

# Tyler Prochnow

Updated: 4/23/2025

## Contact Information

---

tprochnow@tamu.edu

262-945-0275

tprochnow.com

## Personal Statement

---

I am passionate about understanding the role social connections and interactions play in health behaviors. This passion has led to a research focus on social network analysis and health behavior. More specifically, I have focused my research on the social aspects of physical activity and mental health employing a health equity lens.

## Education

---

Ph.D., Health Promotion, 2021	Baylor University – Waco, Texas Concentrations: Public Health and Quantitative Research Methods Supervisor: Dr. M. Renée Umstattd Meyer
Master of Educational Leadership, 2015	Carthage College – Kenosha, Wisconsin Concentrations: Curriculum and Leadership Development
Bachelor of Arts, 2013	Carthage College – Kenosha, Wisconsin Major: Exercise Science and Management

## Academic and Research Experience

---

2021-Present	<i>Assistant Professor of Health Behavior – Texas A&amp;M University</i>  Responsible for developing a robust research portfolio with emphasis on social network analysis, systems thinking approaches, physical activity, and health equity as well as creating classes in these areas and mentoring students.
2019 - 2021	<i>Research Administrative Assistant – Physical Activity Research Center (PARC)</i>  Physical Activity Research Center (PARC)  Primary Responsibilities: reporting, website management, team scheduling and communication, social media management, webinar development  Funding Source: Robert Wood Johnson Foundation
2018 - 2021	<i>Research Assistant / Evaluation Team – Chicago PlayStreets</i>  Baylor University, Johns Hopkins Bloomberg School of Public Health  Primary Responsibilities: systematic observation data collection, community reporting, manuscript writing, presenting results  Funding Source: Centers for Disease Control, Physical Activity Policy Resource Network (PAPRN+)
2017 - 2021	<i>Research Assistant – Creating Safe Places to Play: Evaluating Culturally-Relevant Play Streets in Rural Communities</i>  Baylor University, Johns Hopkins Bloomberg School of Public Health  Primary Responsibilities: systematic observation data collection, community reporting, manuscript writing, presenting results  Funding Source: Robert Wood Johnson Foundation

2017 - 2021 *Research Assistant – Salud Para Usted y Su Familia [Health for You and Your Family]*

Baylor University, Texas A&M University School of Public Health

Primary Responsibilities: curriculum development, health worker training, social network analysis lead, manuscript writing, presenting results

Funding Source: United States Department of Agriculture

### Peer Reviewed Journal Articles

---

- In Press**
1. **Prochnow T.**, Keightley S., Patterson M.S., & Lease M. (In Press) Connecting the Dots: Linking Centrality Measures to Peer Perceptions in Elementary School Friendship Networks Connections. *Connections*.
  2. **Prochnow, T.**, Patterson, M. S., Park J.-H., Sherman, L. D., & Smith M. L. (In Press) Social Network Characteristics and Type 2 Diabetes Self-Management Among Black/African American Men: A Cross-Sectional Analysis of Support Quality and Communication Patterns. *Preventive Medicine*.
  3. **Prochnow, T.**, Flores S.A., Curran L.S., Howell E., Jackson, D., & Patterson M.S. (In Press). Social Connectedness Profiles and Psychological Distress Among Adolescents in Summer Care Programs: A Cluster Analysis Approach. *American Journal of Health Promotion*.
  4. **Prochnow T.**, Umstattd Meyer M.R., Wende M.E., Park J-H., Ylitalo K.R., Delgado H., Johnson C.M., Gomez L., & Sharkey J. (In Press) Psychosocial Physical Activity Outcomes of a Father-Focused Health Program for Mexican-Heritage Families. *Health Education Research*.
- 
- 2025**
5. Patterson, M. S., Francis, A. N., Pew, S. H., Liu, S., Kang, Z., Heinrich, K. M., & **Prochnow, T.** (2025). Exploring Support Provision for Recovery from Substance Use Disorder: Insights from a Sober Active Community. *Scientific Reports*.
  6. Park, J.-H., **Prochnow, T.**, Sherman, L. D., Smith M. L., Patterson, M. S., & Zhou, Y. (2025). Adherence to Physical Activity Guidelines Associated with Self-Care Management and Self-Regulatory Efficacy for Type 2 Diabetes among Black/African American Men. *Journal of Men's Health*.
  7. **Prochnow, T.**, Patterson M.S., Flores S.A., Park, J-H., Curran L.S., Howell E., Jackson, D., & Trost S.G. (2025). Misalignment or Motivation? A Cluster Analysis Approach to Understanding Adolescent Physical Activity Trajectories in Summer Care Programs. *Future*.
  8. Park, J-H., **Prochnow, T.**, Smith M. L., & Kim S. (2025). Health Disparities of Healthcare Utilization and Opioid Use Disorders Matter Among Chronic Pain Patients: Using Representative National Inpatient Sample of US Hospitals in 2016-2020. *International Journal of Mental Health and Addiction*.
  9. Umstattd Meyer M. R., **Prochnow T.**, Hess B., During C., Opusunju J., Creighton J., & Sumrall J. (2025). Fostering collaborative practice through interprofessional education. *Family Medicine*.
  10. **Prochnow, T.** & Patterson M.S. (2025). When Symptoms Shape Social Ties: Mental Health as a Predictor of Online and In-Person Network Evolution Among Gamers. *Mental Health & Social Inclusion*.
-

- 
11. Park, J-H., Sherman L. D., Smith M. L., Patterson M.S., & **Prochnow, T.** (2025) The Association between Health Belief Model Components and Self-Care Practices Among Black/African American Men with Type 2 Diabetes. *International Journal of Environmental Research and Public Health*.
  12. **Prochnow, T.**, Dunton G.F., de la Haye K., Pollack Porter K.M., & Lee C. (2025). Combining Ecological Momentary Assessment and Social Network Analysis to Study Youth Physical Activity and Environmental Influences: Protocol for a Mixed-Methods Feasibility Study. *JMIR Research Protocols*.
  13. Patterson, M. S., Francis, A. N., **Prochnow, T.**, & Gagnon, L. (2025). I'll be there for you: The effects of exercise engagement on social support provision within undergraduate students' personal networks. *Journal of American College Health*.
- 
- 2024 14. Johannes B.L., **Prochnow, T.**, Ortiz S., & Smith M. L. (2024). Receipt of a Yearly Routine Checkup and Beliefs about the Importance of a Personal Primary Care Provider among Rural Patients. *Health Behavior Research*.
  15. Jackson D., Park, J-H, Patterson M.S., Umstattd Meyer M.R., & **Prochnow T.** (2024) Identifying social network characteristics associated with adolescent physical activity skill competency at a summer care program. *Health Promotion Practice*.
  16. Park, J-H., **Prochnow, T.**, Sherman, L. D., Bergeron, C. D., Merianos, A. L., Olubajo, B., Gandhari, S., & Smith M. L. (2024). Drivers of food service need and use among non-Hispanic Black and Hispanic men with chronic conditions in the United States. *Health Behavior Research*
  17. **Prochnow T.**, Johannes B.L., Ortiz S.E., & Smith M.L. (2024) Mapping Social Support Sources for Rural Patients with Chronic Illness. *Health Behavior and Policy Review*.
  18. Schwab-Reese L., Lenfestey N., Hartley A.W., Renner L.M., & **Prochnow T.** (2024) Network analysis to visualize qualitative results: Example from a qualitative content analysis of The National Child Abuse Hotline. *Health Promotion Practice*.
  19. **Prochnow, T.**, Jackson, D., Curran L.S., Park, J-H., Patterson M.S., & Valois R.F. (2024). Process Evaluation of a Pilot Physical Activity and Social-Emotional Learning Curriculum Implemented in a Summer Care Program for Child and Adolescent Girls. *Health Behavior Research*.
  20. Park J-H., Kim S.J., Medina M., **Prochnow T.**, Min K., & Chang J. (2024). Are comorbidities associated with differences in healthcare utilization among lung cancer patients in US hospitals? Focusing on variances by patient and socioeconomic factors. *Chronic Illness*.
  21. Smith M. L., **Prochnow, T.**, Sefcik, J., Petrovsky D.V., Bacsu J.D.R., Rahemi Z., Lin H-C, & Merianos, A. L. (2024). Buying \$cience: Considerations for Academic Productivity and Scholarship. *Health Behavior Research*.
  22. Park, J-H., **Prochnow, T.**, Vigil, J., & Smith M.L. (2024). A Systematic Literature Review of the Relationships Between Social Factors and Physical Activity Among Older Adults. *American Journal of Health Promotion*.
-

- 
23. Umstattd Meyer M.R, **Prochnow T.**, Wende M.E., Ylitalo K.R., Sturdivant R.X., Johnson C.M., Delgado H., Trost S.G., Gomez L., & Sharkey J.R. (2024) Physical activity outcomes of a culturally tailored, father-focused, and family-centered health promotion program for Mexican-heritage families: ¡Haz Espacio para Papi! (Make Room for Daddy). *International Journal of Environmental Research and Public Health*.
  24. Jackson D., **Prochnow T.**, & Ettekal AV. (2024) Programs Promoting Physical Activity and Social-Emotional Learning for Adolescents: A Systematic Literature Review. *Journal of School Health*.
  25. Lightner J.S., Schneider J., Grimes A., Wigginton M., Curran L., Gleason T., & **Prochnow, T.** (2024). Physical activity among transgender individuals: A systematic review of quantitative and qualitative studies. *PLOS ONE*
  26. Amo C. & **Prochnow T.** (2024) An iSOPARC Case Study of Physical Activity at a Pop-up Park. *Research Quarterly for Exercise and Sport*.
  27. **Prochnow T.**, & Patterson M.S. (2024) It's Not Just a Game: Social Networks, Isolation and Mental Health in Online Gamers. *Journal of Public Mental Health*.
  28. Wende M. E., Umstattd Meyer M. R., Perry C., **Prochnow T.**, Bridges Hamilton C. N., Abildso C. G., & Pollack Porter K. M. (2024). Implementation characteristics that may promote sustainability of a rural physical activity initiative: Examination of Play Streets through the lens of community implementers. *Implementation Science Communications*.
  29. Jackson D., Brown A., Curran L., Ettekal A.V., Park J-H., Howell E., Amo C., & **Prochnow T.** (2024) The EmpowerHER Program: Developing a Curriculum to Foster Social-Emotional Learning and Physical Activity Among Adolescent Girls in a Summer Care Program. *American Journal of Health Education*.

- 
- 2023**
30. **Prochnow, T.**, Park J-H., & Patterson M.S. (2023). Intramural sports social networks and implications for college student physical activity, sense of community, and retention. *Journal of American College Health*.
  31. Sherman, L.D., Cisneros-Franco, C. L., **Prochnow, T.**, Patterson, M.S., Johannes, B.L., Alexander-Bady, J., Merianos, A.L., Bergeron, C.D., & Smith, M.L. (2023) Personal agency and social supports to manage health among non-Hispanic Black and Hispanic men with diabetes. *American Journal of Men's Health*
  32. **Prochnow T.**, Patterson M.S., Amo C., Curran L., Francis A.N., & Green E. (2023) Cultivating an active living plan through a social ecological evaluation. *Family & Community Health*. Impact Factor: 1.424
  33. **Prochnow, T.**, Johannes, B.L., Merianos, A.L., Bascu, J.D.R., & Smith, M.L. (2023) Overcoming hesitancy to submit manuscripts for peer review. *Health Behavior Research*
  34. Patterson M.S., Spadine M., Francis A., & **Prochnow T.** (2023). The way you make me feel: A network analysis of social ties that could exacerbate compulsive exercise among sorority women. *Mental Health and Social Inclusion*.
-

- 
35. Park J-H., **Prochnow T.**, Chang J., & Kim S.J (2023). Health-Related Behaviors and Psychological Status of Adolescent Patients with Atopic Dermatitis: The 2019 Korea Youth Risk Behavior Web-based Survey. *Patient Preference and Adherence*.
  36. **Prochnow T.**, Curran L., Amo C. & Patterson M.S. (2023). Bridging the built and social environments: a systematic review of studies investigating influences on physical activity. *Journal of Physical Activity & Health*. \*Shortlisted for JPAH 2024 Article of the Year: Best Review Article\*
  37. **Prochnow T.**, Patterson M.S., Hartnell L., & Umstattd Meyer M.R. (2023). Online gaming network communication dynamics, depressive symptoms, and social support: a longitudinal network analysis. *Sociological Focus*.
  38. Park J.H., **Prochnow T.**, Amo C., Curran L., & Smith M.L. (2023) Differences in Physical Activity, Sedentary Behavior, and Mental Health of Older Population Based on Marital Status and Gender. *International Journal of Environmental Research and Public Health*.
  39. **Prochnow T.**, Arlinghaus K.R., & Johnston C.A. (2023). The Importance of Social Networks for Support and Health Beliefs Throughout Pregnancy. *American Journal of Lifestyle Medicine*.

- 
- 2022**
40. **Prochnow T.**, Curran L., Valdez D., Brown C.T., Sammons Hackett D., & Auld M.E. (2022). Multifaceted Scoping Review of Black/African American Transportation and Land Use Expert Recommendations on Activity-Friendly Routes to Everyday Destinations. *Health Promotion Practice*.
  41. Delgado, H., Umstattd Meyer, M.R., **Prochnow T.**, McClendon M., & Sharkey J.R. (2022). Relationships Between Self-regulation and use of Parenting Strategies for Eating and Physical Activity Behaviors Among Mexican-Heritage Mothers. *Health Behavior Research*.
  42. Patterson, M.S., Amo, C., Francis, A. N., Heinrich, K. M., **Prochnow, T.**, Hunyadi, J., & Miller, S. N. (2022). The importance of social connections in combating compulsive exercise among group-exercise participants: A network analysis. *Mental Health & Social Inclusion*.
  43. **Prochnow T.**, Patterson M.S., & Umstattd Meyer M.R. (2022). COVID and the Club: Conversations with Boys & Girls Club leaders on providing services during the COVID-19 pandemic. *Journal of Children's Services*.
  44. Esmonde K., Pollack Porter K.M., Mahoney P., **Prochnow T.**, Bridges Hamilton C.N., Umstattd Meyer M.R. (2022). Lessons from Sustainability of Play Streets in the United States. *Preventive Medicine Reports*.
  45. Patterson, M. S., Spadine, M. N., Amo, C., **Prochnow, T.**, Graves Boswell, T., Francis, A. N., Russell, A. M., & Heinrich, K. M. (2022). Exercise in the treatment of addiction: A systematic literature review. *Health Education & Behavior*.
  46. Patterson, M. S., **Prochnow, T.**, Russel, A., Fehr, S., & Barry, A. (2022). Associations between sexual assault victimization and risky drinking within college women's personal networks. *Violence Against Women*.
-

- 
47. **Prochnow T.**, Umstatted Meyer M. R., Bridges Hamilton C. N., Wilkins, E. & Pollack Porter K. M. (2022) Real-time video scan System for Observing Play and Recreation in Communities (SOPARC) adaptation for community partner use to inform Play Streets implementation. *Health Promotion Practice*.
  48. **Prochnow T.**, Oglesby L., Patterson M.S., & Umstatted Meyer M.R. (2022) Feelings of burnout among group fitness instructors: a mixed methods approach. *Managing Sport & Leisure*.
  49. Patterson, M. S., **Prochnow, T.**, Nelson, J. L., Spadine, M. N., Brown, S. E., & Lanning, B. A. (2022). Egocentric network composition and structure relative to violence victimization among a sample of college students. *Journal of American College Health*.
  50. Umstatted Meyer M. R., **Prochnow T.**, Ylitalo K.R., Gomez L., & Sharkey J.R. (2022) Beyond walking: An assessment and description of streets as potential physical activity places in low-income communities. *Journal of Healthy Eating and Active Living*.
  51. Patterson, M. S. Amo, C., **Prochnow, T.**, & Heinrich, K. M. (2022). Exploring social networks relative to various types of exercise self-efficacy within CrossFit participants. *International Journal of Sport and Exercise Psychology*.
  52. **Prochnow T.**, Patterson M.S., Meyer A.R., & Umstatted Meyer M.R. (2022) Sport participation associations with child friend selection and physical activity while at summer care programs. *Research Quarterly for Exercise and Sport*.
  53. Lightner, J., McKinney, L.P., Hoppe, K., Zeigler, N., Gardiner, K., Clardy, S., **Prochnow T.**, & Collie-Akers V. (2022) Community Health Improvement Plan: Study protocol for Kansas City's intervention and implementation evaluation. *Public Health in Practice*.
  54. Johnson C.M., Allicock M.A., Sharkey J.R., Umstatted Meyer M.R., Gomez L., **Prochnow T.**, Laviolette C., Beltran E., & Garza L. (2022) Promotoras de salud in a father-focused nutrition and physical activity program for border communities: Approaches and lessons learned from collaboration. *International Journal of Environmental Research and Public Health*.
  55. **Prochnow T.**, Patterson M. S., Bridges Hamilton C. N., & Umstatted Meyer M. R. (2022) Summer friends and physical activity: Social network effects on child self-reported physical activity at summer care programs. *Health Education & Behavior*.
  56. **Prochnow T.**, Patterson M.S., Umstatted Meyer M.R., Lightner J.S., Gomez L., & Sharkey J.R. (2022) Conducting physical activity research among racially and ethnically diverse adolescents using social network analysis: Case Studies for practical use. *International Journal of Environmental Research and Public Health*.
  57. **Prochnow, T.**, Lightner J.S., Patterson M.S., Shank J., & McBain R. (2022). A longitudinal model of communication networks among HIV service providers in a Ryan White system during data integration. *Journal of Interprofessional Education & Practice*.
-

- 
58. **Prochnow T.**, & Patterson M.S. (2022). Assessing social network influences on adult physical activity using social network analysis: A systematic review. *American Journal of Health Promotion*.
59. **Prochnow T.**, Umstattd Meyer M.R., Patterson M.S., Meyer A., Talbert T., & Sharkey J. (2022) Qué Está Haciendo Papá? Mexican-Heritage Fathers' Physical Activity Networks after a Father-Focused Health Program. *Family & Community Health*.
60. **Prochnow T.**, Umstattd Meyer M.R., & Pollack Porter K.M. (2022). I play, you play, we play: Concurrent activity at Play Streets. *Research Quarterly for Exercise and Sport*.
61. **Prochnow T.**, Amo C., Patterson M.S., & Heinrich K.M. (2022) I CrossFit; Do you? Peer similarity of physical activity behavior in a group high intensity functional training setting. *International Journal of Environmental Research and Public Health*.
62. **Prochnow T.**, Umstattd Meyer M.R., Patterson M.S., Meyer A., Talbert T., & Sharkey J. (2022) Active Play Social Network Change for Mexican-Heritage Children Participating in a Father-Focused Health Program. *American Journal of Health Education*.
- 
- 2021 63. **Prochnow T.**, Pickett A., Gómez L., Sharkey J., & Umstattd Meyer M.R. (2021) Maternal perceptions of physical activity spaces for children in Texas border colonias. *Hispanic Journal of Behavioral Sciences*.
64. Ross A., Edmeade J., & **Prochnow T.** (2021). Effectiveness of disseminating school physical activity information on Facebook during a pandemic: A mixed method analysis. *Journal of School Health*
65. **Prochnow T.**, Patterson M.S., Hartnell L., West G., & Umstattd Meyer M.R. (2021). Implications of race and ethnicity for child physical activity and social connections at summer care programs. *Child and Youth Services Review*.
66. Johnson C.M., Sharkey J.R., Umstattd Meyer M.R., Gomez L., Allicock M.A., **Prochnow T.**, Beltran E., & Martinez L. (2021) Designing for multi-level behavior change: A nutrition and physical activity program for Mexican-heritage families in South Texas border communities. *International Journal of Environmental Research and Public Health*.
67. Umstattd Meyer M.R., **Prochnow T.**, Pickett A.C., Perry C.K., Bridges Hamilton C.N., Abildso C.G., & Pollack Porter K.M. (2021) The effects of Play Streets on social and community connectedness in rural communities. *International Journal of Environmental Research and Public Health*.
68. McClendon M., Umstattd Meyer M.R., **Prochnow T.**, Ylitalo K.R., Meyer A.R., Bridges Hamilton C.N., & Sharkey J. (2021) ¿Qué pasa con papá? Exploring paternal responsibilities and physical activity in Mexican-heritage families. *International Journal of Environmental Research and Public Health*.
69. **Prochnow T.**, Patterson M. S., Bridges Hamilton C. N., Delgado H., Craig S., & Umstattd Meyer M. R. (2021) Sex differences in play networks and self-reported physical activity among children at summer care programs. *Child & Youth Services*.
-

- 
70. **Prochnow T.**, Umstattd Meyer M.R., Johnson C., Delgado H., Gomez L., & Sharkey J. (2021) The development and pilot testing of the ¡Haz Espacio para Papi! program physical activity curriculum for Mexican-heritage fathers and children. *American Journal of Health Education*.
  71. **Prochnow T.**, Hartnell L., & Patterson M.S. (2021). Depressive symptoms, developing friendships, and social support through online gaming: A mixed-method analysis of online gaming network communication. *Mental Health and Social Inclusion*.
  72. Valdez D., Patterson M.S., & **Prochnow T.** (2021) The importance of interdisciplinary frameworks in social media mining: An exploratory approach between Computational Informatics and Social Network Analysis (SNA). *Health Behavior Research*.
  73. **Prochnow T.**, Umstattd Meyer M.R., Patterson M.S., Gomez L., Trost S., & Sharkey J. (2021) Active play network influences on physical activity among children living in south Texas *colonias*. *Family & Community Health*.
  74. **Prochnow T.**, Patterson M.S. & Umstattd Meyer M. R. (2021). A social network approach to analyzing body dissatisfaction among sorority members using two network generators. *Journal of American College Health*.
  75. **Prochnow T.**, Patterson M.S., Bridges Hamilton C.N., Delgado H., Craig S., & Umstattd Meyer M.R. (2021) Network autocorrelation of perceived physical activity skill competence among adolescents at a summer care program: A pilot study. *American Journal of Health Promotion*.
  76. Patterson, M. S., Gagnon, L. R., Vukelich, A., Brown, S. E., Nelon, J. L., & **Prochnow, T.** (2021). Social networks, group exercise, and anxiety among college students. *Journal of American College Health*.

- 
- 2020**
77. Umstattd Meyer M. R., Ylitalo K. R., **Prochnow T.**, Gómez L. A., & Sharkey J. R. (2020). Physical Activity Space Methodology for Assessment and Prioritization (PASMAP): Combining systematic observations with community perceptions to identify community physical activity resource priorities. *Health & Place*.
  78. **Prochnow T.**, Umstattd Meyer M. R., Bridges Hamilton C. N., & Pollack Porter K. M. (2020) Differences in child physical activity levels at rural Play Streets due to activity type and sex. *Journal of Healthy Eating and Active Living*.
  79. **Prochnow T.**, Umstattd Meyer M.R., Patterson M.S., McClendon M., Trost S., Gomez L., & Sharkey J. (2020) *Papás Activos*: Associations between physical activity and personal networks among fathers living in Texas *colonias*. *International Journal of Environmental Research and Public Health*.
  80. Patterson, M. S., Heinrich, K.M., **Prochnow, T.**, Graves-Boswell, T., & Spadine, M. N. (2020). Network analysis of the social environment relative to preference for and tolerance of exercise intensity in CrossFit gyms. *International Journal of Environmental Research and Public Health*.
  81. **Prochnow T.**, Patterson M.S., Sharkey J., & Umstattd Meyer M. R. (2020) Health coalition collaboration network, perceived satisfaction, and success. *Journal of Health Organization and Management*.
-

- 
82. **Prochnow T.**, Patterson M.S., & Umstattd Meyer M.R. (2020) A social network analysis approach to group and individual perceptions of child physical activity. *Health Education Research*.
  83. Lightner J.S., Shank J., McBain R., & **Prochnow, T.** (2020). The social network of medical case managers, housing providers, and health department staff in the Ryan White HIV/AIDS Program: A Midwest case study. *PLOS ONE*.
  84. **Prochnow T.**, van Woudenberg TJ. & Patterson M.S. (2020). Network effects on adolescent perceived barriers to physical activity. *Journal of Physical Activity & Health*.
  85. **Prochnow T.**, Patterson M.S., Hartnell L., & Umstattd Meyer M.R. (2020). Depressive symptom associations with online and in person networks in an online gaming community: A pilot study. *Mental Health Review Journal*.
  86. Patterson M.S., **Prochnow T.**, Richardson, R., & Jackson K. (2020). Using network analysis to conduct a system-wide program evaluation within a university. *Evaluation and Program Planning*.
  87. **Prochnow T.**, Patterson M.S., & Hartnell L. (2020). Social support, depressive symptoms, and online gaming network communication. *Mental Health and Social Inclusion*.
  88. **Prochnow T.**, Delgado H., Patterson M.S., & Umstattd Meyer M. R. (2020). Social network analysis in child physical activity and sedentary behavior research: A systematic literature review. *Journal of Physical Activity & Health*.
  89. Bridges C. N., **Prochnow T.**, Wilkins E. C., Pollack Porter K. M., & Umstattd Meyer M. R. (2020). Examining the implementation of Play Streets: A systematic review of the grey literature. *Journal of Public Health Management & Practice*.
  90. Patterson M.S., Russell A., Spadine M.N., **Prochnow T.**, & Heinrich K.M. (2020). Impact of social networks, mental health, and sobriety on exercise within a collegiate recovery community. *Health Behavior Research*.
  91. Umstattd Meyer, M. R., **Prochnow, T.**, Bridges, C., Carlton, T., Wilkins, E., Arnold, K., McClendon, M., McKenzie, T., & Pollack Porter, K. M. (2020). Assessing physical activity in temporary spaces: Application of SOPARC / iSOPARC® for Play Streets. *Research Quarterly for Exercise and Sport*.

- 
- 2019**
92. Patterson, M. S., **Prochnow, T.**, & Goodson, P. (2019). The spread and utility of social network analysis across a group of health behavior researchers. *Health Behavior Research*.
  93. Umstattd Meyer M. R., Bridges C. N., **Prochnow T.**, Arnold K. T., McClendon M. E., Williams T. D., Abildso C., & Pollack Porter K. M. (2019). Come together, play, be active: Physical activity engagement of school-age children at Play Streets in four diverse rural communities in the U.S. *Preventive Medicine*.
-

- 
94. Pollack Porter K.M., **Prochnow T.**, Mahoney P., Bridges Hamilton C.N., Delgado H., Wilkins E., Umstatted Meyer M.R. (2019). Transforming city streets to promote physical activity and health equity. *Health Affairs*.
  95. Salazar-Collier C. S., **Prochnow T.**, Clendennen S. L., Sumrall J., & Umstatted Meyer M. R. (2019). Churches as physical activity resources: A descriptive assessment. *Health Behavior and Policy Review*.
  96. **Prochnow T.**, Ylitalo K., Sharkey J. & Umstatted Meyer M. R. (2019). Perceived physical activity barriers of Mexican-heritage sibling dyads. *American Journal of Health Behavior*.
- 

(Main research foci: physical activity – 61/96, social network analysis – 47/96, both – 26/96)

### **Scientific Presentations**

---

- 2025**
1. Johnson AM, **Prochnow T.**, Beattie C, Peterson L, Smock CR, Townsend Z, Umstatted Meyer R, Pfladderer C. (2025). *Barriers and facilitators to structured, out-of-school physical activity participation among rural youth in the United States: A systematic review*. Accepted as a poster presentation at the annual International Society for Behavioral Nutrition and Physical Activity, June 11-14, Auckland, New Zealand.
  2. Park, J-H., **Prochnow, T.**, Shin, J., Roh, T. (May 27-30, 2025). *Physical Activity As A Protective Factor Against Sleep Disorders And Depression In Different Smoking Status*. Accepted as a poster presentation at the American College of Sports Medicine (ACSM), Atlanta, GA.
  3. Patterson, M. S., Francis, A. N., Liu, S., Heinrich, K. M., & **Prochnow, T.** (March 26-29, 2025). *Exploring Support Provision for Recovery from Substance Use Disorder: Insights from a Sober Active Community*. Accepted as a poster presentation at the Society of Behavioral Medicine (SBM)'s 46th Annual Meeting and Scientific Sessions. San Francisco, California.
  4. **Prochnow T.**, Patterson M.S., Flores S.A., Park J.H., Curran L., Howell E., Jackson D., Trost S.G. (March 16-20, 2025) *Misalignment or Motivation? A Cluster Analysis Approach to Understanding Adolescent Physical Activity Trajectories in Summer Care Programs*. Accepted as an oral presentation at the 2025 Active Living Conference. Manhattan, KS.
  5. Zhou Y., Vigil J., Umstatted Meyer M. R., **Prochnow T.**, & Park J-H. (March 16-20, 2025). *Physical Activity Interventions for Rural Older Adults: A Systematic Review*. Accepted as a poster presentation at the 2025 Active Living Conference, Manhattan, KS.
  6. Patterson, M. S., Heinrich, K. M., Francis, A. F., **Prochnow, T.**, & Valdez, D. (March 16-19, 2025). *Building Bridges: The Role of Social Connections in Recovery from Substance Use Disorder within a Sober Active Community*. Accepted as a poster presentation at the 2025 American Academy of Health Behavior (AAHB) Meeting. San Diego, California.
  7. **Prochnow, T.**, Flores, S.A., Curran, L., Howell, E., Jackson D.T., & Patterson, M.S. (March 16-19, 2025). *Social Connectedness Profiles and Psychological Distress Among Adolescents in Summer Care Programs: A Cluster Analysis Approach*. Accepted as a poster presentation at the 2025 American Academy of Health Behavior (AAHB) meeting. San Diego, CA.
-

- 
8. Park, J-H., Blackburn C. C., Rodriguez A., Roma A., Sanchez V., Garcia R., & **Prochnow T.** (Mar 16-19, 2025). *Pathways to Health Disparities in Brownsville: Structural Equation Modeling of Socio-Economic Status, Healthcare Access, and Mental Health*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB), San Diego, CA
  9. Francis, A. N., Patterson, M. S., Liu, S., Pew, S., Heinrich, K. M., & **Prochnow, T.** (March 16-19, 2025). *Community and Connection: Factors Associated with Psychological Safety in SUD Recovery at The Phoenix*. Accepted as a poster presentation at the 2025 American Academy of Health Behavior (AAHB) Meeting. San Diego, California
  10. Patterson, M. S., Valdez, D., Francis, A. N., **Prochnow, T.**, & Heinrich, K. M. (March 16-19, 2025). *Protocol for Using Voice Memos Recorded via Smartphones for Qualitative Data Collection*. Accepted as a poster presentation at the 2025 American Academy of Health Behavior (AAHB) Meeting. San Diego, California.

- 
- 2024**
11. Curran, L. & **Prochnow, T.** (November 20-22, 2024). *Active aging among LGBTQ+ adults with and without mobility disabilities*. Accepted as an oral presentation at the Seventh International Conference on Universal Design (UD2024), Oslo, Norway.
  12. **Prochnow, T.**, Jackson, D., Curran, L.S., Park, J-H. & Patterson, M. S. (Oct 27-30, 2024). *Process Evaluation of a Pilot Physical Activity and Social-Emotional Learning Curriculum Implemented in a Summer Care Program for Adolescent Girls*. Accepted as an oral presentation at the American Public Health Association (APHA) Annual Meeting and Expo. Minneapolis, MN.
  13. Grimes, A., Frisch, M., Leninkannan, M., Sylvaine, C., Lightner, J., & **Prochnow, T.** (Oct 27-30, 2024). *Bike share on college campuses: A review of evidence on the impacts of implementation on adoption, physical activity, and health*. Poster presentation at the American Public Health Association Annual Meeting and Expo., Minneapolis MN.
  14. Park, J-H., **Prochnow T.**, Smith M. L., Kim, S. (Oct 27-30, 2024). *Opioid use disorders matter and health disparities of healthcare utilization among chronic pain patients: Using representative national inpatient sample of US hospitals in 2016-2020*. A poster presentation at the American Public Health Association (APHA) Annual Meeting and Expo. Minneapolis, MN.
  15. **Prochnow, T.**, & Patterson, M. S. (Oct 27-30, 2024). *It's not just a game: Social networks, isolation and mental health in online gamers*. Accepted as a poster presentation at the American Public Health Association (APHA) Annual Meeting and Expo. Minneapolis, MN.
  16. Amo C., Patterson M.S., **Prochnow T.**, Francis A.N., Heinrich K., & Park J-H. (June 24-30, 2024). *A Sociocentric Network Analysis of Self-efficacy and Social Connection Among CrossFitters*. Accepted as a poster presentation at the International Network for Social Network Analysis Annual Sunbelt Conference, Edinburgh, Scotland.
  17. **Prochnow T.**, Keightley S., & Lease M. (June 24-30, 2024). *Connecting Network Centrality to Peer Relationships and Sociability in Classrooms*. Accepted as a poster presentation at the International Network for Social Network Analysis Annual Sunbelt Conference, Edinburgh, Scotland.

- 
18. Blake, J.J., Lease, A. M., Chen, S., Liew, J., **Prochnow, T.**, Guillott, J., & Li, X. (2024, June). Dispositional Traits Associated with Nonverbal Social Aggression in Middle Childhood. Poster presented at the 27th Biennial Meeting of the International Society for the Study of Behavioural Development, Lisbon, Portugal.
  19. Li, X., Liew, J., Lease, M., **Prochnow, T.**, & Blake, J. (June 16-20, 2024). *Interpersonal relations, friendship motivation types, and social wellness among Black children in majority Black and majority White U.S. schools.* Accepted as a poster presentation at International Society for the Study of Behavioural Development (ISSBD) conference. Lisbon, Portugal
  20. Liew, J., Li, X., **Prochnow, T.**, Lease, M., & Blake, J. (June 16-20, 2024). *Emotional reactivity and self-regulation as risk and protective factors in school disconnectedness, anxious-depressive symptoms, and loneliness.* Paper presented at the paper symposium on "Emotionality, Self-regulation, and Prosocial Behavior as Risk or Protection for Loneliness and Internalizing Emotions in Children and Young Adults" at the 27th Biennial Meeting of the International Society for the Study of Behavioural Development (ISSBD), Lisbon, Portugal.
  21. Park J-H., **Prochnow T.**, Smith M. L., Amo C., Chang J. (May 28-31, 2024). *A Meta-analysis Of Exercise Intervention And Physical Functioning, Quality Of Life, And Symptom Relief In Older Parkinson's Patients.* Accepted as a poster presentation at the 2024 Annual Meeting and World Congresses of the American College of Sports Medicine, Boston, MA.
  22. **Prochnow, T.**, Jackson, D., Curran, L., Park, J-H., Howell, E., Flores, S.A., Brown, A., Patterson, M.S., & Trost, S. (May 20-23, 2024). *Leveraging Social Connectedness to Improve Outcomes for Adolescent Girls in Summer Care Programs.* Accepted as an oral presentation at the 2024 International Society of Behavioral Nutrition and Physical Activity Meeting, Omaha, NE
  23. **Prochnow, T.**, Wang, W-L., Wang, S., Li, J., Intille, S., Hedeker, D., & Dunton, G. (May 20-23, 2024). *Understanding ecological momentary assessment compliance in a 12- month multi-measurement burst sampling design in the TIME study.* Accepted as an oral presentation at the 2024 International Society of Behavioral Nutrition and Physical Activity Meeting, Omaha, NE
  24. Johannes, B., Ortiz, S., **Prochnow, T.**, & Smith M.L. (May 4-8, 2024). *Barriers to annual routine visits among rural patients: The role of provider distrust.* Accepted as an oral presentation at the Society of Teachers of Family Medicine Annual Conference, Los Angeles, CA.
  25. Cisneros-Franco, C. L., Brandford, A., Bergeron, C. D., Sherman, L. D., **Prochnow, T.**, Zumwalt, R., & Smith, M. L. (April 14-17, 2024). Assessing situation awareness for healthful behaviors and the self-care gap among non-Hispanic Black and Hispanic men with chronic conditions. Presented at the American Academy of Health Behavior Annual Conference, Savannah, GA.
  26. **Prochnow, T.**, Patterson, M.S., Jackson, D., Curran, L., Flores, S.A., Brown, A., Howell, E., Massey, P. & Blake, J. (April 14-17, 2024). *Peer Protection: Social Connections and Adolescent Mental Health in Summer Youth Development Programs.* Accepted as a poster presentation at the 2024 American Academy of Health Behavior meeting, Savannah, GA.
  27. Wende ME, Umstatted Meyer MR, Enriquez S, Bridges Hamilton C, **Prochnow T**, & Sharkey JR. (April 14-17, 2024) *Strategies for paternal and child physical activity: application of the social-ecological model to dyadic*
-

---

*interviews among Mexican heritage fathers*. Poster presentation accepted for the American Academy of Health Behavior Annual Scientific Meeting, Savannah, GA.

28. Handley, S., Patterson, M.S., Heinrich, K.M., Francis, A.N., Khanhkham, S., Garcia, V.R., Howell, E., Fields, A., **Prochnow, T.**, & Barry, A.E. (April 14-17, 2024). *A boost of confidence: Participation in a sober active community and abstinence self-efficacy*. Accepted as a poster presentation at the 2024 American Academy of Health Behavior (AAHB) Meeting. Savannah, GA.
29. Zhong, S., Curran, L.S., Yang, H., Hahm, Y., **Prochnow, T.**, & Lee, C. (March 20-23, 2024). *Intergenerational Communities for Health: Insights from Nationwide Expert Interviews*. Accepted as a presentation at the Council of Educators in Landscape Architecture Annual Conference, St. Louis, MS.
30. Patterson, M. S., Heinrich, K. M., Francis, A. N., Handley, S., Khanhkham, A., Garcia, V. R., Howell, E. D., Fields, A., & **Prochnow, T.** (March 13-16, 2024). *Group Exercise in Support of Recovery: Results from a Pilot Study Testing a Sober Active Community*. Accepted as a poster presentation at the Society of Behavioral Medicine (SBM) 45th Annual Meeting and Scientific Sessions. Philadelphia, PA.
31. Pfladderer CD, Hunt ET, **Prochnow T**, Brown DMY, Salvo D, Springer AE. (March 13-16, 2024) *Urban-rural differences in obesity, 24-hour movement guideline adherence and neighborhood characteristics among US children*. 2024 Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Philadelphia, PA.
32. Curran L., & **Prochnow T.** (Mar 25-28, 2024). *Adaptation of a Systematic Observation Tool for Social Interaction and Physical Activity: Lessons Learned*. Accepted as a poster presentation at the 20<sup>th</sup> Annual Active Living Conference, Chattanooga, TN.
33. Koehly L., **Prochnow T.**, & Wilkinson A. (Mar 25-28, 2024). *Encouragement in Motion: Family Network Factors Related to Physical Activity in Mexican Americans*. Accepted as an oral presentation at the 20<sup>th</sup> Annual Active Living Conference, Chattanooga, TN.
34. **Prochnow T.**, Park J-H., Jackson D., Trost S., Curran L., Flores S.A., Howell E., Brown A., & Patterson M.S. (Mar 25-28, 2024). *Connecting Physical Activity, Mental Health, and Peer Relationships in Summer Programs*. Accepted as an oral presentation at the 20<sup>th</sup> Annual Active Living Conference, Chattanooga, TN.

---

**2023** 35. Park, J-H., **Prochnow, T.**, Smith, L. M., Amo, C., Chang, J. (Dec 1-2, 2023). *Effectiveness of Exercise Intervention for Older Adults with Parkinson's Disease: A Systematic Review of Randomized Controlled Trials*. Accepted as a poster presentation at the International Conference of Korean Movement Disorder Society (ICKMDS). Bexco, Busan, South Korea.

36. Patterson, M. S., **Prochnow, T.**, Amo, C., Francis, A. N., & Green, E. (Nov 12-15, 2023). *Using the Integrated Behavioral Model and Social Network Analysis to Understand Physical Activity as Part of a Community Needs Assessment*. Accepted as an oral presentation at the American Public Health Association (APHA) Annual Meeting and Expo. Atlanta, Georgia.
  37. **Prochnow, T.**, Park, J-H. & Patterson, M. S. (Nov 12-15, 2023). *College student physical activity, sense of community, and retention: Influences of intramural sport social networks*. Accepted as a poster presentation at the American Public Health Association (APHA) Annual Meeting and Expo. Atlanta, Georgia.
-

- 
38. Lightner, J.S., Grimes, A., Wigginton, M., Schneider, J., & **Prochnow, T.** (Nov 12-15, 2023). *Physical activity among transgender individuals: A systematic review*. Accepted as an oral presentation at the American Public Health Association (APHA) Annual Meeting and Expo. Atlanta, Georgia.
  39. Smith, M. L., Bergeron, C. D., Sherman, L. D., Cisneros-Franco, C. L., Oloruntoba, O., **Prochnow, T.**, Luu, V., Johannes, B. L., Kew, C. L., & Merianos, A. L. (Nov 8-12, 2023). *Barriers to disease self-care among older non-Hispanic Black and Hispanic men with chronic conditions*. Presented at the Gerontological Society of America Annual Conference, Tampa, FL
  40. Yang H., Song, Y., Lee, C. & **Prochnow T.** (Oct. 19-21, 2023). *Defining Social Segregation and Identifying the Role of Public Spaces in Social Interaction: A Data-driven Case Study in Laredo, Texas*. Accepted as a presentation at 2023 Association of Collegiate Schools of Planning Annual Conference, Miami, FL.
  41. Yang H., Song, Y., & **Prochnow T.** (June 27-July 1, 2023). *Who we get social exposed in public spaces? A big data-driven case study in Laredo, TX*. Accepted as a poster presentation at the International Network for Social Network Analysis Annual Sunbelt Conference, Portland, OR
  42. Koehly L., Hollstein B., Lin J., Mooseder A., Pfeffer J., **Prochnow T.**, & Shafie T. (June 27-July 1, 2023). *Characterizing malfeasance, nonfeasance, and uplift relationships within interconnected convoys of parents caring for children with rare disease*. Accepted as an oral presentation at the International Network for Social Network Analysis Annual Sunbelt Conference, Portland, OR
  43. **Prochnow T.**, Park J-H., & Patterson M.S. (June 27-July 1, 2023). *Intramural sports social networks and implications for college student physical activity, sense of community, and retention*. Accepted as an oral presentation at the International Network for Social Network Analysis Annual Sunbelt Conference, Portland, OR.
  44. Amo, C., Patterson, M.S., **Prochnow, T.**, Heinrich, K.M., & Francis, A.N. (June 14-17, 2023). *A social network analysis of self-efficacy and social connection among CrossFitters*. Accepted as a poster presentation at the 2023 International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Annual Meeting. Uppsala, Sweden.
  45. Arlinghaus K., & **Prochnow T.** (June 14-17, 2023). *Influence of body mass index z-score on social connections during a school-based obesity intervention*. Accepted as a poster presentation at the 2023 International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Uppsala, Sweden.
  46. Arlinghaus K., & **Prochnow T.** (June 14-17, 2023). *Peer similarity in objectively assessed physical activity during physical education class*. Accepted as an oral presentation at the 2023 International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Uppsala, Sweden.
  47. Park J-H., **Prochnow T.**, Amo C., Curran L., & Matthew L.S. (May 30-Jun 2, 2023). *Physical Activity, Sedentary Behavior, And Mental Health Differences Among Older Adults Based On Marital Status*. Accepted as a poster presentation at the 2023 Annual Meeting and World Congresses of the American College of Sports Medicine, Denver, CO.
-

- 
48. Brown, D. M. Y., **Prochnow, T.** & Liu, S. (April 26-29, 2023). Dyadic influences on physical activity behavior among first-year college roommates: A feasibility study. Paper to be presented in Symposium “Implementing mobile health interventions and observational studies using a “no-code” app development platform” at the 44th annual meeting and scientific session of the Society for Behavioral Medicine, Phoenix, AZ, USA.
49. Curran L. & **Prochnow T.** (Mar 13-16, 2023). *Ecological Perspectives on Equitable Mobility for Active Living Promotion*. Accepted as a poster presentation at the 19<sup>th</sup> Annual Active Living Conference, Bethesda, MD.
50. Park J-H., **Prochnow T.**, Flores S., Jackson D., Patterson M.S., & Umstattd Meyer M.R. (Mar 13-16, 2023). *Have I seen you here before? Social network and physical activity implications of previous participation in a summer care program*. Accepted as a poster presentation at the 19<sup>th</sup> Annual Active Living Conference, Bethesda, MD.
51. Jackson D., **Prochnow T.**, Patterson M.S., & Umstattd Meyer M.R. (Mar 13-16, 2023). *Identifying social network characteristics associated with adolescent physical activity skill competency*. Accepted as an oral presentation at the 19<sup>th</sup> Annual Active Living Conference, Bethesda, MD.
52. **Prochnow T.**, Patterson M.S., Amo C., Francis A., Curran L., Park J.H., Jackson D., & Green E. (Mar 13-16, 2023). *Mixed method evaluation of social connectedness and active living at the community level*. Accepted as an oral presentation at the 19<sup>th</sup> Annual Active Living Conference, Bethesda, MD.
53. Patterson, M. S., Heinrich, K.M., & **Prochnow, T.** (Mar 12-15, 2023). *Mental health impacts of social connection within a group-based exercise program: A social network analysis*. Selected as a poster presentation at the 2023 American Academy of Health Behavior Annual Meeting. San Francisco, CA.
- 
- 2022** 54. Delgado H., Umstattd Meyer M.R., **Prochnow T.**, McClendon M., & Sharkey J. (Nov 6-9, 2022). *Structural Racism and its Influence on Sexual and Reproductive Health Inequities Among Latinx Immigrant Youth*. Accepted as a poster presentation at the 2022 American Public Health Association Annual Meeting, Boston, MA.
55. Amo C., Harvey I., & **Prochnow T.** (Nov 6-9, 2022). *COVID-19’s Influence on Mental Health and Physical Activity: A Narrative Literature Review*. Accepted as a poster presentation at the 2022 American Public Health Association Annual Meeting, Boston, MA.
56. Patterson, M. S., Klimek S., **Prochnow, T.**, Flores S., Spiller K., & Alamonour N. (Nov 6-9, 2022). *The importance of support networks for intimate partner violence disclosure: An egocentric network analysis*. Accepted as an oral presentation at the 2022 American Public Health Association Annual Meeting, Boston, MA.
57. Amo C. & **Prochnow T.** (Nov 6-9, 2022). *Pop – Up Play to Save the Day: A Case Study of Physical Activity at a Pop-up Park*. Accepted as an oral presentation at the 2022 American Public Health Association Annual Meeting, Boston, MA.
58. Patterson, M. S., Francis, A. N., **Prochnow, T.**, & Spadine, M. N. (Nov 6-9, 2022). *How social networks associate with body image concerns among college women*. Accepted as an oral presentation at the 2022
-

59. **Prochnow T.**, Amo C., Francis A., Curran L., Delgado E., Solis B., Green E., Williams A., & Patterson M.S. (Nov 6-9, 2022). *Cultivating an active living plan through a social ecological evaluation*. Accepted as an oral presentation at the 2022 American Public Health Association Annual Meeting, Boston, MA.
  60. Patterson, M. S., **Prochnow, T.**, Amo, C., Francis, A. N., Welch, A., & Heinrich, K. M. (July 12-16, 2022). *A Little Help From My Friends: How Social Ties May Reduce Depressive Symptoms Among Group-Based Exercise Participants*. Accepted as a poster presentation at the 2022 INSNA Sunbelt Annual Meeting, Cairns, Australia.
  61. **Prochnow T.**, Amo C., Patterson M.S., & Heinrich K.M. (July 12-16, 2022). *Physical activity peer similarity in group high intensity functional training*. Accepted as a poster presentation at the 2022 INSNA Sunbelt Annual Meeting, Cairns, Australia.
  62. Francis, A.N., Patterson, M.S., **Prochnow T.**, & Gagnon, L. (May 18-21, 2022). *I'll Be There for You: The effects of exercise engagement on social support provision within undergraduate students' personal networks*. Accepted as a poster presentation at the 2022 International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Phoenix, AZ.
  63. **Prochnow T.**, Amo C., & Curran, L.S. (May 18-21, 2022). *Simultaneous investigation of social and built environment influences on physical activity: A systematic review*. Accepted as a poster presentation at the 2022 International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Phoenix, AZ.
  64. Patterson, M. S., Francis, A. N., Amo, C., **Prochnow, T.**, Hunyadi, J., Heinrich, K. M., & Miller, S. (Mar. 13-16, 2022). *Exploring Compulsive Exercise Behaviors within CrossFit Gyms: A Social Network Analysis*. Selected as a poster presentation at the 2022 American Academy of Health Behavior Annual Meeting. Key Largo, FL.
  65. Khanhkham A., & **Prochnow T.** (Mar. 13-16, 2022). *Associations Between Mental Health, Sense of Community, Social Support, and an Online Gaming Network*. Accepted as a poster presentation at the 2022 American Academy of Health Behavior Annual Meeting, Key Largo, FL.
  66. Amo C., Khurshid A., Patterson M.S., **Prochnow T.**, & Barry A. (Mar. 13-16, 2022). *COVID-19's Impact on Mental Health Among College Students*. Accepted as a poster presentation at the 2022 American Academy of Health Behavior Annual Meeting, Key Largo, FL.
  67. Flores S.A., **Prochnow T.**, Patterson M.S., Sharkey J., & Umstattd Meyer M.R. (Mar. 13-16, 2022). *The webs we weave: Inter-organizational collaboration within the Olympic Peninsula Healthy Community Coalition*. Accepted as a poster presentation at the 2022 American Academy of Health Behavior Annual Meeting, Key Largo, FL.
  68. Amo C., Khurshid A., Patterson M.S., **Prochnow T.**, & Barry A. (Mar. 13-16, 2022). *Effect of the COVID-19 Pandemic on substance use related outcomes among college*. Accepted as a poster presentation at the 2022 American Academy of Health Behavior Annual Meeting, Key Largo, FL.
  69. **Prochnow T.**, Amo C., Patterson M.S., & Heinrich K.M. (Mar. 13-16, 2022). *I CrossFit; Do you? Physical activity*
-

---

*peer similarity in group high intensity functional training*. Accepted as a poster presentation at the 2022 American Academy of Health Behavior Annual Meeting, Key Largo, FL.

---

- 2021** 70. **Prochnow T.**, Umstattd Meyer M.R., Patterson M.S., Gomez L., & Sharkey J. (Oct. 24-27, 2021). *Changes in activation of Mexican-heritage children and father physical activity social networks in response to a father-focused family-centered health program*. Accepted as a presentation at the 2021 American Public Health Association Annual Meeting, Denver, CO.
71. **Prochnow T.**, Patterson M.S., & Umstattd Meyer M.R. (Oct. 24-27, 2021). *When you can't join the club: Conversations with Boys & Girls Club leaders on providing services during COVID-19*. Accepted as a presentation at the 2021 American Public Health Association Annual Meeting, Denver, CO.
72. Patterson M.S., **Prochnow T.**, Nabil A.K., Russell A., & Barry A. (Oct. 24-27, 2021). *Associations between sexual violence victimization and risky drinking within college women's personal networks*. Accepted as a presentation at the 2021 American Public Health Association Annual Meeting, Denver, CO.
73. Patterson M.S., **Prochnow T.**, & Graves Boswell T. (Oct. 24-27, 2021). *Making the connection: Factors associated with social ties between college students in recovery*. Accepted as a presentation at the 2021 American Public Health Association Annual Meeting, Denver, CO.
74. **Prochnow T.** & Patterson M.S. (Oct. 24-27, 2021). *Physical activity and social network connectedness: A systematic literature review of social network analysis studies*. Accepted as a presentation at the 2021 American Public Health Association Annual Meeting, Denver, CO.
75. Patterson, M. S., **Prochnow, T.**, Flores, S., Alamansour, N. A., & Spillers, K-A. (July 5-10, 2021). *Will they believe me? An egocentric network analysis of intimate partner violence disclosure*. Accepted as an oral presentation at the Networks 2021: A Joint Conference of Sunbelt and NetSci. Produced online.\*
76. Patterson, M. S., Heinrich, K. M., **Prochnow, T.**, Graves-Boswell, T., & Spadine, M. N. (July 5-10, 2021). *Assessing network autocorrelation and homophily of preference for and tolerance of exercise intensity within a group-based high-intensity functional training program*. Selected as a poster presentation at the Networks 2021: A Joint Conference of Sunbelt and NetSci. Produced online.\*
77. **Prochnow T.**, Patterson M.S., Hartnell L., & Umstattd Meyer M.R. (July 5-10, 2021). *Longitudinal network analysis of online gaming communication: Implications for depressive symptoms and social support*. Accepted as a presentation at Networks 2021: A Joint Conference of Sunbelt and NetSci. Produced online.\*
78. **Prochnow T.**, Patterson M.S., & Umstattd Meyer M.R., (June 8-10, 2021). *Social network effects on child self-reported physical activity at summer care programs*. Accepted as an oral presentation at the International Society of Behavioral Nutrition and Physical Activity XChange 2021. Produced online.
79. Trost S., **Prochnow T.**, Sharkey J., & Umstattd Meyer M.R., (June 8-10, 2021). *Accelerometer data processing methods in the ¡Haz Espacio para Papi! Study: Application of machine learning methods for automated activity recognition in adults and children*. Accepted as part of a symposium presentation at the International Society of Behavioral Nutrition and Physical Activity XChange 2021. Produced online.
-

- 
80. Umstatted Meyer M.R., **Prochnow T.**, Ylitalo K.R., Sturdivant R., Trost S., Gomez L., Johnson C., & Sharkey J. (June 8-10, 2021). *Physical activity outcomes for Mexican-heritage fathers, mothers, and children participating in ¡Haz Espacio para Papi! a father-focused, family-centered health program*. Accepted as part of a symposium presentation at the International Society of Behavioral Nutrition and Physical Activity XChange 2021. Produced online.
  81. **Prochnow T.**, Umstatted Meyer M.R., Johnson C., Gomez L., & Sharkey J. (June 8-10, 2021). *The development and pilot testing of the ¡Haz Espacio para Papi! program physical activity curriculum for Mexican-heritage fathers and children*. Accepted as part of a symposium presentation at the International Society of Behavioral Nutrition and Physical Activity XChange 2021. Produced online
  82. **Prochnow T.**, Umstatted Meyer M.R., Patterson M.S., Gomez L., & Sharkey J. (April 6-9, 2021). *Will you play with me? Changes in frequency of active play within social networks for Mexican-heritage children participating in a father-focused health program*. Accepted as an Oral Presentation at the 2021 Active Living Conference. Produced online.\*
  83. Umstatted Meyer M.R., Abildso C.G., Walker A., Bridges Hamilton C., Pennington M., Summerall R., & **Prochnow T.** (April 6-9, 2021). *The Guide to Activating Rural America through Active Living Policies: Insights from Communities Creating Access to Places for Physical Activity*. Accepted as an Oral Presentation at the 2021 Active Living Conference. Produced online.\*
  84. **Prochnow T.**, Patterson M.S., & Umstatted Meyer M.R. (April 6-9, 2021). *Differences in active play networks and self-reported physical activity among children at summer care programs*. Accepted as an Oral Presentation at the 2021 Active Living Conference. Produced online.\*
  85. **Prochnow T.**, Patterson M.S., Hartnell L., West G., & Umstatted Meyer M. R. (April 12-16, 2021). *Implications of race and ethnicity for child physical activity and social connections at summer care programs*. Accepted as a research spotlight presentation at the Society of Behavioral Medicine (SBM) 42nd Annual Meeting. Produced online.\*
  86. Patterson M.S., Heinrich K., **Prochnow T.**, Graves-Boswell T., & Spadine M.N. (March, 2021). *Assessing the social environment relative to preference for and tolerance of exercise intensity within a group-based high-intensity functional training program*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 21st Annual Meeting. Produced online.\*
  87. **Prochnow T.**, Patterson M.S., Hartnell L., & Umstatted Meyer M.R. (March, 2021). *Online gaming network communication dynamics, depressive symptoms, and social support: longitudinal network analysis*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 21st Annual Meeting. Produced online.\*
  88. Edmeade J., **Prochnow T.**, & Ross A. (March, 2021). *Examining the use of a Facebook group to share COVID related child physical activity information*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 21st Annual Meeting. Produced online.\*
  89. Pickett D., **Prochnow T.**, Umstatted Meyer M.R, Gomez L., & Sharkey J. (March, 2021). *Interactions between*
-

---

*child sex and maternal perceptions of physical activity space availability: implications for physical activity and screen time among Mexican-heritage children in Texas border colonias.* Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 21st Annual Meeting. Produced online.\*

90. **Prochnow T.**, Lightner J.S., Patterson M.S., Shank J., & McBain R.K. (March, 2021). *A longitudinal model of communication networks among HIV service providers in a Ryan White system.* Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 21st Annual Meeting. Produced online.\*
91. Patterson M.S., **Prochnow T.**, Graves-Boswell T., & Spadine M.N. (March, 2021). *Using egocentric network analysis to assess social ties that exacerbate body image concerns among college sorority women.* Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 21st Annual Meeting. Produced online.\*
92. Spadine M., Graves-Boswell T., **Prochnow T.**, & Patterson M.S. (Jan. 25-27, 2021). *Body image concerns among college women: An egocentric network analysis.* Accepted as a presentation at the North American Social Networks Conference, (NASN) Produced online.\*
93. Patterson M.S., Amo C., **Prochnow T.**, & Heinrich K. (Jan. 25-27, 2021). *Exploring the Social Environment Relative to Exercise Self-Efficacy within Group-Based High Intensity Functional Training Participants.* Accepted as a presentation at the North American Social Networks Conference, (NASN) Produced online.\*
94. **Prochnow T.**, Hartnell L., & Patterson M.S. (Jan. 25-27, 2021). *Developing friendships and social support through online gaming: A mixed methods analysis of online gaming network communication.* Accepted as a presentation at the North American Social Networks Conference, (NASN) Produced online.\*

- 
- 2020** 95. Lightner J.S., Shank J., **Prochnow, T.**, & McBain R. (Oct. 24-28, 2020). *Social network analysis of medical and housing providers to coordinate care for HIV+ individuals with housing insecurity.* Selected as a poster presentation at the American Public Health Association (APHA) 148<sup>th</sup> Annual Meeting. San Francisco, CA. Produced online.\*
96. Patterson, M. S., **Prochnow, T.**, Spadine, M. N., Brown, S., Nelon, J. L., & Lanning, B. (Oct. 24-28, 2020). *How network composition and structure relate to college students' experience of intimate partner violence: An egocentric network analysis.* Selected as an oral presentation at the American Public Health Association (APHA) 148<sup>th</sup> Annual Meeting. San Francisco, CA. Produced online.\*
  97. Patterson, M. S., Apostolopoulos, Y., Nelon, J. L., Lemke, M., Sonmez, S., Hege, A., & **Prochnow, T.** (Oct. 24-28, 2020). *Exploring the role of social network structure in sexually transmitted and bloodborne infection risk among long-haul truckers.* Selected as an oral presentation at the American Public Health Association (APHA) 148<sup>th</sup> Annual Meeting. San Francisco, CA. Produced online.\*
  98. **Prochnow T.**, Patterson M.S., Bridges Hamilton C.N., Delgado H., & Umstattd Meyer M.R. (Oct. 24-28, 2020). *Physical activity and adolescent social connection at summer care programs: a longitudinal network approach.* Accepted as a poster presentation at the American Public Health Association Annual Meeting and Expo. San Francisco, CA. Produced online.\*
-

- 
99. **Prochnow T.**, Delgado H., Patterson M.S., Sharkey J., & Umstattd Meyer M.R. (Oct. 24-28, 2020). *Associations between child play networks, sedentary time, and moderate-to-vigorous intensity physical activity in Mexican-heritage Colonias*. Accepted as a poster presentation at the American Public Health Association Annual Meeting and Expo. San Francisco, CA. Produced online.\*
100. **Prochnow T.**, Patterson M.S., & Umstattd Meyer M.R. (Sept. 24, 2020). *Using social network analysis to understand group and individual perceptions of adolescent physical activity*. Accepted as a Twitter presentation at the American Public Health Association Physical Activity Student Twitter Conference. **Voted Best Presentation.**
101. Umstattd Meyer M. R., **Prochnow T.**, Bridges Hamilton C. N., & Pollack Porter K. M. (June 17-19, 2020). *Rural Play Streets: Implementation, guide development, and dissemination*. Accepted as a podium presentation at the 2020 Annual Rural Health Conference. Produced online.\*
102. McCord C., **Prochnow T.**, Patterson M. S., Garney W., Nelon, J. L., & Hartnell, L. (June 2-7, 2020). *How social support and depressive symptoms relate to connections made among online gamers*. Accepted as an oral presentation at the International Network for Social Network Analysis Sunbelt Conference. Paris, France. Produced online.\*
103. Patterson M. S., **Prochnow T.**, Nelon, J. L., Garney W., & McCord C. (June 2-7, 2020). *Impact of egocentric networks on physical, emotional, and sexual violence among a sample of college students*. Accepted as an oral presentation at the International Network for Social Network Analysis Sunbelt Conference. Paris, France. Produced online.\*
104. Nelon, J. L., Patterson M. S., **Prochnow T.**, Garney W., & McCord C. (June 2-7, 2020). *The role of egocentric networks in the formation of rape myth acceptance*. Accepted as a poster presentation at the International Network for Social Network Analysis Sunbelt Conference. Paris, France. Produced online.\*
105. **Prochnow T.**, Patterson M.S., Hartnell L., & Umstattd Meyer M. R. (April 1-4, 2020). *Impact of online and offline network and support on depressive symptoms among a network of online gamers*. Accepted as a poster presentation at the Society of Behavioral Medicine (SBM) 41st Annual Meeting. San Francisco, CA. Produced online.\*
106. **Prochnow T.**, Bridges Hamilton C. N., Patterson M.S., Delgado H., & Umstattd Meyer M. R. (April 1-4, 2020). *Perceived physical activity competence spatial autocorrelation among adolescent friendship networks at a summer care program*. Accepted as a poster presentation at the Society of Behavioral Medicine (SBM) 41st Annual Meeting. San Francisco, CA. Produced online.\*
107. Patterson M. S., **Prochnow T.**, Spadine, M. S., Brown, S. E., Nelon, J. L., & Lanning, B. A. (April 1-4, 2020). *Impact of egocentric networks on physical, emotional, and sexual violence among a sample of college students*. Accepted as a poster presentation at the Society of Behavioral Medicine (SBM) 41st Annual Meeting. San Francisco, CA. Produced online.\*
108. **Prochnow T.**, Delgado H., Patterson M.S., Sharkey J. & Umstattd Meyer M.R. (March 29-April 1). *Child play network influences on physical literacy in Mexican-heritage Colonias*. Accepted as an oral presentation at the
-

109. **Prochnow T.**, Patterson M.S., Bridges Hamilton C.N., Delgado H., & Umstatted Meyer M.R. (March 29-April 1). *Sport participation effects on adolescent play networks at summer care programs*. Accepted as a poster presentation at the 2020 Conference on the Value of Play: PLAY FOR ALL! Clemson, SC. Produced online.\*
110. **Prochnow T.**, Umstatted Meyer M.R., & Pollack Porter K.M. (March 29-April 1). *I play, you play, we play: Concurrent play at PlayStreets*. Accepted as a poster presentation at the 2020 Conference on the Value of Play: PLAY FOR ALL! Clemson, SC. Produced online.\*
111. Umstatted Meyer M.R., **Prochnow T.**, Bridges Hamilton C.N., Holcombe M., & Pollack Porter K.M. (March 29-April 1). *Guide to Implementing Play Streets in Rural Communities: A Tool to Increase Active Play*. Accepted as an oral presentation at the 2020 Conference on the Value of Play: PLAY FOR ALL! Clemson, SC. Produced online.\*
112. Bridges Hamilton C. N., Umstatted Meyer M. R., **Prochnow T.**, Delgado H., Wilkins E. C., & Pollack Porter K. M. (March 8-11, 2020). *Evaluating youth's perceived physical literacy in Chicago communities while attending PlayStreets*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 20th Annual Meeting. Napa, CA.\*
113. Delgado H., **Prochnow T.**, McClendon M., Umstatted Meyer M.R. & Sharkey J. (March 8-March 11). *Relationships between Self-Regulation and use of Parenting Strategies among Mexican-Heritage Mothers*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 20th Annual Meeting. Napa, CA.\*
114. **Prochnow T.**, Patterson M.S., Hartnell L., & Umstatted Meyer M.R. (March 8-11, 2020). *Offline social support and depressive symptoms as factors associated with online gaming friendships*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 20th Annual Meeting. Napa, CA.\*
115. **Prochnow T.**, van Woudenberg T.J., & Patterson M.S. (March 8-11, 2020). *Network impact on adolescent perceived barriers to physical activity*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 20th Annual Meeting. Napa, CA.\*
116. **Prochnow T.**, Patterson M.S., Bridges Hamilton C.N., Delgado H., & Umstatted Meyer M.R. (March 8-11, 2020). *Network clustering based on team sport participation for adolescents attending summer care programs*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 20th Annual Meeting. Napa, CA.\*
117. Patterson, M. S., **Prochnow, T.**, Russell, A. M., & Barry, A. E. (March 8-11, 2020). *High-risk social circles: Associations between personal alcohol use and history of sexual assault to peer drinking behavior*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 20th Annual Meeting. Napa, CA.\*
118. Patterson, M. S., Russell, A. M., Spadine, M. S., Heinrich, K. M., & **Prochnow, T.** (March 8-11, 2020). *Predicting beneficial exercise behavior among college students in recovery: A social network analysis*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 20th Annual Meeting. Napa, CA.\*
-

- 
119. **Prochnow T.**, Umstattd Meyer M.R., Delgado H., Johnson C., Gomez L., & Sharkey J. (Feb. 2-5, 2020). *Promotora partnerships in the creation of the ¡Haz Espacio para Papi! program to engage Mexican-heritage youth and fathers.* Accepted as a poster presentation at the Annual Active Living Conference. Orlando, FL. **Voted Most Innovative Poster Design Award.**
120. Pollack Porter K.M., **Prochnow T.**, & Umstattd Meyer M.R. (Feb. 2-5, 2020). *The customer discovery "SPRINT": Lessons from disseminating Play Streets to all communities.* Accepted as a poster presentation at the Annual Active Living Conference. Orlando, FL.
121. Bridges Hamilton C. N., Umstattd Meyer M. R., **Prochnow T.**, Delgado H., Wilkins E. C. & Pollack Porter K. M. (Feb. 2-5, 2020). *More than a place to play: Exploring adults' perceptions of spillover effects in Chicago communities with PlayStreets.* Accepted as a poster presentation at the Annual Active Living Conference. Orlando, FL.
122. Umstattd Meyer M.R., Bridges Hamilton C.N., **Prochnow T.**, & Pollack Porter K.M. (Feb. 2-5, 2020). *Community-engaged development and dissemination of the Guide to Implementing Play Streets in Rural Communities.* Accepted as a poster presentation at the Annual Active Living Conference. Orlando, FL.
123. **Prochnow T.**, Patterson M., Bridges Hamilton C.N. & Umstattd Meyer M.R. (Feb. 2-5, 2020). *A social network analysis approach to group and individual perceptions of adolescent physical activity.* Accepted as an oral presentation at the Annual Active Living Conference. Orlando, FL.
124. **Prochnow T.**, Patterson M., Cullinan K., & Umstattd Meyer M.R. (Feb. 2-5, 2020). *Adolescent physical activity, self-efficacy, and friendships at summer care programs.* Accepted as a poster presentation at the Annual Active Living Conference. Orlando, FL.
125. **Prochnow T.**, Umstattd Meyer M.R., & Pollack Porter K.M. (Feb. 2-5, 2020). *I play, you play, we play: Concurrent play at PlayStreets.* Accepted as a poster presentation at the Annual Active Living Conference. Orlando, FL.

*\*Denotes conference presentations which were altered due to COVID-19*

- 
- 2019** 126. Renbarger R., **Prochnow T.**, Adair K., Abel H., Cassady B., & Scarlett, K. (Nov. 2019). *Are we too old for Ramen? Tackling food insecurity for graduate students.* Accepted as an oral presentation at the National Association of Graduate and Professional Students. Louisville, KY.
127. Pollack Porter K.M., **Prochnow T.**, & Umstattd Meyer M.R. (Dec. 4-6, 2019). *The customer discovery "sprint": Lessons from spreading play streets to all.* Accepted as an oral presentation at the 12<sup>th</sup> Annual Conference on the Science of Dissemination and Implementation. Arlington, VA.
128. Delgado H., Umstattd Meyer M.R., **Prochnow T.**, Ylitalo K., & Sharkey J. (Nov. 2-6, 2019). *Beyond walking: Conceptualization and assessment of streets as physical activity resources for children and families residing in low-resource, rural communities along the U.S.-Mexico border.* Accepted as an oral presentation at the American Public Health Association Annual Meeting and Expo. Philadelphia, PA.
129. Umstattd Meyer M. R., Bridges C. N., **Prochnow T.**, Arnold K., McClendon M., Wilkins E., Benavidez G., Abildso C., & Pollack Porter K. (Nov. 2-6, 2019). *Increasing opportunities for active play in rural America: Play Streets*
-

---

*go rural to help create the healthiest nation.* Accepted as an oral presentation at the American Public Health Association Annual Meeting and Expo. Philadelphia, PA.

130. **Prochnow T.**, Umstatted Meyer M. R., & Pollack Porter KM. (Sept. 12, 2019). *I play, you play, we play: Concurrent play at Play Streets.* Accepted as a Twitter presentation at the American Public Health Association Physical Activity Twitter Conference. **Voted Best Presentation.**
131. Patterson, M. S., **Prochnow, T.**, & Nelon, J. L. (June 18-23, 2019). *Do egocentric network relationships impact whole network centrality? A case study using a college sorority.* Selected as a poster presentation at the XXXIX Sunbelt Social Networks Conference. Montreal, Quebec.
132. **Prochnow T.**, Delgado H., Patterson M., & Umstatted Meyer M. R. (June 4-7, 2019). *Social Network Analysis in child physical activity and sedentary behavior research: A systematic literature review.* Accepted as an oral presentation at the International Society for Behavioral Nutrition and Physical Activity 2019 Annual Meeting. Prague, Czech Republic.
133. Umstatted Meyer M. R., Bridges C. N., **Prochnow T.**, Arnold K. T., McClendon M. E., Wilkins E., Benavidez G., Williams T. D., Abildso C., Morales F. E., & Pollack Porter K. M. (June 4-7, 2019). *Play Streets go rural! Physical activity of children at Play Streets in four diverse rural U.S. communities.* Accepted as an oral presentation at the International Society for Behavioral Nutrition and Physical Activity 2019 Annual Meeting. Prague, Czech Republic.
134. **Prochnow T.**, Patterson M. & Umstatted Meyer M. R. (Mar 10-13, 2019). *Modeling feelings of body dissatisfaction within a sorority using two different relationships.* Accepted as a poster presentation at the 2019 Annual American Academy of Health Behavior. Greenville, SC.
135. **Prochnow T.**, Oglesby L. & Umstatted Meyer M. R. (Mar 10-13, 2019). *Are fitness instructors feeling the burn(out)? An investigation of feelings of burnout and coping strategies among fitness instructors.* Accepted as a poster presentation at the 2019 Annual American Academy of Health Behavior. Greenville, SC.
136. **Prochnow T.**, Umstatted Meyer M. R., Bridges C.N., McClendon M. E., Arnold K.T., Wilkins E., Williams T.D., Carlton T. & Pollack Porter K. M. (Feb. 17-20, 2019). *SOPARC Results for Rural Play Streets.* Accepted as an oral presentation at the Annual Active Living Research Conference. Charleston, SC.
137. **Prochnow T.**, Umstatted Meyer M. R., Bridges C.N., McClendon M. E., Arnold K.T., Wilkins E., Williams T.D., Carlton T. & Pollack Porter K. M. (Feb. 17-20, 2019). *Is three times (at one) the charm? Comparing two SOPARC methodologies for use at Play Streets.* Accepted as a poster presentation at the Annual Active Living Research Conference. Charleston, SC.
138. **Prochnow T.**, Sharkey J., Delgado H. & Umstatted Meyer M. R. (Feb. 17-20, 2019). *Using social network analysis in health coalitions and 5210 implementation.* Accepted as a poster presentation at the Annual Active Living Research Conference. Charleston, SC.
-

---

139. **Prochnow T.**, Ylitalo K., Sharkey J. & Umstatted Meyer M. R. (Feb. 17-20, 2019). *Perceived barriers of being physically active during the summer and school-year: How do siblings compare in Mexican-heritage families?* Accepted as a poster presentation at the Annual Active Living Research Conference. Charleston, SC.

140. Umstatted Meyer M. R., Bridges C. N., Wilkins E. C., **Prochnow T.**, & Pollack Porter K. M. (Feb. 17-20, 2019). *Play streets live: developing a real-time video scanning methodology to inform implementation of temporary play spaces.* Accepted as an oral presentation at the Annual Active Living Research Conference. Charleston, SC

---

**2018** 141. **Prochnow T.** & Patterson M (Nov. 28-Dec. 1, 2018). *The impact of centrality on body dissatisfaction within a sorority using two network generators.* Accepted as an oral presentation at the 2<sup>nd</sup> Annual North American Social Networks Conference 2018. Washington D.C. USA.

142. Umstatted Meyer M. R., Bridges C. N., **Prochnow T.**, Arnold K. T., McClendon M. E., Wilkins E., Morales F. E., Benavidez G. A., Williams T. D., Abildso C. & Pollack Porter K. (Mar. 4-7, 2018). *Come together, play, be active: Physical activity engagement of children at Play Streets in four diverse rural communities.* Accepted as a poster presentation at the 17th Annual Meeting of the American Academy of Health Behavior. Portland, OR.

143. Umstatted Meyer M. R., Ylitalo K. R., Gómez L. A., **Prochnow T.**, & Sharkey J. R. (Mar. 4-7, 2018). *Physical Activity Space Methodology for Assessment and Prioritization (PASMMap): Combining systematic observations with community perceptions to identify community physical activity resource priorities.* Accepted as a poster presentation at the 17th Annual Meeting of the American Academy of Health Behavior. Portland, OR.

144. McClendon, M. E., Umstatted Meyer, M. R., Sharkey, J. R., Perez, C. L., Garcia, R., Bridges, C., **Prochnow, T.** (Feb. 11-14, 2018). *Perceived facilitators and barriers to child physical activity among Mexican-origin mothers.* Accepted as a poster presentation at the Annual Active Living Research Conference: Future-Proofing Activity: Application Across Sectors, Banff, Canada.

145. Umstatted Meyer M. R., Bridges C. N., **Prochnow T.**, Arnold K. T., McClendon M. E., Morales F. E., Benavidez G., Williams T. D., Abildso C., & Pollack Porter K. M. (Feb. 11-14, 2018). *Let them play: Physical activity of children attending Play Streets in four diverse rural communities.* Accepted as an oral presentation at the Annual Active Living Research Conference: Future-Proofing Activity: Application Across Sectors. Banff, CAN.

146. Umstatted Meyer M. R., Bridges C. N., **Prochnow T.**, McClendon M. E., Arnold K. T., Wilkins E., Williams T. D., Carlton T., & Pollack Porter K. M. (Feb. 11-14, 2018). *Applying SOPARC to measure physical activity in temporary play spaces: Assessing Play Streets.* Accepted as a poster presentation at the Annual Active Living Research Conference: Future-Proofing Activity: Application Across Sectors. Banff, CAN.

## Invited Talks

---

2025 University of Florida Department of Health Education and Behavior

2025 Huffines Institute – Texas A&M University Department of Kinesiology and Sports Management

2024 MIT Undergraduate Student Health

2022 University of Arkansas Center for Public Health and Technology

## Research Support

---

### Active

- VIRL-Teen: Virtual Interactions and Real-Life Connections Supporting Teen Mental Health (2025-2027), PI: **Prochnow T.**
  - Source: National Institute of Mental Health R21 (R21MH136420)
  - Description: This project aims to longitudinally investigate youths' feelings of online and in-person social connectedness and associations with mental health.
  - Role: PI
  - Total Funds Requested: \$436,598
- Identifying the reciprocal associations between the built environment, social networks, and physical activity among youth in the summer. (2024-2029), PI: **Prochnow T.**
  - Source: National Heart, Lung, and Blood Institute K01 (1K01HL169818)
  - Description: This proposed project aims to apply ecological momentary assessment and social network analysis techniques to collect and analyze primary data identifying between and within subject associations between physical activity and the social and built environments within a racially and ethnically diverse sample of youth during the summer.
  - Role: PI
  - Amount: \$804,719
- Making the Connection: Understanding the dynamic social connections impacting type 2 diabetes management among Black/African American men (2023-2025), PI: **Prochnow T.**
  - Source: National Institute of Minority Health and Health Disparities R21 (R21MD019048)
  - Description: This project aims to investigate the dynamic social connections which promote type 2 diabetes self-management among Black/African American men.
  - Role: PI
  - Total Funds Requested: \$419,375
- Communities leading change: Advancing Black and Latino capacity to create nutrition and physical activity environmental and systems change. (2023-2028), PI: Lightner J.
  - Source: Centers for Disease Control and Prevention (CDC-RFA-DP-23-0014)
  - Description: This project aims to utilize community based participatory research techniques to create nutrition and physical activity opportunities and access in Black and Latino communities.
  - Role: Consultant
  - Total Funds Requested: \$1,420,214 (Y1)

### Completed - Funded

- Longitudinal Social Network Analysis of Online Gamers: Understanding Social Connections, Bridging Social Capital, Bonding Social Capital, and Implications for Mental Health (2023), PI: **Prochnow T.**
  - Source: Huffines Institute
  - Description: Exploratory study to understand implications of bridging and bonding social capital among online gamers and mental health implications.
  - Role: PI
  - Amount: \$7,500
- Examining Bilingual Children's Language Environments with Social Network Analysis (2023), PI: Goodrich, Fitton, **Prochnow T.**, & Gerde
  - Source: Texas A&M School of Education and Human Development Catapult Grant
  - Description: Exploratory research program to understand the use of social network analysis and social network influences on bilingual children and language acquisition.
  - Role: Co-PI
  - Amount: \$44,174

- 
- Building Recovery Capital through Social Networks: An Investigation of Group-Based Exercise (RECOVER) (2023), PI: Patterson M.S.
    - Source: Texas A&M University Health Science Center Seedling Grant Program
    - Description: Empirical testing of group fitness programs to supplement recovery efforts.
    - Role: Co-I
    - Amount: \$100,000
  - If I play, will you? Pilot feasibility of a social network informed summer physical activity program for adolescent girls. (2023), PI: **Prochnow T.**
    - Source: Texas A&M University Health Science Center Seedling Grant Program
    - Description: This project aims to leverage social connections between adolescents at a summer care program to improve girl's physical activity through a program called Smart Girls+.
    - Role: PI
    - Amount: \$90,000
  - Physical and social environments that optimize children's health and well-being: A multimethod study (2020), PI: Patterson, M.S.
    - Source: Texas A&M Triads for Transformation T3
    - Description: Interdisciplinary collaboration to investigate social and environmental impacts on child health and well-being during summer.
    - Role: Co-I
    - Amount: \$30,000
  - Waco-McLennan County Active Living Plan Evaluation and Implementation. (2021), PI: **Prochnow T.**
    - Source: Texas Department of Health & Human Services
    - Description: Multiphase evaluation and update of the Waco McLennan County Active Living Plan
    - Role: PI
    - Amount: \$58,279
  - Environmental Scan of Black/African American Expert Discussion and Recommendations on Activity-Friendly Routes to Everyday Destinations. (2021), PI: **Prochnow T.**
    - Source: Centers for Disease Control and Society of Public Health Education
    - Description: An environmental scan of what Black/African American experts are saying related to activity friendly routes to everyday destinations strategies (routes to destinations), that promote or discourage equitable and inclusive access to physical activity for Black/African American communities.
    - Role: PI
    - Amount: \$15,000
  - Assessing the social network changes for Mexican-heritage children and fathers participating in a father-focused family-centered health program. (2021), PI: **Prochnow T.**
    - Source: Baylor University Health, Human Performance, and Recreation Department
    - Description: Dissertation award to investigate the social network changes for Mexican-heritage children and fathers participating in a culturally and contextually tailored health program.
    - Role: PI
    - Amount: \$1,295
  - Youth Engagement in Sport (2019), PIs: Lightner, J.S. & Grimes, A.
    - Source: US Health and Human Services
    - Description: Multi-site physical activity and nutrition intervention to understand how social influences impacts physical activity and nutrition behavior.
    - Role: Consultant
    - Amount: \$769,902

- 
- Using Social Network Analysis to Determine Individual and Community-Level Impacts of Telehealth Use in a Rural Community (2019), PI: Patterson, M.S., **Prochnow T.** & McCord C.
    - Source: Texas A&M College of Education and Human Development Catapult Grant
    - Description: Pilot testing whole social network data collection in a rural community with the express purpose of understanding Telehealth implementation and impacts.
    - Role: Co-I
    - Amount: \$30,000
  - Speeding Research-tested INTerventions (SPRINT): Play Streets for All (2019), PIs: Umstattd Meyer, M.R. & Pollack Porter, K.M.
    - Source: National Cancer Institutes and Centers for Disease Control
    - Description: Training to strengthen interventions and improve dissemination; specifically, to improve Play Streets dissemination to help promote physical activity and play for all.
    - Role: Co-I
    - Amount: \$21,750
  - Modeling Physical Activity and Friendship in Summer Care Programs (2019), PI: Umstattd Meyer, M.R. & **Prochnow, T.**
    - Source: Baylor University Research Committee Grant Program
    - Description: Examine the effects of a summer care program on child friendships and physical activity.
    - Role: Co-I
    - Amount: \$4,375

---

## Mentorship

### ***Doctoral Students***

- 2024- Yunlin Zhou – Chair – HBEH PhD
- 2022- Jeong-Hui Park – Chair - HBEH PhD
- 2022- Jennifer Ramirez-Chavarria – Committee Member – HBEH DrPH
- 2022-2025 Sally Klimek – Committee Member – HBEH PhD
- 2022-2025 Haoyue Yang – Committee Member – ARCH PhD
- 2022-2025 Sara Flores – Chair – HBEH PhD
- 2022-2025 Liabette Escamilla – Committee Member – PSYC PsyD
- 2021-2024 Laurel Curran – Chair – HBEH PhD

### ***Masters Students***

- 2024- Parinika Tusharbhai Joshi – Chair - MPH
- 2022-2024 Jacqueline Vigil – Chair – HBEH MPH
- 2022-2023 Deja Jackson – Chair - HBEH MS
- 2021 Allison Francis – Committee Member – HBEH MS

### ***Student Awards***

- 2025 Sara Flores - Association of Former Students Distinguished Graduate Student Award for Excellence in Research – Texas A&M University
  - 2024 Sara Flores – Unsung Hero Award – Texas A&M University
-

## Teaching

### **Assistant Professor – Texas A&M University**

<u>Semester</u>	<u>Course Number</u>	<u>Title</u>	<u>Enrollment</u>	<u>Learning Environment</u>	<u>Critical Thinking</u>
Spring 2024	HLTH 331	Community Health	75	4.7/5	3.6/4
Spring 2024	HLTH 331	Community Health	75	4.8/5	3.6/4
Fall 2023	HLTH 331	Community Health	66	4.8/5	3.8/4
Spring 2023	HLTH 331	Community Health	125	4.9/5	3.8/4
Fall 2022	HLTH 331	Community Health	45	4.7/5	3.9/4
Fall 2022	HLTH 690	Theory of Research in Discipline: Advanced Social Network Analysis in Health	5	2.5/5	3.5/4
Spring 2022	HLTH 331	Community Health	100	4.8/5	3.7/4
Fall 2021	HLTH 690	Theory of Research in Discipline: Advanced Social Network Analysis in Health	3	5/5	4/4

### **Teacher of Record – Baylor University**

2021	PUBH 3320 – Stress Management, Mental-Emotional Health
2020	PUBH 1145 – Health and Human Behavior

### **Adjunct Professor – Carthage College**

2016-2017	EXS 0015 - TRX Suspension Training
2015-2017	EXS 0010 - Concepts of Physical Fitness

## Workshops Taught

2023	Connections Matter: Introduction and Application of Social Network Analysis – National Institutes of Health
2023	Connections Matter: Introduction and Application of Social Network Analysis – International Society of Behavioral Nutrition and Physical Activity
2021	Intermediate Social Network Analysis: Applications in Active Living – Active Living Conference
2020	Introduction to Social Network Analysis in Public Health – American Public Health Association Applied Health Statistics Section
2020-2025	Introduction to Social Network Analysis in Active Living – Active Living Conference
2020	NCCOR's Tools in Action: Featuring Summer Physical Activity and Friendship Study
2019	Cultivating Your Online Academic Identity – Baylor University Graduate School
2019	Network Visualizations Using Gephi – Baylor University Library

## Awards

2024	Early Career Presentation Award Finalist – International Society of Behavioral Nutrition and Physical Activity E- & mhealth Special Interest Group
2022	Southeast Conference Faculty Travel Grant (\$1,500)
2022	Steven P Hooker Award Finalist (Excellence in Physical Activity Research) – Physical Activity Section

American Public Health Association

2021 Student Poster of Distinction – American Academy of Health Behavior

2020 Most Innovative Poster Design Award – Active Living Conference

2020 Baylor Graduate School Dissertation Fellowship Award

2020 Baylor Graduate School Outstanding Graduate Research Award

2019 Honorable Mention – Student Who Rocked Public Health – *Journal of Public Health Management and Practice*

2019, 2020 Best Presentation – APHA Physical Activity Student Twitter Conference

2014 Physical Education and Health Outstanding Major of the Year – Carthage College

### **University Affiliations**

---

Center for Community Health and Aging – Texas A&M University School of Public Health

Design Research for Active Living Lab – Texas A&M College of Architecture

Center for Health Equity and Evaluation Research – Texas A&M University School of Public Health

Real-Time Eating Activity & Children’s Health Lab – University of Southern California

Telehealth Institute – Texas A&M University Health Science Center

### **Special Training**

---

2024 Mentoring Academy Fellow – Center for Teaching Excellence Texas A&M University

2021 Physical Activity in Public Health Fellowship – University of South Carolina

2020 Network Epidemiology Program – University of Maryland

2020 Social Networks & Health Fellowship – Duke University Network Analysis Center

2020 Teaching Capstone in Higher Education – Baylor University

2019 Social Networks & Health Participant – Duke University Network Analysis Center

2019 Certified Peer Reviewer – Publons Academy

2019 Baylor University Libraries Data Scholar – Baylor University

2018 Design for Online Teaching Success – Baylor University

2017 Certified Observer – System for Observing Play and Recreation in Communities

2013-2020 National Strength and Conditioning Association – Certified Strength and Conditioning Specialist

2012-2019 American Council on Exercise – Certified Personal Trainer

## Service

---

2024-current	Chair of the Board of Directors – Texas Area Health Education Center East
2022-current	International Journal of Behavioral Nutrition and Physical Activity – Editorial Board Member
2022-current	Health Promotion Practice – Editorial Board Member
2022-current	Health Behavior Review – Editorial Board Member
2022-current	Active Living Conference Executive Planning Committee
2022-2024	Eta Sigma Gamma – National Health Education Honorary – Faculty Advisor
2021-current	Texas A&M University HBEH Student Award Committee
2021-current	Texas A&M University HBEH Student Recruitment Committee
2021-current	Board of Directors – Texas Area Health Education Center East
2021-2024	Associate Editor – World Medical & Health Policy
2020-2021	Active Living Conference Executive Program Committee Student Leader
2019-2021	American Public Health Association Student Assembly Social/Expo Chair
2019-current	American Public Health Association Physical Activity Section Social Chair
2019-2021	Baylor University Counseling Center Advisory Council
2018-2020	Baylor University Graduate Student Association Vice President of Operations

## Peer Review Service

---

Journals	<i>American Journal of Health Education, Family &amp; Community Health, Journal of Primary Prevention, American Journal of Men’s Health, Merrill-Palmer Quarterly, Translational Journal of American College of Sports Medicine, Journal of Public Health Management and Practice, Health Behavior Research, Journal of Healthy Eating and Active Living, Frontiers in Psychology, Journal of Park and Recreation Administration, Health Education &amp; Behavior, Inquiry</i>
Grants	Centers for Disease Control and Prevention (RFA-DP-23-001), National Institutes of Health Early Career Reviewer Program, Lifestyle Change and Behavioral Health (LCBH) Study Section National Institutes of Health
Conferences	American Academy of Health Behavior, Active Living Conference, American Public Health Association Annual Meeting, Sunbelt

## Professional Affiliations

---

2019-current	Member, American Public Health Association
2019-current	Member, International Network for Social Network Analysis
2017-current	Member, American Academy of Health Behavior
2019-current	Member, International Society of Behavioral Nutrition and Physical Activity

2019-2021	Student Member, AcademyHealth
2019-2021	Student Member, Society of Behavioral Medicine

## In the Media

---

- Social connections
  - Tips to handle stress around the holidays – 12/16/2024 – Reproduced for over 225 news affiliates – <https://www.wdtn.com/news/tips-to-handle-stress-around-the-holidays/>
- Online Gaming
  - Gaming boosts social connections – Reproduced for over 250 news affiliates - <https://www.fox13seattle.com/video/1576171>
  - Can Online Games Help Solve The Male Loneliness Epidemic? - <https://today.tamu.edu/2025/01/13/can-online-games-help-solve-the-male-loneliness-epidemic/>
  - Online gaming communities could provide a lifeline for isolated young men – new research – The Conversation – 8/22/2023 - <https://theconversation.com/online-gaming-communities-could-provide-a-lifeline-for-isolated-young-men-new-research-211558>
  - Reproductions:
    - <https://www.sfgate.com/news/article/online-gaming-communities-could-provide-a-18308268.php>
    - [https://www.goskagit.com/opinion/conversation/online-gaming-communities-could-provide-a-lifeline-for-isolated-young-men-new-research/article\\_d321ef7d-b823-595d-97db-87ac80d572be.html](https://www.goskagit.com/opinion/conversation/online-gaming-communities-could-provide-a-lifeline-for-isolated-young-men-new-research/article_d321ef7d-b823-595d-97db-87ac80d572be.html)
    - <https://www.theskanner.com/news/usa/35036-online-gaming-communities-could-provide-a-lifeline-for-isolated-young-men-new-research>
  - POV: Online gaming communities could provide a lifeline for isolated young men – Vital Record – 8/22/2023 - <https://vitalrecord.tamhsc.edu/pov-online-gaming-communities-could-provide-a-lifeline-for-isolated-young-men/>
  - Here’s how the pandemic-fueled surge in gaming is reshaping our understanding of its effects on mental health – Thrive Global / Fortune (Arianna Huffington) - <https://community.thriveglobal.com/pandemic-fueled-surge-in-gaming-is-reshaping-effects-mental-health-arianna-huffington/> - <https://fortune.com/2022/08/10/how-the-pandemic-fueled-surge-gaming-mental-health-tech-arianna-huffington/>
  - Is online gaming good for your mental health? – study – Jerusalem Post – 5/16/2023 - <https://www.jpost.com/health-and-wellness/mind-and-spirit/article-743143>
  - Could online gaming improve social connectivity? – Earth.com – 5/11/2023 - <https://www.earth.com/news/could-online-gaming-improve-social-connectivity/>
  - Game On: Online Gaming Networks’ Influence on Mental Health & Social Connections – Neuroscience News.com – 5/10/2023 - <https://neurosciencenews.com/gaming-network-depression-23207/> - Youtube: [https://youtu.be/UWcn3W\\_luCW](https://youtu.be/UWcn3W_luCW)
  - Surprising impact of online gaming social networks on mental health – Brighter Side of News – 5/12/2023 - <https://www.thebrighterside.news/post/surprising-impact-of-online-gaming-social-networks-on-mental-health>
  - Gaming Social Networks Could Have Positive Impact On Mental Health – Science Blog – 5/10/2023 - <https://scienceblog.com/537789/gaming-social-networks-could-have-positive-impact-on-mental-health/>
  - Texas A&M study finds benefits in online gaming – Longview News-Journal / Bryan Eagle – 2/25/2022 - [https://www.news-journal.com/news/state/texas-a-m-study-finds-benefits-in-online-gaming/article\\_d0b37148-9679-11ec-980f-5f2ed3b7571b.html](https://www.news-journal.com/news/state/texas-a-m-study-finds-benefits-in-online-gaming/article_d0b37148-9679-11ec-980f-5f2ed3b7571b.html)
  - Online Social Support Through Gaming – Texas A&M Today – 2/14/2022 - <https://today.tamu.edu/2022/02/14/online-social-support-through-gaming/>
- Physical activity
  - A closer look at how environment influences physical activity – Vital Record – 4/5/2023 -

- 
- <https://vitalrecord.tamhsc.edu/a-closer-look-at-how-environment-influences-physical-activity/>
  - Advocating for racial equity in physical activity – Vital Record – 11/11/2022 - <https://vitalrecord.tamhsc.edu/advocating-for-racial-equity-in-physical-activity/>
  - How peers influence physical activity in diverse adolescents – Vital Record – 10/11/2022 - <https://vitalrecord.tamhsc.edu/how-peers-influence-physical-activity-in-diverse-adolescents/>
  - Guiding efforts to improve physical activity resources along the Texas-Mexico border – Vital Record – 10/27/2020 - <https://vitalrecord.tamhsc.edu/guiding-efforts-to-improve-physical-activity-resources-along-the-texas-mexico-border/>