

# Glenn Kent, PhD

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## Education

PhD	2008	University of Cincinnati, Cincinnati, OH Health Psychology
MA	2005	University of Cincinnati, Cincinnati, OH Clinical Neuropsychology
Certificate	1998	Bryn Mawr College, Philadelphia, PA Post Baccalaureate Premedical Program
BS	1992	University of Louisville, Louisville, KY Police Administration
AA	1990	Harrisburg Area Community College, Harrisburg, PA Criminal Justice

## Professional Experience

Jefferson College of Health Sciences, Roanoke, VA Assistant Professor of Psychology	7/11 – present
Fitness Motive, LLC, Cincinnati, OH Founder and Owner	9/09 – present
University of Cincinnati, Cincinnati, OH Adjunct Assistant Professor of Psychology & Nutrition	9/08 – 6/11
Art Institute of Ohio-Cincinnati, Cincinnati, OH Adjunct Faculty Member—Psychology	4/10 – 6/11
University of Cincinnati, Cincinnati, OH Director of Fitness & Wellness	10/05 – 8/09
University Hospital—Cognitive Disorders Center, Cincinnati, OH Research Assistant	9/04 – 9/08
University Hospital—Epilepsy Monitoring Unit, Cincinnati, OH Research Assistant	9/02 – 9/04
University of Cincinnati, Cincinnati, OH Graduate Teaching Assistant	9/02 – 6/05
Hospital of the University of Pennsylvania—Dept of Neurology, Philadelphia, PA Research Assistant	7/98 – 8/99

## Academic courses taught: Undergraduate & graduate

Lifespan Development	2012-2013
Introduction & Developmental Psychology	2013
Neuroscience	2011- 2012
Social Psychology	2011
Health Psychology	2011-2012
Introduction to the Field of Health Psychology	2012
Sports Psychology	2011-2012
Introduction to Psychology	2010-2013
Nutrition & Exercise	2008-2009
Introduction to Statistical Methods	2004
Intermediate Statistical Methods	2004

Teaching assistant for the following courses:

Adult IQ Assessment (graduate)	2005
Multivariate Statistics (graduate)	2004
Introduction to Statistics (undergraduate)	2003-2004
Intermediate Statistics (undergraduate)	2003-2004
Psychology of Aging (undergraduate)	2003
Introduction to Psychology (undergraduate)	2002

## Publications

- Mangold, F., Sommers, M.S., & **Kent, G.** (2008). Harmful drinking, depression, and conduct disorder among females involved in alcohol-related motor vehicle crashes: A secondary analysis. *Journal of Addictions Nursing, 19*, 9-5.
- Fargo, J.D., Schefft, B.K., **Kent, G.P.**, Szaflarski, J.P., Privitera, M.D., and Yeh, H.S. (2007). The prevalence of seizure types among individuals referred for phase I neuropsychological assessment: Demographic and neuropsychological characteristics. *The Clinical Neuropsychologist 21*, 442-455.
- Kent, G.P.**, Schefft, B.K., Howe, S.R., Szaflarski, J.P., Privitera, M.D., and Yeh, H.S. (2006). The Effects of Duration of Intractable Epilepsy on Memory Function. *Epilepsy and Behavior 9(3)*, 469-477.
- Griffith, N.M., Szaflarski, J.P., Szaflarski, M., **Kent, G.P.**, Schefft, B.K., Howe, S.R., Privitera, M.D. (2005). Measuring depressive symptoms among treatment-resistant seizure disorder patients: POMS Depression scale as an alternative to the BDI-II. *Epilepsy and Behavior 7(2)*, 266-272.
- Stecker, M.M., **Kent, G.**, Escherich, A., Patterson, T., and Cheung, A.T. (2002). Anesthesia and temperature effects on somatosensory evoked potentials produced by train stimuli. *International Journal of Neuroscience, 112*, 349-369.
- Stecker, M.M., Cheung, A.T., Pochettino, A., **Kent, G.P.**, Patterson, T., Weiss, S.J., and Bavaria, J.E. (2001). Deep hypothermic circulatory arrest: I. Effects of cooling on electroencephalogram and evoked potentials. *Annals of Thoracic Surgery, 71*, 14-21.
- Stecker, M.M., Cheung, A.T., Pochettino, A., **Kent, G.P.**, Patterson, T., Weiss, S.J., and Bavaria, J.E. (2001). Deep hypothermic circulatory arrest: II. Changes in electroencephalogram and evoked potentials during rewarming. *Annals of Thoracic Surgery, 71*, 22-28.
- Cheung, A.T., Weiss, S.J., **Kent, G.**, Pochettino, A., Bavaria, J.E., and Stecker, M.M. (2001). Intra-operative seizures in cardiac surgical patients undergoing deep hypothermic circulatory arrest monitored with EEG. *Anesthesiology, 94*, 1143-1147.

## Research in Progress & Working Lectures

**Kent, G.P.**, Howe, S.R., Szaflarski, J.P., Krikorian, R., and Matthews, G. Optimism and Pessimism: Implications for Individuals with Seizure Disorders. *Epilepsy and Behavior*.

“Triune Health” (The interplay between movement, nutrition, and psychology).

“Psyched to Eat” (The psychology of eating).

“Who Lives, Who Dies, and Why” (Survival psychology).

“Optimism, Pessimism, and Well-being” (The links between personality and health).

## Presentations & Conferences

*Power Over Health? The Links Between Individual Choice and Living a Long, Healthy Life*. Presented at the School Nutrition Association of Virginia Region 6 Mini Meeting, Christiansburg, VA (November 2012).

*Power Over Health? The Links Between Individual Choice and Living a Long, Healthy Life*. Presented at the School Nutrition Association of Virginia Region 6 Mini Meeting, Roanoke, VA (October 2012).

*The Psychology of Dieting: Treatment Modalities for Individuals with Obesity and Food Addiction*. Presented with Brook-Lynn Velvin (senior, health psychology program at Jefferson College of Health Sciences, Roanoke, VA) at the Blue Ridge Academy of Clinical Psychologists quarterly meeting, Roanoke, VA (October 2012).

*Harvard, Blue Zones, David Murdock and You*. Presented at the Mayerson Jewish Community Center. Cincinnati, OH (April 2011).

*Nutrition basics*. Presented at TKO Fitness, Cincinnati, OH (April 2011).

*Psyched to eat: Using the Psychology of Eating to Rewire Your Food Choices*. Keynote speaker—Sinclair Community College Department of Psychology winter colloquium series. Dayton, OH (March 2011).

*Psyched to eat!* Invited guest blogger for Valerie Hummel at <http://workoutwithval.blogspot.com/>. Cincinnati, OH (January 2011).

*Psyched to eat and exercise*. Presented at the Mayerson Jewish Community Center Work Out & Wind Down "Happy Healthy You" for Young Professionals. Cincinnati, OH (January 2011).

*Food for thought: Using the psychology of eating to rewire your clients' choices*. Presented at the national Club Industry conference, Chicago, IL (October 2010).

*Ask the Experts Lounge*. Invited speaker, Club Industry conference. Chicago, IL (October 2010).

*Food for thought: Understanding nutrition and eating smarter*. Presented at the Mayerson Jewish Community Center. Cincinnati, OH (May 2010, January 2011).

*Symphonies of the Earth, Mind, and Body*. Presented at the Environmental Protection Agency. Cincinnati, OH (April 2010).

*Fitness, wellness, and health and its role in the workday*. Roundtable discussion co-presented at the Ohio Safety Congress & Expo. Columbus, OH (April 2010).

*Full engagement: physical and mental – Intermediate.* Co-presented at the Ohio Safety Congress & Expo. Columbus, OH (April 2010).

*Goal setting for health: What they didn't teach us in school.* Presented at the Environmental Protection Agency. Cincinnati, OH (January 2010).

Schefft, B.K., **Kent, G.P.**, Howe, S.R., Krikorian, R., Matthews, G., and Szaflarski, J.P. *Optimism, pessimism and health: Implications for individuals with seizure disorders.* Paper presented (Schefft) at the annual meeting of the American Epilepsy Society, Boston, MA (December 2009).

*Eating Without Thinking: Part II.* Presented at the Environmental Protection Agency. Cincinnati, OH (December 2009).

*Eating Without Thinking: Part I.* Presented at the Environmental Protection Agency, Cincinnati, OH (September 2009).

*The science of fitness: Seven facts every personal trainer should know.* Presented at the tenth annual Midwest Fit Fest Conference, University of Dayton, Dayton, OH (March 2008).

Szaflarski, J.P., Griffith, N.M., **Kent, G.P.**, Szaflarski, M., Schefft, B.K., Privitera, M.D. *Measuring depression in seizure disorders.* Paper presented (Szaflarski) at the annual meeting of the American Epilepsy Society, New Orleans, LA. (December 2004).

*Nutrition and Exercise.* Invited speaker, Department of Nutrition Science. University of Cincinnati, Cincinnati, OH (March 2009, 2010, 2011).

*The keys to longevity: What science tells us successful aging is and how it can be achieved.* Presented at a meeting of the University of Cincinnati Association of Administrators, Managers, and Professionals, Cincinnati, OH (October 2007).

Cheung, A.T., Weiss, S.J., **Kent, G.P.**, Pochettino, A., Bavaria, J.E., and Stecker, M.M. *Anesthesia and temperature effects on somatosensory evoked potentials produced by train stimuli.* Paper co-presented at the thirteenth annual meeting of the American Society of Neurophysiological Monitoring, Orlando, FL (May 2002).

## Service

### University Service

Member, Research and Scholarship Council Jefferson College of Health Sciences	2012
Member, Wellness Committee University of Cincinnati	2009
Member, Campus Services Search Committee University of Cincinnati	2009
Member, Campus Services Search Committee University of Cincinnati	2005

## **Department Service**

Graduate student representative Department of Psychology Headship Review Committee	2004
President—Department of Psychology Graduate Student Governance Association	2003

## **Community Service**

Fitness training and motivational volunteer for the Flying Pig Marathon City Gospel Mission, Cincinnati, OH	2010
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## **Grants & Contracts – Funded**

PI, 100% “Psychology of Eating” Jefferson College of Health Sciences Faculty Scholarly Development Internal Grant Grant Amount: \$1,995	2012
“Psyched to eat: Psychology, Food, & Marketing” Jefferson College of Health Sciences Faculty Scholarly Development Travel Grant Grant Amount: \$977	2012
“The Effects of Duration of Intractable Epilepsy on Memory Function” Epilepsy Foundation of America Behavioral Sciences Student Fellowship Award Grant Amount: \$3,000	2003
“The Effects of Duration of Intractable Epilepsy on Memory Function” University Research Council Student Summer Research Fellowship Grant Amount: \$1,700	2003

## **Awards & Fellowships**

Awardee, Leading in Excellence medallion University of Cincinnati	2006-2008
Awardee, University Graduate Student Scholarship Department of Psychology	2002-2005
John C. Klotter Award for Academic Excellence University of Louisville	1993
Board of Trustees Academic Achievement Award Harrisburg Area Community College	1990
President’s Freshman Scholarship Award Harrisburg Area Community College	1989
John N. Hall Foundation Academic Scholarship Harrisburg Area Community College (full tuition)	1988-1990
United States Marine Corps Distinguished Athlete Award	1988

**Professional Memberships & Affiliations**

Member, Association for Psychological Science	2011 – present
Member, American Psychological Association Division 38: Health Psychology	2007 – present
Affiliate, American Psychological Association Division 47: Exercise & Sports Psychology	2008 – present
Member, American Counsel on Exercise	2005 – present
Member, National Intramural-Recreational Sports Association	2005 – 2009