

Tara C. Klinedinst, PhD, OTR/L

Curriculum Vitae

BIOGRAPHICAL INFORMATION

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| Business Address: | Health Policy Institute 308 Scaife Hall 3550 Terrace Street Pittsburgh, PA 15261 | Email Address: taraklinedinst@pitt.edu Business Phone: N/A Personal Phone: 970-581-5110 |
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EDUCATION and TRAINING

UNDERGRADUATE:

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| 2004 – 2010 | Front Range Community College Fort Collins, CO | AA, 2010 | Arts |
| 2010 – 2012 | College of Natural Sciences Department of Psychology Colorado State University Fort Collins, CO | BS, 2012 | Psychology |

GRADUATE:

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| 2013 – 2015 | Department of Occupational Therapy College of Health and Human Sciences Colorado State University, Fort Collins, CO | MS, 2015 | Occupational Therapy |
| 2015 – 2019 | Department of Occupational Therapy, College of Health and Human Sciences, Colorado State University, Fort Collins, CO | PhD, 2019 | Occupation and Rehabilitation Science |

POST-GRADUATE:

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| 2019 – 2020 | Prosper in Participation Laboratory, Department of Occupational Therapy, School of Health and Rehabilitation Science, University of Pittsburgh, Pittsburgh, PA | | Postdoctoral Associate |
| 2020 – 2021 | National Center for Rehabilitation Research and Training on Family Support, Health Policy Institute, University of Pittsburgh, Pittsburgh, PA | | Postdoctoral Associate |

APPOINTMENTS and POSITIONS**ACADEMIC POSITIONS:**

| <u>Years Inclusive</u> | <u>Department, Name and Location of Institution</u> | <u>Rank/Title</u> |
|-------------------------------|---|--------------------------|
| 2012 | Applied Memory Laboratory, Department of Psychology, College of Natural Sciences, Colorado State University, Fort Collins, CO | Research Assistant |
| 2012 | Research Methods in Psychology, Department of Psychology, College of Natural Sciences, Colorado State University, Fort Collins, CO | Teaching Assistant |
| 2014 – 2015 | Integrative Rehabilitation Laboratory, Department of Occupational Therapy, Colorado State University, Fort Collins, CO | Research Assistant |
| 2016 | Occupational Performance, Supervised College Teaching, Department of Occupational Therapy, Colorado State University, Fort Collins, CO | Teaching Assistant |
| 2015 – 2018 | Integrative Rehabilitation Laboratory, Department of Occupational Therapy, Colorado State University, Fort Collins, CO | Research Coordinator |
| 2021 - present | Program in Occupational Therapy, Department of Rehabilitation Sciences, College of Allied Health, University of Oklahoma Health Sciences Center | Assistant Professor |

NON-ACADEMIC POSITIONS:

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| 2007 – 2011 | Residential Services, Foothills Gateway, Inc. Fort Collins, CO | House Manager in group home for adults with intellectual and developmental disabilities |
| 2011 – 2017 | Residential Services, Foothills Gateway, Inc. Fort Collins, CO | Host Home Provider to adults with intellectual and developmental disabilities |
| 2018 – 2019 | Northern Colorado Rehabilitation Hospital Johnstown, CO | As-needed Occupational Therapist |
| 2018 – 2019 | Columbine Therapy Services Fort Collins, CO | As-needed Occupational Therapist |

CERTIFICATION AND LICENSURE**MEDICAL or OTHER PROFESSIONAL CERTIFICATION:**

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| National Board for Certification in Occupational Therapy, #360845 | 2016 – present |
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MEDICAL or OTHER PROFESSIONAL LICENSURE:

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| State of Colorado Occupational Therapy License, # OT0005165 | 2016 – present |
| State of Oklahoma Occupational Therapy License # 5636 | 2022 – present |

MEMBERSHIPS in PROFESSIONAL and SCIENTIFIC SOCIETIES

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| American Occupational Therapy Association (AOTA), Member | 2013 - present |
| National Postdoctoral Association, Member | 2019 - present |
| Gerontological Society of America, Health Sciences Section, Member | 2020 - present |
| American Geriatric Society, Member | 2022 – present |

HONORS & AWARDS**ACADEMIC:**

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| Psi Chi, National Psychology Honor Society | 2010 - present |
| Scholarships for Therapists, National Ambuc's Scholars, High Point, NC | 2013 |

COMPETITIVE FELLOWSHIPS:

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| Pre-Doctoral Fellowship, Program of Research and Scholarly Excellence, Colorado State University | 2015 - 2018 |
| Post-Doctoral Fellowship, Prosper in Participation Laboratory, University of Pittsburgh, National Institutes of Health, National Institute on Aging | 2019 - 2020 |
| Post-Doctoral Fellowship, Health Policy Institute, University of Pittsburgh, Department of Health and Human Services/Administration for Community Living | 2020 - 2021 |

RESEARCH AWARDS:

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| Young Scientist Award, American Occupational Therapy Association | 2018 |
| Finalist, Vice President for Research Graduate Fellowship Challenge | 2018 |
| Young Scientist Award, American Occupational Therapy Association | 2019 |
| Finalist, Sloboda and Bukowski Cup, Society for Prevention Research | 2019 |
| National Institute on Aging, RCCN Early Career Investigator Travel Award | 2021 |
| Honorarium, National Health and Aging Trends Study 10 th Anniversary Conference Paper | 2021 |

PUBLICATIONS

PEER-REVIEWED MANUSCRIPTS:

1. Schmid, A. A., Adler, K. E., Malcolm, M. P., Grimm, L. A., **Klinedinst, T. C.**, Marchant, D. R., ... & Portz, J. D. (2018). Yoga improves quality of life and fall risk-factors in a sample of people with chronic pain and Type 2 Diabetes. *Complementary Therapies in Clinical Practice*, 31, 369-373.
2. Malcolm, M. P., Adler, K. E., Schmid, A. A., **Klinedinst, T. C.**, Grimm, L. A., Marchant, T. P., & Marchant, D. R. (2018). Relating activity and participation levels to glycemic control, emergency department use, and hospitalizations in individuals with type 2 diabetes. *Clinical Diabetes*, 36(3), 232-243.
3. Adler, K. E., Schmid, A. A., **Klinedinst, T. C.**, Grimm, L. A., Marchant, T.P., Marchant, D.R., & Malcolm, M. P. (2018). The relationship between quality of life, activity, and participation among people with type 2 diabetes mellitus. *Occupational Therapy in Health Care*, 32(4), 341-362
4. Swink, L.A., Schmid, A.A., Adler, K.E., **Klinedinst, T.C.**, Marchant, T.P., Marchant, D.R., & Malcolm, M.P. (2019). Fall risk factors for individuals with type 2 diabetes mellitus younger than 65. *British Journal of Occupational Therapy*, 83(3), 191-196.
5. Swink, L.A., Adler, K.E., **Klinedinst, T.C.**, Fling, B., Fruhauf, C.A., & Schmid, A.A. (2019). Merging yoga and occupational therapy for Parkinson's disease: Program adaptation and development. *Physical & Occupational Therapy in Geriatrics*, 37(4), 260-281.
6. Swink, L.A., Fruhauf, C.A., Adler, K.E., **Klinedinst, T.C.**, Fling, B.W., & Schmid, A.A. (2020). Health-related quality of life changes after the Merging Yoga and Occupational Therapy for Parkinson's disease program: A mixed-methods study. *Complementary Therapies in Clinical Practice*, 39. Doi: 10.1016/j.ctcp.2020.101156
7. **Klinedinst, T.C.**, Nelson, T.N., Gloeckner, G.W., & Malcolm, M.P. (2020). Depression and polypharmacy are risk factors for activity limitation in type 2 diabetes. *Chronic Illness*. Doi: 10.1177/1742395320959434
8. **Klinedinst, T.C.**, Terhorst, L., & Rodakowski, J. (2021). Multimorbidity groups based on numbers of chronic conditions are associated with daily activity. *Chronic Illness*.
9. **Klinedinst, T.C.**, Swink, L.A., Adler, K.E., Chard, C.A., & Malcolm, M.P. (2021). The experience of type 2 diabetes: Application of the Model of Human Occupation. *British Journal of Occupational Therapy*, June 2021. doi:[10.1177/03080226211026545](https://doi.org/10.1177/03080226211026545)
10. Rouch, S.A., **Klinedinst, T.C.**, White, J.S., & Leland, N.E. (2022). Exploring occupational therapists' experiences in U.S. primary care settings: A qualitative study. *American Journal of Occupational Therapy*, 76(1).
11. Petrovsky, D.V., Đoàn, L.N., Loizos, M., O'Connor, R., Prochaska, M., Tsang, M., Hopman-Droste, R., **Klinedinst, T.C.**, Mathur, A., Bandeen-Roche, K., van der Willik, O., Kritchevsky, S. (2022). Key Recommendations from the 2021 "Inclusion of Older Adults in Clinical Research" Workshop. *Journal of Clinical and Translational Sciences*. 1-14. doi:10.1017/cts.2022.1
12. **Klinedinst, T.C.**, Terhorst, L., & Rodakowski, J. (accepted, in press). Chronic condition clusters and associated disability over time. *Journal of Multimorbidity and Comorbidity*.

PEER-REVIEWED PUBLISHED ABSTRACTS:

11. Malcolm, M.P., **Klinedinst, T.C.**, & Nelson, T. (2017). Diabetes and low socioeconomic status: A comprehensive assessment project to identify new targets for primary care. *American Journal of Occupational Therapy*, 71(4), S1.
12. Grimm L.A., Schmid A.A., Atler K.E., **Klinedinst T.C.**, & Malcolm M.P. (2018). Fall rates and fall risk factors for individuals with type 2 diabetes mellitus. *American Journal of Occupational Therapy* 72(4), S1.
13. Schmid, A.A., Malcolm M.P., Atler K.E. Grimm L.A., **Klinedinst T.C.**, Portz, J. & Chop, C. (2018). Yoga improves fall risk factors and quality of life in people with type 2 diabetes mellitus. *American Journal of Occupational Therapy*, 72(4), S1.
14. Malcolm M.P., Schmid A.A., Grimm L.A., **Klinedinst T.C.** & Atler K.E. (2018). Relating activity, participation, and high health care utilization in adults with type 2 diabetes mellitus: Occupational therapy intervention targets. *American Journal of Occupational Therapy*, 72(4), S1.
15. **Klinedinst, T.C.**, Atler, K.E., Grimm, L.A., Schmid, A.A. & Malcolm, M.P. (2018). The TODAY project: Qualitative focus groups provide insight into daily management of diabetes and targets for intervention. *American Journal of Occupational Therapy*, 72(4),S1.
16. Swink, L.A., Atler, K.E., **Klinedinst, T.C.**, Fling, B.W., Fruhauf, C.A., & Schmid, A.A. (2019). Meeting the needs of people with Parkinson disease through the adaptation of a fall risk program: Merging Yoga and Occupational Therapy (MY-OT) for Parkinson Disease. *American Journal of Occupational Therapy*, 73(4), S1.
17. **Klinedinst, T.C.** & Malcolm, M.P. (2019). Health and sociodemographic variables predict IADL performance in adults with type 2 diabetes. *American Journal of Occupational Therapy*, 73(4), S1.
18. **Klinedinst, T.C.** & Rodakowski, J (2020). Ability and performance of daily activity for older adults with multiple chronic conditions, *Innovation in Aging*, 4, S1.
19. **Klinedinst, T.C.**, Rodakowski, J., Terhorst, L. (2021). Critical Differences in Instrumental Activities of Daily Living Among Older Adults With Chronic Conditions. *American Journal of Occupational Therapy*, 75, S1, doi: <https://doi.org/10.5014/ajot.2021.75S2-RP189>
20. **Klinedinst, T.C.**, Donovan, H., Beach, S., & Campbell, G (2021, November). Predictors of participation restriction in mid-life caregivers: An exploratory study. *Innovation in Aging*
21. Beach, S., Schulz, R., Donovan, H., Rosland, A., **Klinedinst, T.**, Kim, H. (2021, November). Family caregiving for persons with emotional/developmental/behavioral disorders during COVID-19. *Innovation in Aging*.

PROFESSIONAL ACTIVITIES**RESEARCH****GRANT FUNDING:****Completed Grant Support**

| <u>Grant Number</u> | <u>Grant Title</u> | <u>Project Role</u> | <u>Years Inclusive</u> | <u>Source</u> |
|-------------------------------|--|--|----------------------------|--|
| 1. NA | Taking on Diabetes to Advance You, Phase 1 | Project Co-Investigator (Malcolm, PI) | 2016 – 2017 | Colorado State University, Occupational Therapy |
| 2. NA | Taking on Diabetes to Advance You, Phase 2 | Key Personnel (Malcolm, PI) | 2017 – 2018 | Colorado State University, Occupational Therapy |
| 3. R01 AG056351 | Influence of Strategy Training on Mild Cognitive Impairment | Postdoctoral Associate (Rodakowski, PI) | 2019 – 2020 | National Institutes of Health, National Institute on Aging |
| 4. DHHS/ ACL # 12877426 | Center for Research, Training, and Dissemination of Family Support for People with Disabilities Across the Life Course: Rehabilitation Research and Training Center (RRTC) on Family Support | Postdoctoral Associate (Donovan, Parmanto, Beach, PIs) | 2019 – 2024 | Department of Health and Human Services/ Administration for Community Living |

RESEARCH-RELATED PRESENTATIONS, LECTURESHIPS, SEMINARS

Invited Lectureships

National

1. **Klinedinst, T.C.** (2021, April). Optimizing Meaningful Occupation for Adults With Chronic Conditions: Improving Participation and Preventing Disability. Sharon Sanderson Lecture. University of Oklahoma Health Science Center.

Peer-Reviewed Research Presentations

National

2. Prendergast, S., Miller, R., Wendt, K.E., **Klinedinst, T.C.**, & Gerst, K. (2019, May). Informing precision prevention using latent class analysis. Presentation in the Sloboda & Bukoski Cup at the Society for Prevention Research Annual Meeting, San Francisco, CA.
3. **Klinedinst, T.C.** & Rodakowski, J. (2020, June). "Can do" versus "does do": Important implications for older adults with multiple chronic conditions. Presentation at the Occupational Therapy Summit of Scholars [conference cancelled due to COVID-19].
4. **Klinedinst, T.C.** (2021, February). Data Blitz. Oral Presentation at the National Institute on Aging Research Centers Collaborative Network Early Career Workgroup. Virtual format.
5. **Klinedinst, T.C.**, Terhorst, L., & Rodakowski, J. (2021, May). Multiple Chronic Condition Clusters have Worse Functional Mobility. Presentation at the [NHATS 10th Anniversary Conference](#).
6. **Klinedinst, T.C.**, Terhorst, L., & Rodakowski, J. (2021, June). Clusters of chronic conditions and disability over time. Poster presentation at the OT Summit of Scholars. Virtual format.

Regional

9. **Klinedinst, T.C.** & Malcolm, M.P. (2015, April). Occupational Therapy for Diabetes Self-Management. Poster presented at the Colorado State University Occupational Therapy Knowledge Exchange, Poster, Fort Collins, CO.
10. **Klinedinst, T.C.**, Langton, S., & Malcolm, M.P. (2016, April). The TODAY Project: Research Proposal. Poster presented at the Colorado State University Occupational Therapy Knowledge Exchange, Fort Collins, CO.
11. **Klinedinst, T.C.** & Malcolm, M.P. (2016, November). The TODAY Project: Taking on diabetes to advance you. Poster presented at the Colorado State University Graduate Student Showcase, Fort Collins, CO.
12. **Klinedinst, T.C.**, Adler, K.E., Grimm, L.A., Schmid, A.A., & Malcolm, M.P. (2017, November). The TODAY Project: Insights into management of diabetes and intervention targets. Poster presented at the Colorado State University Graduate Student Showcase, Fort Collins, CO.
13. **Klinedinst, T.C.** (2018, April). Three Article Dissertation Format, How Do They Fit Together? Oral presentation at Colorado State University's Occupational Therapy Department Scholarship in Progress Seminar Series, Fort Collins, CO.
14. **Klinedinst, T.C.** & Malcolm, M.P. (2018, November). Health and sociodemographic factors as predictors of activity in type 2 diabetes. Poster presented at the Colorado State University Graduate Student Showcase, Fort Collins, CO.
15. **Klinedinst, T.C.** & Malcolm, M.P. (2019, April). Management of type 2 diabetes: An occupational approach. Oral presentation at the Colorado State University Occupational Therapy Knowledge Exchange, Fort Collins, CO.
16. **Klinedinst, T.C.**, Terhorst, L., & Rodakowski, J. (2020, October). Multiple chronic condition groups associated with ability and performance of daily activity. Poster presented at the 16th Annual Rehabilitation Institute Research Day, University of Pittsburgh, Pittsburgh, PA.

TEACHING

Colorado State University
Department of Psychology, Undergraduate
Teaching Assistant

1. Course Title: Research Methods in Psychology (PSY 250) - 3 credits (2012)
Contact hours; number of lectures: 1 hour; 3 classes per week (16-week course)
Description: This undergraduate research course introduced students to the basics of qualitative and quantitative research methods, statistics, and critical evaluation of research. My role as teaching assistant was to grade assignments and tests and proctor exams.

Colorado State University
Master's in Occupational Therapy Program
Instructor

2. Course Title: Occupational Performance II- Adult to Old Age (OT 630) – 3 credits (2016)
Contact hours; number of lectures: 3 hours; 1 lecture per week (16-week course)
Description: This in-person laboratory class used hands-on learning to reinforce lecture material and encourage critical thinking. Topics included ADL/IADL with physical and cognitive disability, dynamics of groups and group leadership, adaptive equipment and techniques, and the occupational therapy process of evaluation, intervention, outcomes assessment.

Guest Lecturer

3. **Klinedinst, T.C.** (2015, March). Virtual Reality for Neurorehabilitation, Oral presentation at CSU OT 665: Adult to Old Age II.
4. **Klinedinst, T.C.** (2015, May). Application of the LeapMotion Controller for Computer Access and Rehabilitation. Oral presentation at the Colorado State University Assistive Technology Resource Center, Fort Collins, CO.
5. **Klinedinst, T.C.** (2016, April). Occupational Therapy in Primary Care. Oral presentation at CSU OT 630: Adult to Old Age I.
6. **Klinedinst, T.C.** (2017, April). Occupational Therapy in Primary Care. Oral presentation at CSU OT 630: Adult to Old Age I.
7. **Klinedinst, T.C.** (2018, April). Occupational Therapy in Primary Care. Oral presentation at CSU OT 630: Adult to Old Age I.

University of Pittsburgh
Doctorate of Occupational Therapy Program
Guest Lecturer

8. **Klinedinst, T.C.** & Rodakowski, J (2020, February). Motivational Interviewing. Oral presentation at University of Pittsburgh OT 2210: Psychosocial and Cognitive Theory and Practice
9. **Klinedinst, T.C.** & Rodakowski, J (2021, February). Motivational Interviewing. Oral presentation at University of Pittsburgh OT 2210: Psychosocial and Cognitive Theory and Practice

University of Pittsburgh
Health Policy Institute
Guest Lecturer

10. **Klinedinst, T.C.** (2020, September). The Occupations of Health and Wellness. Oral presentation at the Geriatric Health Services Lab Meeting at University of Wisconsin Department of Kinesiology.

University of Oklahoma Health Sciences Center
Master's in Occupational Therapy Program

Course Instructor

11. Course Title: Group Intervention (OCTH 7232) – 2 credits (Spring 2022)
Contact hours: 3 hours per week (16-week course)
Description: This course prepares students with the fundamentals to design, deliver, and bill for group interventions in community and residential settings. Topics include group dynamics, trauma-informed care, billing considerations, and hands-on learning through developing a group protocol and delivering the services. In this role, I also manage five faculty facilitators who accompanied the students into the community.

SERVICE**Service to Colorado State University****University**

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| 1. | Vice President, Psychology Student Alliance, Colorado State University | 2009 – 2010 |
| 2. | Judge, Celebrate Undergraduate Research and Creativity, Colorado State University | 2018 |
| 3. | Departmental Representative, Graduate Student Council, Colorado State University | 2018 – 2019 |

Service to University of Pittsburgh**University**

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| 4. | Judge, Health Disparities and Social Justice Poster Competition, office of Academic and Career Development, University of Pittsburgh | 2021 |
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Occupational Therapy Department

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| 5. | Founder and organizer, Multiple Chronic Conditions Journal Club for Trainees in Occupational Therapy Department | 2019-2020 |
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Service to the University of Oklahoma Health Sciences Center

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| 6. | Member of Departmental and College workgroups: PhD Transformational Workgroup, College of Allied Health Strategic Planning workgroup | 2021 - present |
| 7. | Member, College of Allied Health Research Committee | 2021 - present |
| 8. | Member, Academic Misconduct Board | 2022 - present |

Service to Scientific Organizations**American Occupational Therapy Foundation**

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| 9. | Application reviewer, Summer Institute for Future Scientists in Occupational Therapy | 2019 |
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Gerontological Society of America

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| 10. | Abstract reviewer, GSA Annual Scientific Meeting | 2021 |
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Society for Prevention Research

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| 11. | Abstract reviewer, SPR Annual Scientific Meeting | 2021 |
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American Occupational Therapy Association

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| 12. | Abstract review, AOTA Annual Conference | 2021 |
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Service to the Profession

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| 13. | Guest Reviewer for Academic Journals: <i>Diabetes Care</i> , <i>Qualitative Health Research</i> , <i>Occupational Therapy Journal of Research</i> , <i>British Journal of Occupational Therapy</i> , <i>BMJ Open</i> , <i>Clinical Interventions in Aging</i> | |
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