

**Ryan R. Bailey, PhD, OTR/L**  
Saint Louis University  
Department of Occupational Science and Occupational Therapy  
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Updated January 1, 2020

## **EDUCATION**

- 2019 Post-Doctoral Fellowship in Cardiovascular Disease and Obesity  
Washington University in Saint Louis  
St. Louis, MO
- 2017 Post-Doctoral Fellowship in Gerontology  
Atlanta VA Medical Center, Geriatric Research Education and Clinical Center  
Atlanta, GA
- 2015 PhD in Movement Science, Neuroscience Concentration  
Washington University in St. Louis  
St. Louis, MO
- 2015 MS Clinical Investigation  
Washington University School of Medicine in St. Louis  
St. Louis, MO
- 2008 MS Occupational Therapy  
Washington University School of Medicine in St. Louis  
St. Louis, MO
- 2006 BA Sociocultural Anthropology  
Brigham Young University  
Provo, UT

## **LICENSURE AND CERTIFICATION**

- 2011 Occupational Therapy, Licensed  
Missouri Board of Occupational Therapy  
#2011038847, licensed through 2021
- 2009 Occupational Therapist, Registered  
National Board for Certification in Occupational Therapy  
#246371, registered through 2021

## **PROFESSIONAL EXPERIENCE AND ACADEMIC APPOINTMENTS**

- 2019-Present Assistant Professor, Department of Occupational Science and Occupational Therapy  
Doisy College of Health Sciences  
Saint Louis University  
St. Louis, MO
- 2018-2019 Lecturer, Center for Interprofessional Education

Saint Louis University  
St. Louis, MO

2018-2019 Occupational Therapist, PRN  
The Rehabilitation Institute of St. Louis  
St. Louis, MO

2018 Lecturer, Program in Occupational Therapy  
Washington University School of Medicine in St. Louis  
St. Louis, MO

2017-2019 T32 Post-Doctoral Trainee, Washington University Training Program in Cardiovascular  
Disease and Obesity  
Brown School  
Washington University in St. Louis  
St. Louis, MO

2015-2017 Advanced Fellowship in Geriatrics  
Geriatric Research Education and Clinical Center  
Atlanta VA Medical Center  
Atlanta, GA

2012-2015 TL1 Pre-Doctoral Trainee, Predoctoral Clinical Research Program  
Clinical Research Training Program  
Washington University School of Medicine in St. Louis  
St. Louis, MO

2011-2012 T32 Predoctoral Trainee, Doctoral Training Program in Movement Science  
Program in Physical Therapy  
Washington University School of Medicine in St. Louis  
St. Louis, MO

2009-2011 Occupational Therapist  
HealthSouth Rehabilitation Hospital of Utah  
Sandy, UT

2009 Occupational Therapist  
Salt Lake City VA Medical Center  
Salt Lake City, UT

**GRANTS****Pending**

10/19 National Institute of Child Health and Human Development (K01). *Secondary Stroke Prevention Through Lifestyle Behavior Change*. Amount: \$550,000. Role: Primary Investigator

**Funded**

07/18-06/19 Washington University Center for Diabetes Translation Research (NIDDK P30DK092950) Small Projects Award. *Adapting the Diabetes Prevention Program for Stroke*. Amount: \$5,000. Role: PI

**Not funded**

- 09/19            2019 Nedra Gillette Endowed Research Fellowship. American Occupational Therapy Foundation. Amount: \$1,500. Proposed Role: PI
- 10/18            2018 Nedra Gillette Endowed Research Fellowship. American Occupational Therapy Foundation. Amount: \$1,500. Proposed Role: PI

### PROFESSIONAL ORGANIZATION

- 2017-Present    The Obesity Society  
 2016-Present    American Heart Association  
 2011-Present    American Occupational Therapy Association

### PROFESSIONAL SERVICE

- 2017-Present    Review Board  
*American Journal of Occupational Therapy*
- 2017-2018       Reviewer  
 American Occupational Therapy Annual Conference session abstracts
- 2016             Judge: 9<sup>th</sup> Annual Department of Medicine Research Day  
 Emory University  
 Atlanta, GA
- 2016-2017       Community Advisory Committee  
 Department of Occupational Therapy  
 Georgia State University  
 Atlanta, GA
- 2015-Present    Ad Hoc Reviewer: *Topics in Stroke Rehabilitation, Disability and Rehabilitation, Physiotherapy Research International, Neurology*
- 2015-Present    Research Committee  
 American College of Lifestyle Medicine
- 2015-2016       Vice President of Education, Professionals in Training Executive Board  
 American College of Lifestyle Medicine

### HONORS AND AWARDS

- 2018             2018 Overall Research Poster Winner  
 American College of Lifestyle Medicine Annual Meeting  
 Indianapolis, IN
- 2017             mHealth 2017 Summer Training Institute Award  
 UCLA Center of Excellence for Mobile Sensor Data-to-Knowledge  
 Los Angeles, CA
- 2016             Health Data Exploration Summer Institute Travel Award  
 Health Data Exploration Project  
 San Diego, CA

- 2015 Outstanding Citizenship Award  
Clinical Research Training Center, Washington University in St. Louis  
St. Louis, MO
- 2014 Best Student Poster  
American College of Lifestyle Medicine Annual Meeting  
San Diego, CA.
- 2013 Poster Award, 2<sup>nd</sup> Place  
18<sup>th</sup> Annual Graduate Research Symposium  
St. Louis, MO
- 2008 Robert B. Summerville Scholarship  
Program in Occupational Therapy, Washington University School of Medicine  
St. Louis, MO
- 2006-2008 Alumni Merit Fellowship  
Program in Occupational Therapy, Washington University School of Medicine  
St Louis, MO

## PUBLICATIONS

### Peer-Reviewed Manuscripts

- Bailey RR, Stevenson J. How adults with stroke conceptualize physical activity: An exploratory qualitative study. *Am J Occup Ther* (In review).
- Bailey RR, Serra MC, McGrath RP. Obesity and diabetes are jointly associated with functional disability in stroke survivors. *Disabil Health J*. (In review).
- 2020 Bailey RR, Stevenson JL, Driver S, McShan E. Health behavior change following stroke: Recommendations for adapting the Diabetes Prevention Program [published online Jan 2 2020]. *Am J Lifestyle Med*.
- 2019 Bailey RR, Phad A, McGrath R, Ford A, Tabak R, Haire-Joshu D. Lifestyle risk behaviors among stroke survivors with and without diabetes [published online June 11 2019]. *Am J Phys Med Rehabil*.
- 2019 Bailey RR. Examining daily physical activity in community-dwelling adults with stroke using social cognitive theory: An exploratory, qualitative study [published online April 11 2019]. *Disabil Rehab*.
- 2019 Bailey RR, Phad A, McGrath R, Tabak R, Haire-Joshu D. Prevalence of three healthy lifestyle behaviors among U.S. adults with and without stroke. *Prev Chronic Dis*. 2019; 16:180409.
- 2019 Bailey RR. Self-efficacy, self-regulation, social support, and outcomes expectations for daily physical activity in adults with chronic stroke: A descriptive, exploratory study [published online January 16 2019]. *Occup Ther Health Care*.
- 2019 Bailey RR, Phad A, McGrath R, Haire-Joshu D. Prevalence of five lifestyle risk factors among U.S. adults with and without stroke. *Disabil Health J*. 2019; 12(2): 323-327.
- 2019 McGrath R, Snih A, Markides K, Hackney K, Bailey RR, Peterson M. The burden of functional disabilities for middle-aged and older adults in the United States. *J Nutr Health Aging*. 2019; 23(2):172-174.

- 2018 Bailey RR, Griffiths PC. Physical activity in older veterans and their caregivers. *Phys Occup Ther Geriatr.* 2018; 36(1):43-53.
- 2018 McGrath RP, Vincent BM, Al Snih S, Markides KS, Dieter BP, Bailey RR, Peterson MD. The association between handgrip strength and diabetes on activities of daily living disability in older Mexican Americans. *J Aging Health.* 2018; 30(8):1305-1318.
- 2018 McGrath RP, Robinson-Lane SG, Peterson MD, Bailey RR, Vincent BM. Muscle strength and functional limitations: Preserving function in older Mexican Americans. *J Am Med Dir Assoc.* 2018; 19(5): 391-398.
- 2018 Bailey RR. Lifestyle modification for secondary stroke prevention. *Am J Lifestyle Med.* 2018; 12(2): 140-147.
- 2017 Bailey RR. Goal setting and action planning for health behavior change [published online September 13 2017]. *Am J Lifestyle Med.*
- 2017 Bailey RR. Promoting physical activity and nutrition in people with stroke. *Am J Occup Ther.* 2017; 71(5):7105360010p1-7105360010p5.
- 2016 Waddell KJ, Strube MJ, Bailey RR, Klaesner JW, Birkenmeier RL, Dromerick AW, Lang CE. Does task-specific training improve upper limb performance in daily life post-stroke? *Neurorehabil Neural Repair.* 2016; 1:1545968316680493.
- 2016 Doman C, Waddell KJ, Bailey RR, Moore JL, Lang CE. Changes in upper extremity functional capacity and daily performance during outpatient therapy for people with stroke. *Am J Occup Ther.* 2016; 70:70032940p1-700329004p11.
- 2015 Bailey RR, Klaesner JW, Lang CE. Quantifying real-world upper limb activity in nondisabled adults and adults with chronic stroke. *Neurorehabil Neural Repair.* 2015; 29(10):969-978.
- 2015 Urbin MA, Bailey RR, Lang CE. Validity of body-worn sensor acceleration metrics to index upper extremity function in hemiparetic stroke. *J Neurol Phys Ther.* 2015;39(2): 111-118.
- 2015 Bailey RR, Birkenmeier RB, Lang CE. Real-World affected upper limb activity in chronic stroke: An examination of potential modifying factors. *Top Stroke Rehabil.* 2015; 22(1): 26-33.
- 2014 Bailey RR, Klaesner JW, Lang CE. An accelerometry-based methodology for assessment of real-world bilateral upper extremity activity. *PLoS ONE.* 2014;9(7): e103135.
- 2013 Bailey RR, Lang CE. Upper-limb activity in adults: Referent values using accelerometry. *J Rehabil Res Dev.* 2013; 50(9): 1213-1222.
- 2013 Lang CE, Bland MD, Bailey RR, Schaefer SY, Birkenmeier RL. Assessment of upper extremity impairment, function, and activity after stroke: Foundations for clinical decision making. *J Hand Ther.* 2013; 26(2): 104-114.
- 2009 Bailey RR, Kaskutas V, Fox I, Baum CM, Mackinnon SE. Effect of upper extremity nerve damage on activity participation, pain, depression, and quality of life. *J Hand Surg Am.* 2009; 34(9): 1682-1688.

### Abstracts

- 2019 Bailey RR, Stevenson J. Adapting the Diabetes Prevention Program for adults with stroke. *Diabetes.* 2019; 68(Supplement 1): 76-LB.

- 2019 Bailey RR, Phad A, McGrath R, Ford A, Tabak R, Haire-Joshu D. Lifestyle risk behaviors among stroke survivors with and without diabetes. *Diabetes*. 2019; 68(Supplement 1): 204-LB.
- 2019 Bailey RR, Phad A. Prevalence of five unhealthy behaviors among adults with and without stroke, Behavioral Risk Factor Surveillance System, 2015. *Am J Occup Ther*. 2019; 73(4\_Supplement\_1): 7311070010.
- 2019 Bailey RR. Examining non-exercise physical activity in adults with chronic stroke using social cognitive theory: A qualitative study. *Ann Behav Med*. 2019; 53(Suppl 1):S1-S842.
- 2018 Bailey RR, Phad A, Tabak R, Haire-Joshu D. Prevalence of three healthy behaviors among U.S. adults with and without stroke, Behavioral Risk Factor Surveillance System, 2015. *Circulation*. 2018; 138(Suppl\_1): A10468.
- 2018 Bailey RR, Fitzsimmons-Craft E, Boeger H, Keenoy K, Hendrickson S, Welch R, Wilfley D. Multicomponent workplace wellness program results in weight loss and improved cardiometabolic indices. *Circulation*. 2018; 137(Suppl\_1): AP377.
- 2017 Bailey RR. Physical activity after stroke: Exploring self-efficacy, self-regulation, social support, and outcomes expectations. *Am J Occup Ther*. 2017; 71(4\_Supplement\_1): 7111500052p1.
- 2015 Bailey RR, Klaesner JW, & Lang CE. Quantification of daily upper limb motor activity in nondisabled adults and adults with chronic stroke. ACTS abstracts. *Clin Transl Sci*. 2015; 8(3): 344.
- 2014 Bailey RR, Klaesner JW, & Lang CE. A quantitative method for measuring bilateral arm activity via accelerometry. ASNR 2013 poster abstracts. *Neurorehabil Neural Repair*. 2014; 28(4): NP4-5.
- 2014 Bailey RR, Klaesner JW, & Lang CE. Real-world assessment of bilateral upper extremity activity. ACTS abstracts. *Clin Transl Sci*. 2014; 7(3): 275.

### **Non Peer-Reviewed Publications**

- 2017 Bailey, RR. Putting goals into action for health behavior change. *OT Practice*. 2017; 22(12): 19-21.
- 2016 Bailey, RR. Managing sedentary behavior to improve and enhance health. *OT Practice*. 2016; 21(6): 15-20.
- 2016 Bailey, RR. Potential moderating role of upper extremity activity on metabolic effects of sedentary behavior in people with stroke. *Phys Ther*. 2016; 96 (1): 122-123.

### **PRESENTATIONS**

#### **Peer-Reviewed Presentations**

#### **Seminars**

- 2019 Bailey RR. Health behavior change for adults with chronic stroke. Presented at the American Occupational Therapy Annual Conference and Expo, New Orleans, LA, April 2019.
- 2017 Bailey RR. Promoting health behavior change in clients with multiple chronic conditions. Presented at the American Occupational Therapy Association Annual Conference and Expo, Philadelphia, PA, April 2017.

- 2016 Bailey RR, Hill V, Doyle S. Occupational Therapy's role in preventing stroke through behavior change. Presented at the American Occupational Therapy Association Annual Conference and Expo, Chicago, IL, April 2016.
- 2016 Bailey RR, Klaesner JW, Lang CE. Real-world measurement of post-stroke upper limb activity. Presented at the Eleventh World Congress on Brain Injury, The Hague, Netherlands, March 2016.
- 2013 Birkenmeier RL, Bailey RR, Lang CE. Assessment of upper extremity impairment and function after stroke. Presented at the American Occupational Therapy Association Annual Conference and Expo, San Diego, CA, April 2013.

### **Platform Presentations**

- 2015 Bailey RR, Klaesner JW, Lang CE. Quantifying upper limb motor activity in nondisabled adults and adults with chronic stroke. Presented at the 4<sup>th</sup> Annual Occupational Therapy Summit of Scholars, Los Angeles, CA, May 2015.
- 2014 Bailey RR, Klaesner JW, Lang CE. Real-world assessment of bilateral upper limb activity. Presented at the 3<sup>rd</sup> Annual Occupational Therapy Summit of Scholars, Philadelphia, PA, May 2014.
- 2014 Bailey RR, Klaesner JW, Lang CE. Real-world assessment of bilateral upper extremity activity. Presented at the Translational Science 2014 Meeting, Washington, DC, May 2014.
- 2013 Bailey RR, Lang CE. Upper extremity activity: Referent values using accelerometry. Presented at the 4<sup>th</sup> Annual National Clinical and Translational Sciences Predoctoral Programs Meeting (Mayo Clinic), Rochester, MN, May 2013.
- 2008 Bailey RR, Baum MC. Quality of life in adults with peripheral nerve injury. Presented at the 12<sup>th</sup> Annual Resident Research Day (Washington University School of Medicine in St. Louis), St. Louis, MO, April 2008.

### **Poster Presentations**

- 2019 Bailey RR, McGrath R, Serra M. Obesity and diabetes are jointly associated with functional disability in stroke survivors. Presented at Obesity Week 2019; November 2019: Las Vegas, NV.
- 2019 Bailey RR, Stevenson J. Adapting the Diabetes Prevention Program for adults with stroke. Presented at the American Diabetes Association 79<sup>th</sup> Scientific Sessions; June 2019: San Francisco, CA.
- 2019 Bailey RR, Phad A, McGrath R, Ford A, Tabak R, Haire-Joshu D. Lifestyle risk behaviors among stroke survivors with and without diabetes. Presented at the American Diabetes Association 79<sup>th</sup> Scientific Sessions, San Francisco, CA, June 2019.
- 2019 Bailey RR, Phad A, McGrath R, Haire-Joshu, D. Prevalence of five unhealthy lifestyle behaviors among adults with and without stroke. Presented at the American Occupational Therapy Association Annual Conference and Expo, New Orleans, LA, April 2019.
- 2019 Bailey RR. Examining non-exercise physical activity in adults with chronic stroke using Social Cognitive Theory: A qualitative study. Presented at the Society for Behavioral Medicine Annual Meeting and Scientific Sessions, Washington, DC, March 2019.

- 2018 Bailey RR, Phad A, Tabak R, Haire-Joshu D. Prevalence of three healthy behaviors among U.S. adults with and without stroke, Behavioral Risk Factor Surveillance System, 2015. Presented at the American Heart Association Scientific Sessions, Chicago, IL, November 2018.
- 2018 Bailey RR, Fitzsimmons-Craft E, Boeger H, Keenoy K, Hendrickson S, Welch R, Wilfley D. Multicomponent workplace wellness program results in weight loss and improved cardiometabolic indices. Presented at the American Heart Association Epi/Lifestyle Scientific Session, New Orleans, LA, March 2018.
- 2017 Bailey RR. Physical activity after stroke: Exploring self-efficacy, self-regulation, social support, and outcomes expectations. Presented at the American Occupational Therapy Association Annual Conference and Expo, Philadelphia, PA, April 2017.
- 2016 Bailey RR, Griffiths PC. Psychosocial correlates of physical activity in Veterans with mobility impairment. Presented at the 9<sup>th</sup> Annual Department of Medicine Research Day, Emory University, Atlanta, GA, October 2016.
- 2016 Bailey RR, Griffiths, PC. Psychosocial correlates of physical activity in Veterans with mobility impairment. Presented at the Center for Exercise Medicine Symposium, University of Alabama—Birmingham, Birmingham, AL, September 2016.
- 2015 Bailey RR, Lang CE. Sedentary and physical activity in nondisabled adults and adults with chronic stroke. Presented at the American College of Lifestyle Medicine Annual Meeting, Nashville, TN, November 2015.
- 2015 Bailey RR, Lang CE. Sedentary behavior in adults with stroke. Presented at the Department of Medicine Research Day, Emory University, Atlanta, GA, November 2015.
- 2015 Bailey RR, Klaesner JW, Lang CE. Quantifying real-world upper limb activity in nondisabled adults and adults with chronic stroke. Presented at the Translational Science 2015 Meeting, Washington, DC, April 2015.
- 2014 Bailey RR, Lang CE. Factors associated with sedentary activity in adults with stroke. Presented at the American College of Lifestyle Medicine Annual Meeting, San Diego, CA, October 2014.
- 2013 Bailey RR, Klaesner JW, Lang CE. A quantitative method for measuring bilateral arm activity via accelerometry. Presented at the American Society of Neural Rehabilitation Annual Meeting, San Diego, CA, November 2013.
- 2013 Bailey RR, & Lang CE. Arm use in adults: A normative study using accelerometry. Presented at the Graduate Research Symposium, Washington University School of Medicine in St. Louis, St. Louis, MO, February 2013.
- 2012 Bailey RR, & Lang CE. Arm use in adults: A normative study using accelerometry. Presented at the 7<sup>th</sup> Annual Research Training Symposium, Washington University School of Medicine in St. Louis, St. Louis, MO, October 2012.
- 2006 Bailey RR. Physical disabilities and personhood among the Asante of Ghana. Presented at the Second Annual Mentored Student Research Conference, Brigham Young University, Provo, UT, April 2006.

### **Invited Presentations**

### **Seminars**



- 2018 Secondary stroke prevention through health behavior change. Division of Occupational Therapy, School of Health and Rehabilitation Sciences, The Ohio State University; Columbus, OH.
- 2016 Sedentary behavior in people with chronic conditions. American Occupational Therapy Association, Chronic Conditions Specialty Conference; Orland, FL.
- 2016 Capacity versus Performance: Implications for upper limb activity, sedentary behavior, and physical activity in people with stroke. Program in Occupational Therapy, Duquesne University; Pittsburgh, PA.
- 2016 Upper limb and physical activity after stroke: Does capacity generalize to performance? Spring Seminar Series, Lewis School of Nursing and Health Professions, Georgia State University; Atlanta, GA.
- 2016 Ambulatory monitoring of upper limb movement, sedentary behavior, and physical activity after stroke. Translational Research in Rehabilitation Medicine Seminar, Department of Rehabilitation Medicine, Division of Physical Therapy, Emory University School of Medicine, Atlanta, GA.
- 2015 How to find a postdoctoral fellowship. Rehabilitation and Participation Science Seminar, Program in Occupational Therapy, Washington University School of Medicine in St. Louis, St. Louis, MO.
- 2015 Quantifying real-world upper limb activity in nondisabled adults and adults with chronic stroke. Atlanta Department of Veterans Affairs Center for Visual and Neurocognitive Rehabilitation Seminar Series, Atlanta Veterans Affairs Medical Center, Atlanta, GA
- 2015 Quantifying real-world upper limb activity in nondisabled adults and adults with chronic stroke. Interdisciplinary Training in Pathobiology and Rehabilitation Medicine Seminar, Center for Exercise Medicine, University of Alabama at Birmingham, Birmingham, AL.
- 2012 Upper-Extremity use in adults: A normative study using accelerometry. Research Seminar Series, Program in Physical Therapy, Washington University School of Medicine in St. Louis, St. Louis, MO.

## TEACHING EXPERIENCE

### Saint Louis University

- 2020 MOT 5490: Applied Research I. Occupational Science and Occupational Therapy Curriculum. Instructor. Lab Instructor.
- MOT 5400: Occupational Therapy for Adults with Physical Dysfunction. Occupational Science and Occupational Therapy Curriculum. Instructor.
- 2019 MOT 5650: Applied Research III. Occupational Science and Occupational Therapy Curriculum. Co-Instructor.
- MOT 5260: Problem-Based Learning in OT. Occupational Science and Occupational Therapy Curriculum. Small Group Instructor.
- 2019 Interprofessional Team Seminar. Interpersonal Education Curriculum. Small Group Leader.
- 2018 Interprofessional Team Seminar. Interpersonal Education Curriculum. Small Group Leader.

**Prior Institutions**

- 2018-2019 OT750, OT751, OT752: Directed Research I-III. Program in Occupational Therapy, OTD Curriculum, Washington University School of Medicine. Mentor.
- 2018 OT360: Proposal Seminar. Program in Occupational Therapy, OTD Curriculum, Washington University School of Medicine. Lecturer.
- 2016 Southeast Center of Excellence in Geriatric Medicine Resident Summit. Geriatric Medicine Curriculum. Emory University. Lecturer.
- 2013-2014 PT605: Neuroscience. Program in Physical Therapy, DPT Curriculum, Washington University School of Medicine. Lecturer.
- 2013 OT5763: Body Structures Supporting Daily Function. Program in Occupational Therapy, MSOT Curriculum, Washington University School of Medicine. Lecturer.
- 2013 BME400: Independent Study. Department of Biomedical Engineering, Undergraduate Curriculum, Washington University in St. Louis. Mentor.

**FACULTY DEVELOPMENT ACTIVITIES**

- 2017 mHealth 2017 Summer Training Institute  
UCLA Center of Excellence for Mobile Sensor Data-to-Knowledge  
Los Angeles, CA
- 2016 Physical Activity and Public Health Research Course  
University of South Carolina & Centers for Disease Control and Prevention  
Columbia, SC
- 2016 Health Data Exploration Summer Institute 2016  
Health Data Exploration Project  
San Diego, CA