

Nitha Mathew Joseph, PhD, RN, CNE
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Cizik School of Nursing
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EDUCATION

BSN (Hons)	Rufaida College of Nursing Jamia Hamdard, New Delhi, India	5/2001
PhD (BSN-PhD)	University of Texas Medical Branch Galveston, TX	5/2014

OTHER EDUCATION

Audit course - PHWM/D Advanced Methods for Planning (Health Promotion Intervention Mapping)	UTHealth Houston School of Public Health	8/2022-12/2022
Data Analytics for Absolute Beginners	Cizik School of Nursing at UTHealth	02/2022
Rigor and Reproducibility Workshop	Gulf Coast Consortia for Quantitative Biomedical Science	10/2021
Professional NIH Grant Development Workshop	Grant Training Center	6/2021
Emerging Leaders Program	Emerging Leaders Institute University of Texas Health Science Center Houston, TX	10/2020
The PI Crash Course: Skills for Future or New Lab Leaders	Columbia University Mailman School of Public Health New York, NY	6/2020
Qualitative Research Methods and Data Analysis Workshop	CERTaIN, MD Anderson Cancer Center Houston, TX	7/2019

UT Health New Investigator Development Program (Grants 101 & 102 course)	University of Texas Health Science Center Houston, TX	2017 – 2018
Scientific Writing Workshop	University of Texas Health Science Center Cizik School of Nursing Houston, TX	2/2017 – 5/2017

LICENSURE & CERTIFICATION

RN No. 729040	State of Texas	05/31/2022
RN No. 19850	Punjab Nurses Registration Council	7/2001 - Lifelong
RM No. 21001	Punjab Nurses Registration Council	7/2001 - Lifelong
Certified Nurse Educator NLN 562602	National League for Nursing	2019 – 2024
Basic Life Support (BLS)	American Heart Association	2006 – present
Advanced Cardiac Life Support	American Heart Association	2006 – 2009

PROFESSIONAL EXPERIENCE

Escorts Heart Institute and Research Center New Delhi, India	Registered Nurse - ICU	10/2001-12/2005
Bayshore Medical Center Pasadena, TX	Registered Nurse - ICU	2006-2007
Surgery Specialty Hospitals of America Pasadena, TX	Registered Nurse/ICU	2007 – 2009
Triumph Health Care Clearlake, TX	Registered Nurse – ICU	2007 – 2009
UT- Harris County Psychiatric Center Houston, TX	Registered Nurse/ Adult Psychiatry	2009 – 2014
Cizik School of Nursing The University of Texas Health Science Center Houston, TX	Assistant Professor-Clinical	8/2014 – 8/2021
	Associate Professor- Clinical Director of Honors Research Program	9/2021– present 8/2023– present

INTERNATIONAL EXPERIENCES

Annamalai University Rani Meyyammai College of Nursing, India	Foreign Examiner for PhD Nursing	3/2017– present
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HONORS & AWARDS

Trained Nurses Association of India National Scholarship Award	Trained Nurses Association of India	1998 – 2001
Hakeem Abdul Hammed Scholarship Award	Jamia Hamdard (Hamdard University)	1998 – 1999
Dorothy Blum Scholarship Award	University of Texas Medical Branch (UTMB) School of Nursing	2011 – 2012
Lois E. Nickerson Endowed Scholarship	University of Texas Medical Branch (UTMB) Graduate School of Biomedical Sciences	2010 – 2011 2011 – 2012
Inducted into Sigma Theta Tau Nursing Honor Society Alpha Delta Chapter	Sigma Theta Tau International	2012
Hattie Mae Jackson Scholarship Award	University of Texas Medical Branch (UTMB) School of Nursing	2013 – 2014
The Good Samaritan Scholarship Award	Good Samaritan Foundation	2013 – 2014
Top scored Student Poster (Nominee)	Southern Nursing Research Society (SNRS)	2013
Robert Bennett Tuition Scholarship Award	University of Texas Medical Branch (UTMB)	2013 – 2014
Salute to Nursing Scholars Award	University of Texas Medical Branch (UTMB) School of Nursing	2012 – 2013 2013 – 2014
National Jonas Nurse Leader Scholar Award	Jonas Center for Nursing Excellence	2012 – 2014
Nursing Excellence Award	Indian American Nurses Association of Greater Houston (IANAGH)	2017
Outstanding Nurses Award -TNA (Nominee)	Texas Nurses Association, District 9	2017, 2018

Top 150 Houston Nurses - Houston Chronicle Salute to Nurses.	Houston Chronicle (Newspaper)	2018
Excellence in Nursing Community Award	International Honor Society of Nursing STTI Zeta Pi Chapter	2018
Excellence in Nursing Award Bronze Medalist	Good Samaritan Foundation	2018, 2021
UTHealth Star Award (10-year service)	UTHealth Houston	2020
National Nursing Excellence Award (Nurse Educator Category)		
	Federation of Malayalee Associations of Americas (FOMAA)	2021
Sigma Experienced Academic Leadership Academy	Scholar	2022
Distiguished Alumni Hall of Fame	Rufaida College of Nursing, Jamia Hamdard, New Delhi, India	2023

GRANTS

Research Grants

1. Exploring the Relationship between Physical Activity and Acculturation in U.S. Asian Indian women, Research Grant, Texas Nurses Association (TNA) District- 9 Foundation, Principal Investigator, \$1,000 (2013-2014).
2. Genetic Variations, Stress and Functional Outcomes after Stroke Rehabilitation, (R01NR105591), National Institutes of Health (NIH), University of Texas Health Science Center at Houston Site Co-Investigator (PI: Dr. Alison Holman at UC Irvine), Amount per site: \$83,160.00 (5/21/2019-2/21/2021).
3. Perspectives on Physical Activity Participation in Middle-aged U.S. South Asian Indian Women at Risk for Type 2 Diabetes, Research Grant, Sigma Theta Tau International (STTI) Foundation for Nursing, Principal Investigator, \$5,000 (2023-2024).
4. A Culturally Adapted, Social Support-Based, Physical Activity Intervention for South Asian Indian Women in the United States: A Feasibility Study, Project Sponsor: National Center for Advancing Translational Sciences/NIH/DHHS (NCATS), (Project Number: SP0000027) in collaboration with Center for Clinical and Translational Sciences (CCTS), UTHealth Houston. Principal Investigator, \$30,000 (2023-2024).

GRANTS: Leadership Grants

5. Transformational Leadership in Nursing: Aspiring Leaders Development (ALD) Program. National Association of Indian Nurses of America (NAINA), Gordon and Betty Moore Foundation, Co-Investigator, \$10,200, (2015-2016).

PUBLICATIONS

Peer-Reviewed Publications (*_ = database IF = impact factor)

1. * Reid, H., Tart, K., Tietze, M., **Mathew Joseph, N.**, & Easley, C. (2017). Texas team: Academic progression and IOM toolkit. *Nursing Education Perspectives*, 38(5), 255. doi: 10.1097/01.NEP.0000000000000210 (IF= 0.95)
2. **Mathew Joseph, N.**, Ramaswamy, P., & Wang, J. (2018). Cultural factors associated with physical activity among U.S. adults: An integrative review. *Applied Nursing Research*, 42, 98 -110. doi: 10.1016/j.apnr.2018.06.006 1.612 (IF= 1.61)
3. Ramaswamy, P., **Mathew Joseph, N.**, & Wang, J. (2019). Health beliefs regarding cardiovascular disease risk and risk reduction in South Asian immigrants: An integrative review. *Journal of Transcultural Nursing*, 31(1), 76-86. doi: doi:10.1177/1043659619839114 (IF= 1.57)
4. * **Mathew Joseph, N.**, Hanneman, S, K., & Bishop, S. L. (2019). Physical activity, acculturation, and immigrant status of Asian Indian women living in the United States. *Applied Nursing Research*, 47, 52-56. doi: 10.1016/j.apnr.2019.04.007 (IF= 1.61)
5. *Dias, N., **Mathew Joseph, N.**, & Michael, J. (2019). Transformational leadership in nursing: Aspiring leaders development program for Indian American nurses. *Nurse Leader*, 17 (5), 432-439. doi: <https://doi.org/10.1016/j.mnl.2018.12.015> (RG Journal Impact= 0.16)
6. * **Mathew Joseph, N.**, Misra, R., & Wang, J. (2020). Mediating role of acculturation and lifestyle behaviors on cardiometabolic risk among a national sample of U.S. Asian Indians. *Journal of Immigrant and Minority Health*, 22(4), 727–735. doi: 10.1007/s10903-019-00930-5 (IF= 1.79)
7. *Jiwani, R., Wang, J., Berndt, A., Ramaswamy, P., **Mathew Joseph, N.**, Du, Y., Ko, J., & Espinoza, S. (2020). Changes in patient-reported outcome measures with a technology-supported behavioral lifestyle intervention among patients with type 2 diabetes: Pilot randomized controlled clinical trial. *Journal of Medical Internet Research (JMIR) Diabetes*, 5(3), e19268. doi: 10.2196/19268 (*JMIR Diabetes* is a sister journal of *JMIR*, *JMIR* IF= 5.03)
8. Lewandowski, S., Strunk, F., & **Mathew Joseph, N.** (2021). An introductory online affirmation discussion for first semester RN-BSN students. *Nurse Educator*. 1/15/2021. Published online ahead of print. doi:10.1097/NNE.0000000000000975(IF= 1.45)
9. Su, Z., Meyer, K., Li, Y., McDonnell, D., **Mathew Joseph, N.**, Li, X. Du, Y., Advani, S., Cheshmehzangi, A., Ahmad, J., Da Veiga, C. P., Chung, R. Y.-N., Wang, J., & Du, H. (2021) Technology-based interventions for nursing home residents: a systematic review protocol. *BMJ Open*, 11, e056142. doi: 10.1136/bmjopen-2021-056142 [Impact Factor: 2.692; 5 Year Impact Factor: 3.424]
10. Lewandowski, S., **Mathew-Joseph, N.**, Schaefer, F., Strunk, F. (2022). Implementation of an online affirmation discussion for first semester RN-BSN students. *Creative Nursing*, 28 (4). <https://doi.org/10.1891/CN-2022-0015>
11. Eapen, D., Mbango, C., Daniels, G., **Mathew Joseph, N.**, Mary, A., Mathews, N., Carr, K. K., Wells, C., Suriaga, A., & Saint Fleur, A. (2023). Recommendations to improve maternal health equity among Black women in “The South”: A position paper from the SNRS minority health research interest & implementation group. *Research in Nursing & Health*, 46 (5), 457-461. <https://doi.org/10.1002/nur.22332>
12. **Mathew Joseph, N.**, Strunk, F.A., Dhar, B & Strong, L.L. (2023). Cardiovascular Disease in South Asian Americans: A Serious Health Concern. *Journal for Nurse Practitioners. In Press* (Accepted on 9/3/2023).

Peer-Reviewed Abstracts

1. **Mathew, N.**, Thomas, A., John, S., Verma, P., & Joseph, A. (2011). Pressure ulcer in spinal cord injury patients and contributing factors. *Abstract Proceedings of the Southern Nursing Research Society (SNRS) Annual Conference*, Jacksonville, FL.
2. **Mathew, N.** (2013). Cultural and environmental factors influencing adult exercise: an integrative review. *Abstract Proceedings of the Southern Nursing Research Society (SNRS) Annual Conference*, Little Rock, Arkansas.
3. **Mathew Joseph, N.** (2015). Physical Activity in immigrant and non-immigrant Asian Indian women in the U.S., Poster Presentation, *Asian American and Pacific Islander (AAPI) Health Summit Conference Proceedings*, Rice University's Bioscience Research Collaborative (BRC), Houston, Texas.
4. **Mathew Joseph, N.** (2016). Correlation between acculturation and physical activity in Asian Indian women living in the U.S. *Abstract Proceedings of the Southern Nursing Research Society (SNRS) Annual Conference*, Williamsburg, Virginia.
5. **Mathew Joseph, N.** (2015). The Role of acculturation in shaping the health of Asian Indian women: The relationship between acculturation and physical activity, *Proceedings of the National Institute of Nursing Research's (NINR) 30th Anniversary Scientific Symposium*, Bethesda, MD.
6. **Mathew Joseph, N.**, Hanneman, S.K. & Bishop, S. L. (2017). Physical activity in U. S. Asian-Indian women: Comparison of acculturation level and immigrant status. *Proceedings of the Sigma Theta Tau International 28th International Nursing Research Congress*, Dublin, Ireland.
7. **Mathew Joseph, N.**, Misra, R., Wang, J., Cron. S. & Ramaswamy, P. (2018). Mediating role of acculturation and lifestyle behaviors on cardiometabolic risks among Asian Indians in the United States, *Diabetes*, 67(Supplement 1), 247-OR. doi:10.2337/db18-247-OR
8. **Mathew Joseph, N.**, Dias, N., & Michael, J. (2019). Developing Indian American nurse leaders through a transformational leadership training program. *Proceedings of the Sigma Theta Tau International 45th Biennial Convention*, Washington, DC, USA.
9. **Mathew Joseph, N.**, George, L. S. & Varghese, R. (2020). Prevalence of depression among patients with cardiovascular diseases in South Asia: A Systematic Review. *Proceedings of the Sigma Theta Tau International's 31st Virtual International Nursing Research Congress*. Abu Dhabi, UAE.
10. **Mathew Joseph, N.**, Jiwani, R., Wang, J., Berndt, A., & Espinoza, S. (2021). Evaluating the Changes in Patient-Reported Outcomes in Patients with Type 2 Diabetes: A secondary data analysis of a feasibility study. *Proceedings of the Sigma Theta Tau International's 32nd Virtual International Nursing Research Congress*. Singapore.
11. Lewandowski, S., **Mathew-Joseph, N.**, Schaefer, F. (2021). Online Affirmations for RN-BSN Students and Effects on Stress. *Proceedings of the American Holistic Nurse's Association Annual Conference*, Florida, USA.
12. **Mathew Joseph, Nitha.**, Brady, V. J., & Ju, H.H. (2023). Gamification on diabetes self-care behaviors and glycemic outcomes in adults with type 2 diabetes. *Proceedings of the Sigma Theta Tau International's 34th Virtual International Nursing Research Congress*. Abu Dhabi, United Arab Emirates.

Other Publications (Non-Peer Reviewed)

1. **Mathew, N.** (2014). Exploring the relationship between physical activity and acculturation in U. S. Asian Indian women. PhD Dissertation. University of Texas Medical Branch Galveston, Texas, United States. Retrieved from <http://hdl.handle.net/2152.3/692>
2. **Mathew Joseph, N.,** & Bishop, S. L. (2014). Self-reported physical activity, sedentary behavior and body mass index among U.S. Asian Indian women. *Journal of Medical Research and Practice*, 3(3), 63-70.

Media and Other Creative Projects

1. American Diabetes Association. (2018, June 25). *Type 2 diabetes risk in Asian Indian Immigrants in U.S. impacted by adopted lifestyle habits*. [Press release]. Retrieved from <https://www.prnewswire.com/news-releases/type-2-diabetes-risk-in-asian-indian-immigrants-in-us-impacted-by-adopted-lifestyle-habits-300671260.html>
2. Delaughter, G. (2018, June 25). Study looks at why Asian Indian immigrants are at high risk for diabetes. *Health and Science*. Retrieved from <https://www.houstonpublicmedia.org/articles/news/health-science/2018/06/25/292736/study-looks-at-why-asian-indian-immigrants-are-at-high-risk-for-diabetes/>
3. Delaughter, G. (Transportation Reporter & News Anchor). (2018, June 25). *NPR radio* on-air interview in FM 88.7. Study looks at why Asian Indian immigrants are at high risk for diabetes. Houston, Texas. Retrieved from <https://www.houstonpublicmedia.org/articles/news/health-science/2018/06/25/292736/study-looks-at-why-asian-indian-immigrants-are-at-high-risk-for-diabetes/>
4. Bates, D. R. (2018, June 25). Diabetes study by Mathew Joseph highlighted at ADA scientific sessions *UTHealth School of Nursing News*. Retrieved from <https://nursing.uth.edu/news/detail.htm?id=5562ac1e-1ca1-4e5e-97c7-dfd9049e113d>
5. Busko, M. (2018, July 13). Asian Indians up diabetes risk by adopting poor lifestyle. *Medscape Medical News*. Retrieved from <https://www.medscape.com/viewarticle/899303>.
6. Lifestyle. (2018, July 13). Asian Indians up diabetes risk by adopting poor lifestyle. Retrieved from <http://gettoinfo.com/lifestyle/asian-indians-up-diabetes-risk-by-adopting-poor-lifestyle/>
7. UTHealth Houston. (2018, July 16). Diabetes study of Asian Indians by UTHealth nurse researcher highlighted in ADA Scientific Sessions. *Texas Medical Center (TMC) News*. Retrieved from <http://www.tmc.edu/news/2018/07/diabetes-study-of-asian-indians-by-uthealth-nurse-researcher-highlighted-in-ada-scientific-sessions/>
8. Voice of Asia. (2018, July 26). UTHealth's Dr. Nitha Mathew Joseph presents a report on health issues experienced by Indians moving to the US. Retrieved from <http://voiceofasia.news/uthealths-dr-nitha-mathew-joseph-presents-a-report-on-health-issues-experienced-by-indians-moving-to-the-us/>
9. India Herald. (2018, August 8). Study: Indian immigrants in the U.S. are at high risk for diabetes, heart disease. Retrieved from <http://india-herald.com/study-indian-immigrants-in-the-us-are-at-high-risk-for-diabetes-heart-d-p6536-1.htm>
10. Nurse Educator. (2021, February 24). Tips for teaching: Using affirmations for nursing students. Podcast can be found at <https://podcasts.apple.com/us/podcast/nurse-educator-tips-for-teaching/id1467432231?i=1000510489963>
11. MalluCafeRadio. (2021, May, 8). Nurses' day Message by representing as recipient of FOMAA Nursing Excellence Award Winner-2020.
12. Cizik School of Nursing UT Health Houston. (2021). The progression on clinical track. Associate professor shares her journey. Cizik School of Nursing yearly magazine. Page.20. <https://nursing.uth.edu/news/story/the-clinical-track>

13. Cizik School of Nursing UT Health Houston. (2023). Research highlights – Spring 2023. Advancing nursing science. Cizik School of Nursing online magazine. <https://nursing.uth.edu/cizik-nursing/story.htm?id=9e358b93-e8e8-42b6-8c4c-829690d9a04d>
14. Bybee, K. (2023, April 27). DEI speaker series: Mathew Joseph discusses cardiometabolic disease in South Asians, Inside UTHouston. Retrieved from <https://inside.uth.edu/inside/story.htm?id=ebfc3555-4840-473c-9f51-964c8ece8407&catinode=e6f0a34b-fc9d-4211-966a-9438e055d3fb>

PRESENTATIONS

International

1. **Mathew Joseph, N.** (2015, July). The role of acculturation in shaping the health of Asian Indian women: The relationship between acculturation and physical activity. Podium Presentation accepted for presentation at the Sigma Theta Tau International's 26th International Nursing Research Congress in San Juan, Puerto Rico.
2. **Mathew Joseph, N.,** Hanneman, S.K., & Bishop, S. L. (2017, July). Physical Activity in U.S. Asian Indian women: Comparison of acculturation level and immigrant status. Podium presentation at the Sigma Theta Tau International's 28th International Nursing Research Congress, Dublin, Ireland.
3. **Mathew Joseph, N.,** Misra, R., Wang, J., Cron, S., & Ramaswamy, P. (2018, June). Mediating role of acculturation and lifestyle behaviors on cardiometabolic risks among Asian Indians in the United States. Podium presentation at the American Diabetes Association's 78th Scientific Sessions, Orlando, FL.
4. **Mathew Joseph, N.,** George, L. S. & Varghese, R. (2020, July). Prevalence of depression among patients with cardiovascular diseases in South Asia: A systematic review. Podium virtual presentation at the Sigma Theta Tau International's 31st Virtual International Nursing Research Congress. Abu Dhabi, UAE.
5. **Mathew Joseph.** (2020, December). Writing Proposals to generate evidence. International Live Webinar: Transforming Global Nursing Perspectives through innovation and Research. School of Nursing Science and Research, Sharda University, New Delhi, India (**Invited speaker**)
6. **Mathew Joseph.** (2021, June). Nursing Career Opportunities in the United States of America. International Live Webinar: Nursing Job Opportunities Abroad. School of Nursing Science and Research, Sharda University, New Delhi, India (**Invited speaker**)
7. **Mathew Joseph, N.,** Jiwani, R., Wang, J., Berndt, A., & Espinoza, S. (2021, July). Evaluating the Changes in Patient-Reported Outcomes in Patients with Type 2 Diabetes: A Secondary Data Analysis of a Feasibility Study. Podium virtual presentation at the Sigma Theta Tau International's 31st Virtual International Nursing Research Congress. Singapore.
8. **Mathew Joseph, N.,** (2022, September). The Leadership Project Plan for the Sigma Experienced Academic Leadership Academy. Leadership and Project Development Workshop during Leadership Connection—Sigma's biennial chapter leadership training conference, Virtual presentation, Indianapolis, Indiana, USA
9. **Mathew Joseph, N.,** (2023, April 26). Development of the Leadership Project of Experienced Academic Leadership Academy - Challenges and Lesson Learned. Sigma Theta Tau International's Nurse Leaders Virtual Summit. Virtual presentation.
10. **Mathew Joseph, N.,** (2023, April 27). Sigma Foundation for Nursing's 2023 researcher grant announcement. "Perspectives on Physical Activity Participation in Middle-aged U.S. South Asian Indian Women at Risk for Type 2 Diabetes, "Sigma Theta Tau International's Sigma Foundation for Nursing. Webinar (**Invited speaker**).

11. **Mathew Joseph, N.**, Brady, V. J., & Ju, H-H. (2023, August 2). Gamification on diabetes self-care behaviors and glycemic outcomes in adults with type 2 diabetes. Virtual Oral presentation at the Sigma Theta Tau International's 34th International Nursing Research Congress, Abu Dhabi, United Arab Emirates.

National

1. **Mathew, N.** (2013, October). Jonas scholar's leadership project: IOM recommendation: Double the number of nurses with a doctorate by 2020 and the related activities of the state of Texas, Podium presentation at the Jonas Scholars Leadership Conference, and Washington, DC.
2. **Mathew Joseph, N.** (2015, October). The role of acculturation in shaping the health of Asian Indian women: The relationship between acculturation and physical activity. Poster presentation at the National Institute of Nursing Research's (NINR) 30th Anniversary Scientific Symposium, National Institutes of Health, Bethesda, MD.
3. **Mathew Joseph, N.**, Reid, H., Tart, K., Tietze, M., & Easley, C. (2017, September). Development of a web-based toolkit to implement the IOM Future of Nursing recommendations. Poster presentation at the National Association of Indian Nurses of America (NAINA)'s National Leadership conference, Atlanta, Georgia.
4. **Mathew Joseph, N.**, Ramaswamy, P., & Wang, J. (2017, December). Cultural factors influencing adult exercise. Poster presentation at the APN Clinical Excellence Conference, National Association of Indian Nurses of America (NAINA), Houston, Texas.
5. Ramaswamy, P., **Mathew Joseph, N.**, & Wang, J. (2017, December). Health beliefs regarding cardiovascular disease risk and risk reduction in south Asian immigrants: an integrative review. Poster presentation at the APN Clinical Excellence Conference, National Association of Indian Nurses of America (NAINA), Houston, Texas.
6. **Mathew Joseph, N.** (2018, November). Media press release research dissemination. Bon Secours Memorial College of Nursing, Bachelors of Nursing Students, 4122- Nursing Research. Bon Secours Richmond Health System, Richmond, VA. Speaker, **Invited**
7. **Mathew Joseph, N.**, Dias, N., & Michael, J. (2019, November). Developing Indian American nurse leaders through a transformational leadership training program. Podium presentation at the 45th Sigma Teta Tau International Honor Society of Nursing, Biennial Convention, Washington, DC, USA.
8. Lewandowski, S., **Mathew-Joseph, N.**, Schaefer, F. (2021, June). Online affirmations for RN-BSN students and effects on stress. Poster presentation, American Holistic Nurse's Association Annual Conference, Florida, USA.
9. **Mathew Joseph, N.**, Lewandowski, S., Schaefer, F. & Strunk, F. (2022, December). Implementation of an Online Affirmation Discussion for First Semester RN-BSN students. Virtual launch event *Creative Nursing* 28(4)– Thinking Like a Nurse: Making an Impact on Family and Society, Minnesota State University, Mankato; The Taylor Nursing Institute for Family and Society; Creative Health Care Management; and Springer Publishing Company.
10. **Mathew-Joseph, N.** (2023, May). Project Firstline for Healthcare Personnel Initiative: How viruses make all of us sick? Town Hall Meeting. Project Firstline Speaker Series. National Association of Indian Nurses of America (NAINA). Virtual presentation.

Regional/State

1. **Mathew, N.,** Thomas, A., John, S., Verma, P., & Joseph, A. (2011, February). Pressure ulcer in spinal cord injury patients and contributing factors. Poster presentation at the Southern Nursing Research Society (SNRS) Annual Conference, Jacksonville, FL.
2. **Mathew, N.** (2013, March). Cultural and environmental factors influencing adult exercise: An integrative review. Poster presentation at the Southern Nursing Research Society (SNRS) Annual Conference, Little Rock. Arkansas.
3. **Mathew Joseph, N.** (2016, February). Correlation between acculturation and physical activity in Asian Indian women living in the U.S. Poster presentation at the Southern Nursing Research Society (SNRS) Annual Conference, Williamsburg, Virginia.
4. Mathew Joseph, N. (2023, January). South Asian Indian's Cardiometabolic Risk. Minority Health Research Spotlight. Panel discussion, Southern Nursing research Society (SNRS), Webinar, Speaker, **(Invited)**.

Local

1. **Mathew Joseph, N.** (2014, June). Self-reported physical activity, sedentary behavior and body mass index among US Asian Indian women. Poster presentation at the Sigma Theta Tau International, Alpha Delta Chapter, Annual Research Symposium & Showcase: Advancing Clinical Practice, UTMB School of Nursing, Galveston, Texas.
2. **Mathew Joseph, N.** (2015, March). Physical Activity and acculturation among Asian Indian women. Podium presentation at the annual research day, School of Nursing, The University of Texas Health Science Center, Houston, Texas.
3. **Mathew Joseph, N.** (2015, November). Physical Activity in immigrant and non-immigrant Asian Indian women in the U.S. Poster presentation at the American Pacific Islander (AAPI) Health Summit, Rice University's Bioscience Research Collaborative (BRC), Houston, Texas.
4. **Mathew Joseph, N.** (2019, May). Health assessment: Nutritional assessment of adults Summer Health Professions Education Program, University of Texas Health Science Center at Houston (UTHealth), School of Dentistry. Houston, Texas. Speaker. **Invited**.
5. **Mathew Joseph, N.,** Varghese, S., & Mathews, N. (2020, October). Writing Research Grant Proposals. Panel Discussion at the Indian Nurses Association of Greater Houston, APN Week Celebration & Educational Week 2020. Live video conference and webinar, Houston, Texas.
6. **Mathew Joseph, N.** (2021, April). Acculturation and Its Influence on the Prevalence of Cardiometabolic Diseases among Asian Indians in the U.S. School of Dentistry and School of Nursing virtual workshop for research collaboration. The University of Texas Health Science Center, Houston, Texas.
7. **Mathew Joseph, N.** (2021, June). Health assessment: Nutritional assessment as a screening for health assessment. Summer Health Professions Education Program, University of Texas Health Science Center at Houston (UTHealth), School of Dentistry. Houston, Texas. Speaker. **Invited**.
8. Lewandowski, S., **Mathew-Joseph, N.,** Schaefer, F. (2021). Online Affirmations for RN-BSN students and effects on stress, podium presentation, University of Texas Advances in Teaching and Learning Conference, Houston, Texas.

9. **Mathew Joseph, N.,** Eapen, D., & Mathews, N. (2022, May). Writing for Publication. Panel Discussion at the Indian Nurses Association of Greater Houston, APN Week Celebration & Educational Week 2022, Houston, Texas.
10. **Mathew Joseph, N.** (2022, July). Health assessment: Nutritional assessment as a screening for health assessment. Summer Health Professions Education Program, University of Texas Health Science Center at Houston (UTHealth), School of Dentistry. Houston, Texas. Speaker. **Invited.**
11. **Mathew-Joseph, N.** (2022, November). Theoretical Approach to Understand Attitudes and Beliefs of Participating in Physical Activity: Implications for Asian Indian Physical Activity Studies. Educational Seminar and APRN Week Celebration. University of Houston, Sugar Land, Texas.
12. Mathew Joseph, N. (2023, April 19). Cardiometabolic disease in South Asians: A serious public health concern in an expanding population in the United States. Diversity and Equity Speaker Series, McGovern Medical School at the University of Texas Health Science Center at Houston, Speaker, **(Invited).**
13. Mathew Joseph, N. (August, 2023). Reflecting the career trajectory. 2023 Nursing PhD Residency Program at the University of Texas Medical Branch (UTMB), School of Nursing, Galveston, Texas, Speaker, **(Invited).**

PROFESSIONAL SERVICE: Editorial Board /Review Panels

Journal Manuscript Reviewer

<i>BMJ Open</i>	2019, 2020, 2021,2022
<i>Preventive Medicine Reports</i>	2019, 2023
<i>JMIR Aging (Journal of Medical Internet Research)</i>	2019
<i>Preventing Chronic Disease</i>	2019, 2021
<i>Clinical Interventions in Aging</i>	2019
<i>Western Journal of Nursing Research</i>	2019, 2021, 2022
<i>Family & Community Health (FCH)</i>	2020
<i>BMC Medical Education</i>	2021
<i>American Journal of Preventive Medicine</i>	2021
<i>JMIR Diabetes</i>	2022
<i>Journal of Medical Internet (JMIR)Research Protocols</i>	2022, 2023
<i>International Journal of Sport and Exercise Psychology</i>	2023
<i>Nursing Education Perspectives</i>	2023
<i>Preventive Medicine Reports</i>	2023
<i>International Journal of Behavioral Medicine</i>	2023

Review Panels

Committee on the Status of Women	
Member Distinguished Professional Woman Award Panel	2015 – 2016
National Association of Indian Nurses of America (NAINA)	
Abstract Reviewer	2014 – 2019

Research Grant Reviewer	2014 – 2019
Southern Nursing Research Society (SNRS)	
Abstract Reviewer	2015, 2016
Texas Nurses Association (TNA) District 9	
Research Grant Reviewer	2015 – 2018, 2021
Scholarship Application Reviewer	2015 – 2018, 2021
Scholarship Evaluation Instrument Review and Revision	2023
UTHealth 2021 Advances in Teaching and Learning Day Conference	
Abstract/Poster Reviewer	2021
External Reviewer promotion portfolio of candidate	2021
University of Texas at Arlington, School of Nursing, Promotion to rank of Clinical Associate Professor	
University of Nebraska Medical Center College of Nursing	2023
Promotion to the rank of Associate Professor	
Sigma Theta Tau International, Zeta Pi chapter Research Grant Reviewer	2022,2023
Beta Beta Houston Sigma chapter. Founder’s Day	
Abstract reviewer for podium presentation	2022

PROFESSIONAL SERVICE – Professional Organizations

Texas Team Action Coalition: Advancing Health through Nursing –Initiative on the Future of Nursing (cosponsored by the Texas Nurses Association and Blue Cross Blue Shield of Texas)

Advancing Nursing Education Committee	Member	2012 – present
Future of Nursing Recommendations Faculty Study:	Member	2012
Survey Instrument Content Expert Panel		
IOM Future of Nursing Recommendations:		
Web Based Toolkit Development Committee	Member	2013 – 2018
Nursing Faculty Shortage Project Committee	Member	2019 – 2020
Transition to Academia Toolkit Committee	Member	2020 – present
EHR for Nursing Students in Clinical & Simulation Study:	Member	2020
Survey Instrument Content Expert Panel		

Texas Team Action Coalition: Gulf Coast Regional Leadership Team

Steering Committee Member	2012 – 2018
Recruitment of IANAGH as Coalition Member	2012

Texas Nurses Association (TNA) District 9

Research Grant and Scholarship Committee	2015 – present
Scholarship and research grant evaluation criteria revision subcommittee	2023

National Association of Indian Nurses of America (NAINA)

Education Committee	Member	2013 – 2014
Research and Grant Committee	Co-Chairperson	2015 – 2016
Research and Grant Committee	Chairperson	2017 – 2018
Governing Board	Member (elected)	2017 – 2018

APN Conference Houston Planning Committee	Member	2017
National Biennial Conference Education Committee	Member	2018
Research and Grant Committee	Member	2019
American Nurses Association (ANA) in collaboration with Centers for Disease Control and Prevention (CDC) Project Firstline program- Infection Prevention and Control (IPC)	Champion	2023

Indian American Nurses Association of Greater Houston (IANAGH)

Education Committee	Co-Chairperson	2013 – 2014
Education Conference Planning Committee	Co-Chairperson	2013
Governing Board	Member (elected)	2015 – present
Research and Grant Committee	Chairperson	2015 – 2016, 2019 – 2020
	Co-Chairperson	2021 –2022, 2023-present
	Co-Chairperson	2021 –2022
Education Committee	Chairperson	2017 – 2018
Education Seminar	Chairperson	2017
Silver Jubilee Celebration Committee	Member	2019
Nurses day Celebration Planning and organizing committee	Member	2023

Sigma Theta Tau International

Zeta Pi Chapter Governing Board (elected)	Member	2018 – 2020, 2021– present
Zeta Pi Chapter Leadership Succession Committee	Member	2018 – 2020
Zeta Pi Chapter Governance Committee	Chair	2021– present
Sigma's VIRTUAL 31 st & 32 nd International Nursing Research Conference	Moderator	2020, 2021
Zeta Pi Chapter mentorship program	Mentor (Tameka Davis & Michelle Do)	2022— present

American Nurses Association (ANA)

ANA Mentorship Program	Mentor	2019 – 2020, 2021-2022
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Sharda School of Nursing Science & Research, Sharda University, UP, India

Transforming Global Nursing Perspectives Through Innovation and Research

Resource person and consultant	2020-2021
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Southern Nursing Research Society (SNRS)

Minority Health RIG	Member	2021-present
Social -media Taskforce	co-chair	2023 -present

Jonas Scholars in Nursing and Veterans Healthcare and DNPs of Color

Pathway to Publication Mentorship Program	Mentor	2022 – present
Asian American Pacific Islander Nurses Association (AAPINA)		
AAPINA’s Global Strategy Taskforce	Member	2023- present
Edwin’s Healthcare Institute (EHI)		
Advisory Board	Consulting member	2023 – present
National South Asian Medical Student Association	Research Advior and Mentor	2023 – present

PROFESSIONAL MEMBERSHIPS

Student Nurses Association of India (SNA)		1997 – 2001
Trained Nurses Association of India (TNAI)		2001 – present
Graduate Nursing Student Academy (GNSA)		2012 – 2014
American Association of Colleges of Nursing		
Southern Nursing Research Society (SNRS)		2011 – present
Texas Team Gulf Coast Regional Leadership Team (Regional)		2012 – present
Texas Team Advancing Nursing Education Team (State level)		2012 – present
Indian American Nurses Association of Greater Houston (IANAGH)		2012 – present
National Association of Indian Nurses of America (NAINA)		2012 – present
Jonas Center of Nursing Excellence (Jonas Scholar Alumni)		2012 – present
American Nurses Association (ANA)		2013, 2019 – present
Texas Nurses Association (TNA)		2013, 2019 – present
Texas Nurses Association (TNA) District 9 (Regional)		2013, 2019 – present
Sigma Theta Tau International Honor Society of Nursing, Alpha Delta Chapter		2013 – 2014
Sigma Theta Tau International Honor Society of Nursing, Zeta Pi Chapter		2014 – present
National League of Nursing (NLN)		2019 – present
Asian American Pacific Islander Nurses Association		2023 – present
UTMB School of Nursing Alumni Association		2023 – present

PROFESSIONAL SERVICE: Institutional Service

The University of Texas Health Science Center at Houston

Committee on the Status of Women	Member	2015 – 2017
Award Committee	Member	2015 – 2016
Telehealth Education and Practice Committee	Member	2018-2019
Summer Health Professions Education Program	Faculty	2019-present
UTHealth Geriatric Interprofessional Education (IPE) simulation	Faculty Facilitator	2021
UTHealth Houston School of Public Health, Dallas Campus		
MPH student, Ms. Nalini Dhurjati and MS. Sitapriya -Systematic review		Mentor
2022-present		
UTHealth Houston Institute for Implementation Science	Member	2023
Cizik School of Nursing at UTHealth		
Baccalaureate Degree Council (BC)	Member	2014 – present
Quality and Safety Education for Nurses Committee	Member	2014 – 2015
School of Nursing Curriculum Committee	Member	2016 – 2018
RN-BSN Task Force	Member	2018 – 2020
BSN Admission Committee	Member	2020 – present
Admissions, Progression, Graduation (APG) Committee	Member	2020 – 2022
Undergraduate Honors Program	Member	2020 – present
Expansion Project		
Co-coordinator		2021 – present
J1 Advior Program	Advisor	2022 – present
Faculty Assembly		
Bylaws Committee	Member	2016-2017, 2018 – 2020
	Secretary (elected)	2020 – 2021
Faculty Life Council	Member (elected)	2016 – 2018, 2022-present
Student Course Evaluation Survey Committee	Member	2016 – 2019
Faculty Policy Review Committee	Member	2016 – 2018
Faculty Development Committee	Member	2020 – present
	Chair	2023 – present
Appointment, Promotion, Tenure and Review (APTR) Committee	Member	2022 – present
Undergraduate Honors Program	Mentor	2016, 2017
Faculty Mentor		
Doncy Joji Eapen PhD, APRN, FNP-BC (Scholarship, Service & Teaching)	Mentor	2018 – present
Daisy. G. Mullassery DrNP, APRN-CNP, WHNP-BC (Scholarship-promotion portfolio)	Mentor	2022-present
UTHealth CSON DNP student -Leigh Seeley, CRNA, RN	Advisor for QI project	2021-present

UTHealth CSON DNP student –Sandy Jones MSN, RN, PMHNP-BC	Mentor for fellowship-6860 B	2023-present
Recruitment Team for Health Assessment Student Tutors	Member	2018 – present
Faculty Search Committee	Chairperson	2020 – present
CSON Simulation Committee	Member	2020 – 2021
Diversity Equity and Inclusion (DEI) Committee	Member	2021– present
Bylaws Development Task Force	Member	2021– 2022
Research and Data Committee	Chairperson	2021– present
Principal Investigator of QI project Cultural Competency of CSON faculty-		2023
CSON Strategic Communications Task Force	Member	2021– Present
CSON Values Summit and follow up value development	Member	2022- Present
Award committee to nominate and prepare package for Dean, Dr. Diane Santa Maria for the Induction of Sigma’s International Nurse Researcher Hall of Fame	Member	2022
Task force to updating Appointment, Promotion, Tenure and Review Committee (APTR) membership makeup	Member	2023

COMMUNITY SERVICE

Escorts Heart Institute and Research Center, India		
Heart Health Camp	Volunteer	2004
St. Mary's Syro Malabar Catholic Church, Pearland, TX		
Sunday School	Teacher	2012 – 2016
Church Building Fundraising	Volunteer	2014, 2015
Inter Parish Talent Fest	Volunteer	2017
Onsite Registration & Welcome Committee	Member	2017
Star of Hope Shelter		
Christmas Toy Drive and Meal Program	Volunteer	2014, 2015, 2017, 2018
Mary Marek Elementary School, Pearland, TX		
Reading Day	Volunteer	2013
Wilder Elementary School, Pearland, TX		
School Year Book Committee	Member	2014
Cultural Festival Day	Volunteer	2014, 2015, 2023
Career Day	Speaker	2018, 2023
Parent Teacher Association (PTO)	Member	2022-present
American Heart Association Heart Walk	Volunteer	2014 – 2016
Indian American Nurses Association of Greater Houston		
Health Camp for Bhutanese Refugees	Volunteer	2014

Health Camp at Knanaya Catholic Society	Volunteer	2015
Fundraising for Haiti Medical Mission	Volunteer	2018
Hurricane Harvey Disaster Assistance	Volunteer	2018
Life & Soul Health Fair, Manvel, TX	Volunteer	2019,2022
COVID-19 Community Outreach Program- Stafford MSD and Fort Bend County	Volunteer	2020
Cloth drive Haiti Mission-United light of Hope	Volunteer	2021
Houston Voice of Asia Health Expo by Healthline Health education for lay groups	Teaching Volunteer	2017
Hurricane Harvey Disaster Assistance George R Brown Convention Center	Faculty Volunteer	2017
Nurse-Led Virtual Healing Circles	Member	2020
UTHealth COVID-19 vaccine distribution at Cooley Center	Volunteer	2021
Life & Soul Health Fair, Manvel, TX Health education on diabetes for lay groups	Volunteer	2019,2022
Friends of Pearland Malayalee Association/ Indain community organization	Teaching Volunteer	2022
	Executive Committee Member	2023

Courses Taught: Cizik School of Nursing, The University of Texas Health Science Center, Houston, TX

DNP Program

N6830: Clinical Scholarship Portfolio Development (0.30 CH) spring 2022 – present

MSN Degree Program

N6105W: Evaluation & Application of Research, Co- Instructor, 3 CH, Fall 2021 – present (didactic)

Baccalaureate Degree in Nursing Program

N3515B: Adult Health Care I, 2 CH (credit hour), Fall 2014 – Fall 2017 (clinical)

N4528B: Management of Patients in High Acuity Settings, 4 CH, Fall 2014 – Summer 2015 (clinical)

N3515: Adult Health Care I: Fundamentals Review: Hygiene, Positioning of Adult Patients and Normal Lab Values, Guest Lecturer, Spring 2015 – Fall 2015

N3523: Adult Health and Older Adult Healthcare II, Disorder of Endocrine System, Guest Lecturer, Fall 2014

N3523B: Adult Health and Older Adult Healthcare II, 3 CH, Spring 2016 – summer 2021, summer 2022 (clinical)

N3511: Health Assessment 1 CH, Spring 2016 – present (laboratory)

N3511: Health Assessment 2 CH, Summer 2018 (laboratory)

N4499: Independent Study, Instructor, Honors Program, 1 CH, Fall 2016 & Fall 2017 (didactic)

N3511: Health Assessment, Co- Instructor, 3 CH, Fall 2017 – Summer 2018 (didactic)

N3511: Health Assessment, Course Coordinator & Lead Instructor, 3 CH, Fall 2018 – present

N3515B: Adult Health Care I, 1 CH, Fall 2020 (laboratory)

BSN-FNP Combo Simulation: Adult Health Care II, 1 CH, summer 2022 (laboratory)

RN-BSN Degree Program

N3511W: Health Assessment (online), Co- Instructor, 3 CH, Spring 2018 – Summer 2018 (didactic)

N3511W: Health Assessment (online), Course Coordinator & Lead Instructor, 3 CH, Fall 2018 – Fall 2022 (didactic)

List of Research Mentoring Projects /PhD Thesis Examiner

UTHealth Cizik School of Nursing, Carol Bevan, “A Literature review to examine the eating /dietary habits and barriers to healthy eating habits/ behavior in stroke survivors in different racial /cultural groups,” BSN 2016 Fall, Mentor Undergraduate Honors Program

UTHealth Cizik School of Nursing, Carol Bevan, “Cultural and Environmental Factors Affecting Exercise: Literature review,” BSN 2017 Fall, Mentor Undergraduate Honors Program

Annamalai University, Rani Meyyammi College of Nursing, India, Kala Barathi, MSN, RN. “A study to identify morbidity and assess the effectiveness of module on knowledge regarding osteoporosis among postmenopausal women,” PhD Nursing, 2017, PhD Nursing dissertation evaluation as foreign examiner

Annamalai University, Rani Meyyammi College of Nursing, India R. Malthy, MSN, RN, “A study to evaluate the effectiveness of nursing intervention package on cardiovascular risk reduction among patients with HTN in selected hospitals in Tamil Nadu,” PhD Nursing, 2018, PhD Nursing dissertation evaluation as foreign examiner

Annamalai University, Rani Meyyammi College of Nursing, India M. Anbarasi, MSN, RN, “A study to assess the effectiveness of relaxation techniques for reducing stress and anxiety among pregnant mothers in selected hospitals in Nagarcoil,” PhD Nursing, 2019, PhD Nursing dissertation evaluation as foreign examiner.

Annamalai University, Rani Meyyammi College of Nursing, India, S. Sugantha Devi, MSN, RN, “A study to evaluate effectiveness of lifestyle intervention program on cardiovascular risk factors of the employees with hypertension attending selected hospital at Neyveli in Tamilnadu”, PhD Nursing, 2020, PhD Nursing dissertation evaluation as foreign examiner.

Annamalai University, Rani Meyyammi College of Nursing, India, C. Ambika, MSN, RN, “The efficacy of multi modal intervention strategy on quality of life and deaddiction treatment outcome among patients

with substance use disorders (sud) in selected deaddiction centers” PhD Nursing, 2021, PhD Nursing dissertation evaluation as foreign examiner.

UTHealth CSON, DNP Student, Leigh Seeley, CRNA, RN. The QI project “Implementation of Standardized Preceptor Training on Preceptor Self Efficacy, Confidence, and Satisfaction, MSN, CRNA-DNP program, 2021-2023, advisor

Annamalai University, Rani Meyyammi College of Nursing, India, V. Poongodi MSN, RN, “Explore the birth experiences and evaluate the effectiveness of mind body techniques on labor and delivery outcomes among primigravid women in a selected hospital at Puducheery”” PhD Nursing, 2022, PhD Nursing dissertation evaluation as foreign examiner.

Annamalai University, Rani Meyyammi College of Nursing, India, Gessa George, MSN, RN. Assess the Impact of Gestational Diabetes Mellitus and Evaluate the Effectiveness of the Educational Intervention on Maternal and Neonatal Outcomes among Mothers with Gestational Diabetes Mellitus in Selected Hospitals at Kottayam District. PhD Nursing, 2023, PhD Nursing dissertation evaluation as foreign examiner.