (2014). The benefits and caveats of international nurse migration. *International Journal of Nursing Science*, 2014. doi: 10.1016/j.ijnss.2014.07.006
53. \*Chang, Y., Li, J., & Porock, D. (2013). The effect on nursing home resident outcomes of creating a household within a traditional structure. *Journal of the American Medical Directors Association*, 2013, 14 (4):293-9. Epub 2013 Feb 22. doi: 10.1016/j.jamda.2013.01.013

54. Li, H., Yin, X., Liu, T., & Li, J. (2012). Current situation and thoughts on elder abuse in residential care facilities. *Chinese Journal of Gerontology*, 2012, v.32(21) 242-244.
55. \*Wu, N., Li, J., & Chi, H. (2008). Applying heat and moisture exchanger to prevent ventilator-associated pneumonia. *Chinese Journal of Nursing (Medicine Edition)*, 43(8).
56. \*Chi, X., Li, J., & Li, H. (2007). Applying evidence-based nursing to elderly gastric cancer patients during preoperative and postoperative care. *Chinese Journal of gerontology (Medicine Edition)*, 26 (12):1616-1618.
57. \*Li, J., Li, R., & Gao, L. (2006). The prevention of ventilator-associated pneumonia by strengthening oropharyngeal care. *Journal of Nurses training (Medicine Edition)*, 22 (2):166-168.
58. Gao, L., Li, J., & Zan, T. (2005). Nursing experiences of one child case with the Guillain-Barre Syndrome leading to acute myocardial infarction. *Journal of nursing practice (Medicine Edition)*, 21(6): 53-54.
59. Yu, X., Li, J., & Sun, Y. (2005). Applying evidence-based nursing to elderly patients with advanced lung cancer. *Journal of nursing science (General Edition)*, 2005, 20:70-72.

#### Invited Publications

1. Li, J., Vitiello, M., & Gooneratne, N. (2022). Sleep in normal aging. *Sleep Medicine Clinics*, 1317(2), 161-171.
2. Zhang, Z., Xiao, X., Ma, W., Li, J. (2020). Napping in older adults: A review of current literature. *Current Sleep Medicine Reports* 6 (3), 129-135. (Senior author with visiting scholars)
3. Li, J. (2018). Higher vitamin D intake could improve sleep and cognitive outcomes in older adults with heart failure. *Evidence-based nursing*, 21(3), 69.
4. Varrasse, M., Li, J. & Gooneratne, N. (2015). Exercise and sleep in community-dwelling older adults. *Current Sleep Medicine Reports*. DOI 10.1007/s40675-015-0028-6

#### Book/ Book Chapters

1. McPhillips, M. V., Li, J., & Gooneratne, N. S. (2023). Optimal sleep and circadian rhythm habits in older adults. In *Encyclopedia of Sleep and Circadian Rhythms: Volume 1-6, Second Edition* (pp. 123-131). Elsevier.
2. Li J., Gooneratne N. (2019). Sleep and health in older adults. In Michael Grandner (Eds.), *Sleep and Health*. (pp. 33-43). Elsevier.
3. Lv, J., Li, J. & Dong, G. (2007). Analysis of surgical nursing science. Changchun Publishing Company (ISBN978-7-880664-152-1). (Book).

#### Invited Talks



1. Li, J. (2022 March) To Nap or Not to Nap—Cognitive Function in Older Adults. Virtual talk. Department of Pulmonary and Critical Care Medicine, Johns Hopkins School of Medicine
2. Li, J. (2021 October) mHealth physical activity interventions for sleep: what are the potentials. Virtual talk. WeiMing Nursing Forum, Beijing University.
3. **Li, J.** (2021 June). Caring sleep health in older adults: where we are at and where we need to go; Virtual Keynote Speaker , 2<sup>nd</sup> International QiLu Nursing Forum.
4. **Li, J.** (2017 December). Nap or not to nap: For a better cognition in older adults, 3rd annual Eleanor Wade Custer School of Nursing's Innovations in Advanced Practice Research Day, 2017 December, Eleanor Wade Custer School of Nursing Shenandoah University, VA.
5. **Li, J.** (2017 June). Sleep, napping, and cognition in Chinese older adults, School of Nursing, ShanDong University, ShanDong, China.
6. **Li, J.** (2016 August). PhD in Nursing: a Path to a Career in Healthcare Research, Annual Doctoral Student Retreat, School of Nursing, University at Buffalo. NY.
7. **Li, J.** (2014 August). Steps to Clinical Nursing Research, First Clinical Hospital, JiLin University, Changchun, China

## Conference Presentations

### International

1. Huang, J., Spira, A. P., Perrin, N. A., Ellis, A., Hsu, E., & **Li, J.** (2024 June). Latent Classes of Sleep Problems and Subjective Cognitive Decline Among U.S. Middle-Aged and Older Adults (paper). SLEEP 2024, Houston, TX, United States.
2. McPhillips, M.V., **Li, J.**, Petrovsky, D.M., Brewster, G., Coni, J., Aryal, S., Gooneratne, N.S., Hodgson, N. (2024 June). Multicomponent Behavioral Sleep Intervention (MBSI) for insomnia in older adults with mild cognitive impairment: A pilot study SLEEP 2024, Houston, TX, United States.
3. Liu, S., Li, M., Li, Q., Calderon, R., & **Li, J.** (2024 June). Association Between Physical Activity and Sleep Quality in Older Adults and the Mediation of Pain (poster). SLEEP 2024, Houston, TX, United States.
4. **Li, J.**, Gill, J., Huang, J., Waszczuk, D., & Szanton, S. L. (2023 November). Plasma Neurofilament Light Chain is Associated with Physical Frailty in Older Adults without Dementia. The Gerontological Society of America 2023 Scientific Conference (paper)
5. Ning, H, Feng, H, & **Li, J.** (2023 November). Cognitive Frailty: Prevalence, Risk Factors, and the Risk of Mortality in Chinese Middle-aged and Older Adults, The Gerontological Society of America 2023 Scientific Conference (paper)

6. Ning, H., Feng, H., Li, J., & Li, M. (2023 November). Social Participation and Depressive Symptoms on the Relationship Between Cognitive Frailty and Disability. The Gerontological Society of America 2023 Scientific Conference (paper)
7. Wang, C., Li, M., Huang, J., Tufa, Y., & Li, J. (2023 November). Lifelong Learning and Self-Efficacy of Physical Activity Engagement in Sedentary Older Adults: A Qualitative Study. The Gerontological Society of America 2023 Scientific Conference (poster)
8. Huang, J., Spira, A., McPhillips, M., Calderon, R., ... & Li, J. (2023 November). Sleep and Depressive Symptoms in Community-dwelling Older Adults: Findings from Ambulatory Sleep EEG. The Gerontological Society of America 2023 Scientific Conference (paper)
9. Li, J., Huang, J., Li, M., Gooneratne, N., Gill, J., & Spira, A. (2023 June). Self-reported sleep quality and sleep architecture are associated with plasma neurofilament light in older adults without dementia. *Sleep* 2023 (paper)
10. Li, M., Liu, S., Calderon, R., Huang, J., Tufa, Y., Waszczuk, D., & Li, J. (2023). Self-reported Sleep Quality and Insomnia Symptoms Mediate the Association between Depression and Physical Activity in Older Adults. *Sleep* 2023, 46(Supplement\_1), A327-A328.
11. Sun, X., Jia, H. Thomas, F. Sheng, J., Stearns, V., Carducci, M., Li, J. & Lukkahatai, N. (2022 May) Effect of the combined Home-based Exercise and Acupressure Program on Cancer related Symptoms during Immunotherapy: Preliminary Analysis. Johns Hopkins SKCCC Trainee Research Day. Maryland,
12. Li, M., Huang, J., Budhathoki, C., Szanton, S, L., Li, J. (2022 November) Social factors associated with U.S. Older Adults' use of Wearable Activity Trackers: Before and during the beginning of the COVID-19 pandemic. (paper). The Gerontological Society of America 2022 Scientific Conference.
13. Huang J., Li M., McPhillips M.V., Lukkahatai N., Li J. (2022 November) The Association of Sleep and Physical Activity Among Older Adults and the Moderation of Chronotype. (Symposium). The Gerontological Society of America 2022 Scientific Conference.
14. Lukkahatai, N. & Li, J. (2022) Challenges and Solutions for Mobile Health Intervention Research in Low Socioeconomic Status Older Adults with Multiple Chronic Conditions (Symposium). The Gerontological Society of America 2022 Scientific Conference
15. McPhillips, M.V., Petrovsky, D.M., Sefcik, J.S., Li, J., Brewster, G., Gooneratne, N.S., Aryal, S., Hodgson, N. (2022). Caregiver Outcomes Related to Sleep Disturbances in People Living with Cognitive Impairment. (Symposium). The Gerontological Society of America 2022 Scientific Conference.
16. Lund, S., Thornton, C., Park, J., Sheng, J.Y., Li, J. & Lukkahatai, N. (2022) Correlates among Physical Activity and Fatigue in Persons with Cancer. The 33<sup>rd</sup> Sigma International Nursing Research Congress. Scotland
17. Li, J., Okoye, S., Sciarratta, L., Szanton, S.L. (2021) Effect of a biobehavioral environmental approach on sleep in low-income older adults. Gerontological Society of America 2021 Scientific Conference.

18. Li, M., McPhillips, M.V., Szanton, S.L., Wenzel J, Li, J. (2021). Smartwatch technology for physical activity in older adults: A qualitative study. Gerontological Society of America 2021 Scientific Conference (student 1<sup>st</sup> authored) .
19. Sefcik, J., Petrovsky, D. P., Brewster, G., Li, J., Gooneratne, N. G., Hodgson, N., McPhillips, M. V. (2021) Dyads perceptions: Recruiting persons loving with dementia and caregivers in a clinical trial. Gerontological Society of America 2021 Scientific Conference.
20. McPhillips, M. V., Li, J., Sefcik, J. Petrovsky, D.P., Brewster, G., Hodgson, N., Gooneratne, N. (2021). Variations in payment allocation to persons living with cognitive impairment and study partners. Gerontological Society of America 2021 Scientific Conference
21. Lukkahatai, N., Martin, D., Sheng, J., Li, J., Osathanugrah, V., & Reynolds, N. (2021). Tailored home-based exercise (iHBE) program for symptoms and well-being among low-income cancer survivors living with comorbid conditions. Paper presented at the Oncol Nurs Forum. 48 (2), 29-29
22. Park, H., Park, J., Sheng, J.Y., Li, J., Szanton, S., & Lukkahatai, N (2021). Effects of tailored home-based exercise program on sleep among cancer survivors with multiple chronic conditions. The 32nd International Nursing Research Congress. Singapore
23. John, J., Park, J., Sheng, J.Y. Li, J., Saligan, L.N., & Lukkahatai, N (2021). Fatigue, physical and cognitive performances among fatigue cancer survivors with multiple chronic conditions: Preliminary results. The 32nd International Nursing Research Congress. Singapore
24. McPhillips, M.V., Li, J., Petrovsky, D., Hodgson, N. (2020). Relationship between sleep and function in older adult with mild cognitive impairment. Gerontological Society of America 2020 Scientific Conference, Innovation in Aging.
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29. McPhillips, M.V., Kim, J., Petrovsky, D., Li, J., Talwar, S., Caffee, L., Hodgson, N. (2019). Objective and subjective sleep duration and activity level in older adults with mild dementia. Gerontological Society of America 2019 Scientific Conference, Innovation in Aging, 3(S1), 527-528.

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38. Fan, F., Varrasse McPhillips, M., Li, J. (2018). Daytime napping and cognition in older adults: A systematic review. *SLEEP*, 41 (Abstract Supplement): 0720.
39. Li, J., Chang, Y.C. Riegel, B., Keenan, T.B., Pack, A., & Gooneratne, N.S (2016). Afternoon napping and cognitive function in chinese older adults: A longitudinal follow-up. *SLEEP* (Abstract Supplement)
40. Li, J., Yang, B., Varrasse M., Li, K. (2016). Sleep in long-term care residents in China: A review of literature. *SLEEP* (Abstract Supplement)
41. Lyons, M.M., Keenan, T.B., Li, J., Khan, T., Elkasabanny, N. & Gurubhagavatula, I. (2016). Obstructive sleep apnea risk is related to adverse outcomes after elective surgery. *SLEEP* (Abstract Supplement)

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43. Li, J., Chang, Y.P., Jungquist, C, & Porock, D (2014). Sleep and activities in assisted living residents with Dementia, Gerontological Society of America 2014. Scientific Conference, Innovation in Aging.
44. Porock, D., Li, J., & Chang, Y-P. (2014). Salivary cortisol, depression, agitation, and quality of life in residents with dementia. Gerontological Society of America 2014 Scientific Conference, Innovation in Aging.
45. Li, J., Chang, Y.P., Jungquist, C, & Porock, D. (2014). Sleep in long-term care residents with dementia: Pilot of a person-centered care intervention. SLEEP (Abstract Supplement)
46. Li, J., Chang, Y.P. & Porock, D. (2013). Factors associated with daytime sleepiness in nursing home residents. Gerontological Society of America 2013 Scientific Conference, Innovation in Aging.
47. Porock, D., Chang, Y.P. & Li, J. (2013). Measuring person-centered care in long-term care: Staff and family instrument psychometric testing. Gerontological Society of America 2013 Scientific Conference, Innovation in Aging.
48. Li, J., Chang, Y.P. & Porock, D. (2012). Resident outcomes of person-centered care in long-term care: A systematic review. Gerontological Society of America 2012 Scientific Conference, Innovation in Aging.

### **National**

1. Lukkahatai, N., Martin, D., Shen, J., Li, J., Osathanugrah, V. & Reynold, N (2021). The effect of a tailored home-based exercise program on symptoms, well-being, and resilience among cancer survivors with multiple chronic conditions: A pilot study. Symptom Science Advances in Oncology Nursing (NINR, NCI, ONS Colloquium) Feb 4-5 2021.
2. Li, J., Szanton, S.L. (2020). Feasibility and Initial Findings of a Personalized Behavioral Intervention for Older Adults with Chronic Pain and Sleep Complaints at NINR Research Centers 2020 Directors' Meeting
3. Li, J., Hodgson, N, ...& Gooneratne, N.S. (2018). A personalized behavioral intervention for promoting physical activity, sleep and cognition in sedentary older adults: A pilot feasibility study. 30th Annual ENRS Scientific Conference, Nursing Research.
4. Li, J., Chang, Y.P., Jungquist, C, & Porock, D. (2014). Effects of person-centered dementia care on sleep in long-term care residents with dementia: A pilot study. 26th Annual ENRS Scientific Sessions, Nursing Research

### **EDITORIAL ACTIVITIES**

Editorial Board Member

2023- BMC Geriatrics

### **Manuscript Reviewer**

2024- JAMDA  
 2024- JAMA Network Open  
 2023- Sleep Medicine Review  
 2022- Journal of Gerontology Medical Sciences  
 2022- Journal of Geriatric Psychology and Neurology  
 2021- Geriatric Nursing  
 2021- International Journal of Nursing Studies  
 2021- Sleep Health  
 2020- Sensors  
 2020- Journal of Alzheimer's Disease  
 2019- Journal of Gerontological Nursing  
 2019- Sleep  
 2018- Journal of Applied Gerontology  
 2018- Western Journal of Nursing Research  
 2017- BMC-Geriatrics  
 2017- Brain and Behavior  
 2016- Clinical Nursing Research

**Grant Reviewer**

2016 University of Pennsylvania NewCourtland Center for Transitions and Health Center Grant  
 2022- National Institutes of Health (NIH) post hoc reviewer

**PROFESSIONAL ACTIVITIES**

**Society/Association membership and leadership**

2023- Adult Napping and Health Consensus Panel, National Sleep Foundation.  
 2022- Nu Beta at-Large Chapter, Research Committee, Chair  
 2021- GSA Health Sciences Section Membership Committee, Volunteer Member  
 2021-2022 United way fundraising, Johns Hopkins School of Nursing, Chair  
 2020- American Academy of Nursing, Fellow  
 2019- Nu Beta at-Large Chapter, Publicity and Newsletter Committee, Member  
 2014-2019 Eastern Nurse Research Society (ENRS), Member  
 2013- Sleep Research Society (SRS), Member  
 2012- Sigma Theta Tau International (STTI), Member  
 2011- Gerontological Society of America (GSA), Member

**ACADEMIC SERVICE**

2022- JH School of Nursing Bylaw Committee, Member  
 2021-2022 United way fundraising, Johns Hopkins School of Nursing, Chair  
 2019- Johns Hopkins School of Nursing Faculty Search Committee, Member  
 2019- Johns Hopkins Center for Innovative Care in Aging, Principal Faculty  
 2019- Johns Hopkins Sleep and Circadian Rhythms Research Steering Committee, Member  
 2019- Johns Hopkins IPE Seminar Leader/Faculty facilitator

**STUDENT MENTORING**

**Johns Hopkins Student Research Mentoring**

2021- 3 Post-postdoctoral students ( 2 Primary and 1 co-mentor)  
2021- 4 PhD Students (Primary advisor)  
2021- 3 MPH Student (Thesis advisor)  
2020- 3 PhD Students (Dissertation Committee Member/Alternate Member)  
2020- 14 Undergraduate Students (Research mentors)  
2020- 9 MSN Entry Students Research Honor Program  
2019- 7 MSN Entry Students, Work Study Research Assistant  
2019- 10 Visiting PhD Scholars (5 primary faculty mentor)