

Curriculum Vitae

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A. Professional and Educational Preparation

Year	Degree	Institution	Field of Study
2009–2010	Postdoctoral Fellowship	Katholieke Universiteit Leuven Leuven, Belgium	Health Behavior & Adherence
2009	PhD	University of Missouri Columbia, MO	Nursing
2004	MSN	Saint Louis University St. Louis, MO	Gerontological Nursing
1998	BSN	Saint Louis University St. Louis, MO	Nursing

B. Professional Experience

Dates	Position and Institution
2025–present	Associate Dean for Research and Scholarly Innovation Loyola University Chicago, Marcella Niehoff School of Nursing, Chicago, IL
2025–present	Professor Loyola University Chicago, Marcella Niehoff School of Nursing, Chicago, IL
2022–2025	Assistant Dean for Nursing Science & Director, PhD Program Rush University College of Nursing, Chicago, IL
2017–2024	John L. and Helen Kellogg Endowed Professor of Nursing Rush University, College of Nursing, Chicago, IL
2021–2025	Professor Rush University, College of Nursing Chicago, IL
2017–2021	Associate Professor Rush University, College of Nursing Chicago, IL
2016–2017	Associate Professor (tenured) University of Missouri, Sinclair School of Nursing, Columbia, MO
2011–2017	Associate Director, Meta-Analysis Research Center University of Missouri, Columbia, MO
2010–2016	Assistant Professor University of Missouri, Sinclair School of Nursing, Columbia, MO
2009–2010	Postdoctoral Scientific Researcher Katholieke Universiteit Leuven, Leuven, Belgium
2005–2009	Graduate Research Assistant University of Missouri, Sinclair School of Nursing, Columbia, MO
2005–2009	Research Nurse (PRN) Saint Louis University, St. Louis, MO

Dates	Position and Institution
2005–2006	Nursing Supervisor (PRN) Nazareth Living Center, St. Louis, MO
2004–2005	Gerontological Clinical Nurse Specialist Washington University in St. Louis, Department of Neurology, Alzheimer’s Disease Research Center, St. Louis, MO
2001–2004	Research Nurse Saint Louis University Center for Vaccine Development, St. Louis, MO
2001–2002	Charge Nurse (PRN) Nazareth Living Center, St. Louis, MO
2000	Staff Nurse (General Internal Medicine) Barnes-Jewish Hospital, St. Louis, MO
1998–2001	Community Health Nurse Family Care Health Centers, St. Louis, MO
1997–1998	Staff Nurse (Oncology/BMT) Saint Louis University Hospital, St. Louis, MO

C. Licensure and Certifications

Year	Certification
2017–present	Registered Professional Nurse (State of Illinois)
1998–present	Registered Professional Nurse (State of Missouri)
2018–present	Certified Clinical Nurse Specialist (State of Illinois)
2004–present	Board Certified Gerontological Clinical Nurse Specialist (ANCC)

D. Grants and Funding Status

Research Grants – Applications in Preparation

R01 NIH/NINR/NHLBI
Meta-Analysis of Factors Influencing Antihypertensive Medication Adherence
Role: Principal Investigator

R01 NIH/NINR/NHLBI
MASH: A Telehealth Intervention to Improve Adherence to Antihypertensive Medication
Role: Principal Investigator

Funded Research Grants – External

2023-2028 R01HL168376 (Subaward)
National Heart, Lung, and Blood Institute (subaward budget: \$1,058,188)
iCardia4HF: A multi-component mHealth app and tailored text-messaging intervention to promote self-care adherence and improve outcomes in patients with chronic heart failure.
Role: Site PI, 15% (Lead PI: S. Kitsiou)

2020-2026 R01NR018463
National Institute for Nursing Research (\$3,009,175)
ALIVE Blood Pressure Project: A Church-Based Intervention to Improve Blood Pressure
Role: Co-Investigator, 5% (PI: E. Lynch)

2019-2021 R21NR018281
National Institute for Nursing Research (\$454,735)
An Innovative Mobile Health Intervention to Improve Self-Care in Patients with Heart Failure
Role: Consultant (PI: S. Kitsiou)

2017-2020 R56HL135247
National Heart, Lung, and Blood Institute (\$777,431)
Alive: A Community-Research Partnership to Reduce Diet-Related Chronic Disease in African American Congregations
Role: Co-Investigator (PI: E. Lynch)

2017-2019 American Heart Association Grant-in-Aid (\$153,210)
Self-Care Intervention Meta-Analysis for Heart Failure (SCIMA-HF)
Role: Principal Investigator

2016-2017 Jonas Foundation for Nursing and Veterans Health (\$7,000)
Addressing hypertension in the bateys of the Dominican Republic. A pilot study to examine a model for chronic disease management and medication adherence in developing countries.
Role: Co-Investigator (PI: M. Enriquez)

2014 International Transplant Nurses Society (\$2,500)
Weight Gain, Overweight and Obesity in Solid Organ Transplantation
Role: Consultant (meta-analysis methodologist) (PI: S. De Geest/S. Beckmann)

2013-2016 Robert Wood Johnson Foundation Nurse Faculty Scholars Program (\$350,000)
Addressing Health Disparities in Antihypertensive Medication Adherence
Role: Principal Investigator

2013-2015 American Heart Association (\$143,000)
Medication Adherence Interventions that Successfully Decrease BP
Role: Co-Investigator (PI: V. Conn)

2013-2014 PhRMA Foundation Center for Adherence Improvement Young Investigator Starter Grant (\$50,000)
Comparative Effectiveness of Heart Failure Medication Adherence Interventions
Role: Principal Investigator

2010-2012 10-225
John A. Hartford Foundation (\$120,000)
Pilot Program to Improve Statin Adherence and Lower Cholesterol in Older Adults
Role: Principal Investigator

2010-2011 University of Iowa Hartford Center for Geriatric Nursing Excellence (\$9,788)
Pilot Program to Improve Statin Adherence and Lower Cholesterol in Older Adults
Role: Principal Investigator

- 2010-2014 R01NR011990
National Institute of Nursing Research (\$1,787,381)
Medication Adherence Meta-Analysis
Role: Co-Investigator (PI: V. Conn)
- 2009-2012 Grant no. 223477
European Commission 7th Framework Programme (€2,235,023)
Ascertaining Barriers to Compliance: Policies for Safe, Effective, and Cost-Effective Use of Medicines in Europe
Role: Co-Investigator (PI: S. De Geest/P. Kardas)
- 2007-2009 07-118
John A. Hartford Foundation BAGNC Predoctoral Program (\$79,301)
Testing Medication Management Interventions for Older Adults
Role: Principal Investigator
- 2006-2011 R01NR009656
National Institute of Nursing Research (\$1,635,273)
Meta-analysis of Interventions to Increase Exercise and Physical Activity
Role: Graduate Research Assistant (2006-2009) (PI: V. Conn)
- 2002-2007 R01NR007870
National Institute of Nursing Research (\$976,591)
Chronic Illness Exercise Interventions: A Meta-analysis
Role: Graduate Research Assistant (2005-2007) (PI: V. Conn)

Funded Research Grants – Internal

- 2022-2024 President's Collaborative Research Awards (\$100,000)
Testing Feasibility of the MASH Intervention to Improve Antihypertensive Medication Adherence
Role: Principal Investigator
- 2018 MU Patient Centered Outcomes Research Center (\$7,500)
Engaging Patients to Optimized Medication Adherence
Role: Consultant (PI: L. Sherwin)
- 2017-2018 University of Missouri Research Council (\$9,993)
Psychosocial Determinants of Rifaximin Adherence for the Treatment of Irritable Bowel Syndrome
Role: Co-Investigator (PI: L. Sherwin)
- 2016-2017 University of Missouri/Wallace H. Coulter Foundation, Coulter Translational Partnership Seed Grant (\$24,981)
SmartMed-ID: Smartphone-based Medication Identification
Role: Clinical Principal Investigator
- 2008-2009 Alpha Iota Chapter, Sigma Theta Tau International (\$2,500)
Interventions to Improve Medication-Taking Behavior in Older Adults with Hypertension: An Exploratory Study
Role: Principal Investigator

2008-2009 MU Interdisciplinary Center on Aging Research, Education, and Dissemination (READ) Grant (\$2,000)
Interventions to Improve Medication-Taking Behavior in Older Adults with Hypertension: An Exploratory Study
Role: Principal Investigator

Research Grants – Submitted, Not Funded

2024 PCORI
FORTE-HF: Fast Optimization of Recommended Therapies while Enhancing Adherence in patients with acute Heart Failure
Role: Co-Investigator/Consultant

2021 R21 (scored, not funded)
NIH/NINR
Feasibility Testing of a Tailored Telehealth Intervention to Improve Antihypertensive Medication Adherence
Role: Principal Investigator

2019 R34
NIH/NINR
Developing a Tailored Intervention to Improve Medication Adherence among Adults with Hypertension
Role: Principal Investigator

2017 R01 (scored, not funded)
NIH/NIDDK
Outcome Disparities among Diabetes Medication Adherence Interventions
Role: Principal Investigator

2016 R01 (scored, not funded; resubmission scored, not funded)
NIH/NHLBI
Heart Failure Self-Care Intervention Meta-Analysis
Role: Principal Investigator

2013 R21 (not scored; resubmission scored, not funded)
NIH/NINR
Health Disparities in Antihypertensive Medication Adherence
Role: Principal Investigator

2012 Robert Wood Johnson Foundation Nurse Faculty Scholars Program
Meta-Analysis of Medication Adherence Interventions to Improve Heart Failure Outcomes
Role: Principal Investigator

2012 Midwest Nursing Research Society New Investigator Seed Grant
Predictors of Elders' Adherence to BP Medication
Role: Principal Investigator

2012 American Heart Association Scientist Development Grant
Meta-Analysis of Medication Adherence Interventions to Lower Blood Pressure
Role: Principal Investigator

2011 R01 (not scored; resubmission scored, not funded)
NIH/NINR/NHLBI
Behavioral Intervention to Improve Antihypertensive Medication Adherence
Role: Principal Investigator

E. Publications

* *data-based (i.e., reports data from a research project/systematic investigation)*

† *indicates student/trainee*

Total Publications: 124

ORCID: [0000-0003-0794-5544](https://orcid.org/0000-0003-0794-5544)

Scopus: [15846867200](https://scopus.com/authid/detail.uri?authorId=15846867200)

[NCBI Bibliography](#)

Manuscripts Under Review

1. *†Washington, T., Julion, W., **Ruppar, T.** (Under review). The Perception of Medical Mistrust in African Americans.
2. *†Sprague, S., **Ruppar, T.M.** (Under review). Post-9/11 Combat Exposure's Lasting Toll On Health Risks: A Scoping Review.
3. †McClellan, L., Emezue, C.N., Reed, M., Schroeder, K., **Ruppar, T.M.** (Under review). Go-along Virtual INTERview (GViv): A Novel Method for Exploring Neighborhood Lived Experience.

Manuscripts In Press

1. *†McClellan, L.A., †Quon, A.C., **Ruppar, T.M.** (In press). Neighborhood-Level Impact on Opioid Use in the United States: A Scoping Review. *Journal of Addictions Nursing*.
2. *†Kokenge, M., **Ruppar, T.M.**, Julion, W., Emezue, C.N., Lynch, E., Bartlett Ellis, R. (In press). Understanding System-Level Experiences Impacting Black Americans' Adherence to Antihypertensive Medication. *Journal of Racial and Ethnic Health Disparities*.

Data-Based, Refereed Publications

3. *†Oduche, M., **Ruppar, T.M.** (2025). A review of studies that measured the mental health outcomes of spouse caregivers caring for a spouse with disabling health conditions. *Home Health Care Management & Practice*. doi:10.1177/10848223241309013
4. *†Burton, S., Paun, O., **Ruppar, T.M.**, Mohr, L., Emezue, C.N., Szanton, S. (2025). Resilience in Black/African American Partner Caregivers of Persons with Alzheimer's Disease and Related Dementias. *Research in Gerontological Nursing*, 18(1), 21-28. doi: 10.3928/19404921-20241211-04
5. *†Kokenge, M., **Ruppar, T.M.** (2024). Factors influencing antihypertensive medication adherence among historically underrepresented adults: A meta-analysis. *Journal of Cardiovascular Nursing*, 39(5), 499-506. doi: 10.1097/JCN.0000000000001077

6. *Lynch, E.B., Tangney, C., **Ruppar, T.**, Zimmermann, L., Williams, J., Jenkins, L., Epting, S.M., Avery, E., Olinger, T., Berumen, T., Skoller, M., Wornhoff, R. (2024). Heart 2 Heart: Pilot study of a church-based community health worker intervention for African Americans with hypertension. *Prevention Science*, 25(S1), 22-33. doi: 10.1007/s11121-023-01553-x
7. *†Price, S., **Ruppar, T.** (2023). Ketogenic therapies in Parkinson's disease, Alzheimer's disease, and mild cognitive impairment: An integrative review. *Applied Nursing Research*, 74(151745). doi: 10.1016/j.apnr.2023.151745
8. *Bartlett Ellis, R.J., Andrews, A., Elomba, C.D, Remy, L.M., Ruggeri, S.Y., Russell, C.L., & **Ruppar, T.M.** (2023). Managing medications and medication adherence among U.S. adults during the early phase of the COVID-19 pandemic. *Patient Preference and Adherence*, 17, 369-383. doi: 10.2147/PPA.S393749
9. *†Kokenge, M., **Ruppar, T.**, Buchholz, S. (2022). Physical activity interventions among American Indian and Alaska Native persons: A systematic review. *American Journal of Health Promotion*, 36(8), 1350-1370. doi: 10.1177/08901171221097687
10. *†Draxler, J.M., **Ruppar, T.M.** (2022). Treatment adherence in adolescents with histories of adverse childhood experiences: A systematic review. *Journal of Psychosocial Nursing and Mental Health Services*, 60(6), 11-18. doi: 10.3928/02793695-20211118-04
11. *Yoo, J., **Ruppar, T.**, Wilbur, J., Miller, A., Westrick, J. (2022). Effects of home-based exercise on frailty in patients with end-stage renal disease: Systematic review. *Biological Research for Nursing*, 24(1), 48-63. doi: 10.1177/10998004211033031
12. *†Fasullo, K., McIntosh, E., Buchholz, S., **Ruppar, T.**, Ailey S. (2022). LGBTQ older adults in long-term care settings: An integrative review to inform best practices. *Clinical Gerontologist*, 45(5), 1087-1102. doi: 10.1080/07317115.2021.1947428.
13. *Marcum, Z.A., Jiang, S., Bacci, J., **Ruppar, T.M.** (2021). Pharmacist-led interventions to improve medication adherence in older adults: A systematic review and meta-analysis of randomized controlled trials. *Journal of the American Geriatrics Society*, 69(11), 3301-3311. doi: 10.1111/jgs.17373
14. *Schober, D., Tate, M., Rodriguez, D., **Ruppar, T.**, Williams, J., Lynch, E. (2021). High Blood Pressure Medication Adherence Among Urban, African Americans in the Midwest United States. *Journal of Racial and Ethnic Health Disparities*, 8(3), 607-617. doi: 10.1007/s40615-020-00819-2
15. *Bartlett Ellis, R.J., Hertz, D., Callahan, P., **Ruppar, T.** (2020). Self-reported nonadherence associated with pharmacy and home medication management convenience factors in a U.S. adult population. *Patient Preference and Adherence*. 14, 529-539. doi: 10.2147/PPA.S223408
16. *Sherwin, L.B., Deroche, C., Krisanabud, P., Matteson-Kome, M., Bechtold, M., **Ruppar, T.M.** (2020). Adherence to short-course pharmacotherapy in adults with irritable bowel syndrome. *Western Journal of Nursing Research*, 42(7), 524-534. doi: 10.1177/0193945919872419
17. *†Beckmann, S., Drent, G., **Ruppar, T.**, Nikolić, N., De Geest, S. (2019). Body weight parameters are related to morbidity and mortality after liver transplantation: A systematic review and meta-analysis. *Transplantation*, 103(11), 2287-2303. doi: 10.1097/TP.0000000000002811.
18. *†Beckmann, S., Drent, G., **Ruppar, T.**, Nikolić, N., De Geest, S. (2019). Pre- and post-transplant factors associated with body weight parameters after liver transplantation: A systematic review and meta-analysis. *Transplantation Reviews*, 33(1), 39-47. doi: 10.1016/j.trre.2018.10.002
19. *Ituarte, F., Wiegers, N.W., **Ruppar, T.**, Goldstein, C. Nourbakhsh, A. (2019). Posterior thoracolumbar instrumented fusion for burst fractures: A meta-analysis. *Clinical Spine Surgery*, 32(2), 57-63. doi: 10.1097/BSD.0000000000000763.

20. *Patil, S.J., **Ruppar, T.M.**, Koopman, R.J., Lindbloom, E.J., Elliott, S.G., Mehr, D.R., Conn, V.S. (2018). Effect of peer support interventions on cardiovascular disease risk factors in adults with diabetes: A systematic review and meta-analysis. *BMC Public Health*, 18(1), 398. doi: 10.1186/s12889-018-5326-8.
21. ***Ruppar, T.M.**, Dunbar-Jacob, J.M., Mehr, D.R., Lewis, L.M., Conn, V.S. (2017). Medication adherence interventions among hypertensive black adults: A systematic review and meta-analysis. *Journal of Hypertension*, 35(6), 1145-1154. doi: 10.1097/HJH.0000000000001260
22. *Conn, V.S., **Ruppar, T.M.** (2017). Medication adherence outcomes of 771 intervention trials: Systematic review and meta-analysis. *Preventive Medicine*, 99, 269-276. doi: 10.1016/j.ypmed.2017.03.008
23. *Brody, A., Farley, J., Gillespie, G., Hickman, R., Hodges, E., Lyder, C., Palazzo, S., **Ruppar, T.**, Schiavenato, M., Pesut, D. (2017). Diversity Dynamics: Issues and Strategies to Create Positive Organizations: The Experience of Male Robert Wood Johnson Foundation Nurse Faculty Scholars. *Nursing Outlook*, 65(3), 278-288. doi: 10.1016/j.outlook.2017.02.004
24. *†Delgado, J.M. & **Ruppar, T.M.** (2017). Health literacy in older Latinos with heart failure: A systematic review. *Journal of Cardiovascular Nursing*, 32(2), 125-134. doi: 10.1097/JCN.0000000000000314.
25. *Patil, S.J., **Ruppar, T.M.**, Koopman, R.J., Lindbloom, E., Elliott, S.G., Mehr, D.R., Conn, V.S. (2016). Peer-support interventions for adults with diabetes: A Meta-analysis of hemoglobin A1C outcomes. *Annals of Family Medicine*, 14(6), 540-551. doi: 10.1370/afm.1982
26. *Clyne, W., McLachlan, S., Mshelia, C., Jones, P., De Geest, S., **Ruppar, T.M.**, Siebens, K., Dobbels, F., Kardas, P. (2016). “My patients are better than yours”: Optimistic bias about patients’ medication adherence by European healthcare professionals. *Patient Preference and Adherence*, 10, 1937-1944. doi: 10.2147/PPA.S108827
27. ***Ruppar, T.M.**, Cooper, P.S., Mehr, D.R., †Delgado, J.M., Dunbar-Jacob, J.M. (2016). Medication adherence interventions improve heart failure mortality and readmission rates: Systematic review and meta-analysis of controlled trials. *Journal of the American Heart Association*, 5:e002606. doi: 10.1161/JAHA.115.002606.
28. *Conn, V.S., **Ruppar, T.M.**, Enriquez, M., Cooper, P.S. (2016). Patient-centered outcomes of medication adherence interventions: Systematic review and meta-analysis. *Value in Health*, 19(2), 277-285. doi: 10.1016/j.jval.2015.12.001
29. *Chase, J. D., Bogener, J., **Ruppar T. M.**, & Conn, V. S. (2016). The effectiveness of medication adherence interventions among patients with coronary artery disease: A meta-analysis. *Journal of Cardiovascular Nursing*, 31(4), 357-366. doi: 10.1097/JCN.0000000000000259
30. *Matteson-Kome, M.L., **Ruppar, T.M.**, Russell, C.L. (2016). Attainment of the elusive: Attributions for long-term success in kidney transplantation. *Progress in Transplantation*, 26(2), 162-171. doi: 10.1177/1526924816640665
31. *Conn, V.S., **Ruppar, T.M.**, Chase, J.D. (2016). Blood pressure outcomes of medication adherence interventions: Systematic review and meta-analysis. *Journal of Behavioral Medicine*, 39(6), 1065-1075. doi: 10.1007/s10865-016-9730-1.
32. *Conn, V., Enriquez, M., **Ruppar, T.M.**, & Chan, K. (2016). Meta-analyses of theory use in medication adherence intervention studies. *American Journal of Health Behavior*, 40(2), 155-171. doi: 10.5993/AJHB.40.2.1

33. *Clyne, W., Mshelia, C., McLachlan, S., Jones, P., De Geest, S., **Ruppar, T.**, Siebens, K., Dobbels, F., Kardas, P. (2016). A multinational cross-sectional survey of the management of patient medication adherence by European healthcare professionals. *BMJ Open*, 6(2), e009610. doi: 10.1136/bmjopen-2015-009610.
34. *Conn, V.S. **Ruppar, T.M.**, Chase, J.A., Enriquez, M., Cooper, P.S. (2015). Interventions to improve medication adherence in hypertensive patients: Systematic review and meta-analysis. *Current Hypertension Reports*, 17(12), 94. doi: 10.1007/s11906-015-0606-5.
35. *Conn, V., **Ruppar, T.M.**, Enriquez, M., & Cooper, P.S. (2015). Medication adherence interventions that target subjects with adherence problems: Systematic review and meta-analysis. *Research in Social & Administrative Pharmacy*. doi: 10.1016/j.sapharm.2015.06.001 (Epub ahead of print).
36. ***Ruppar, T.M.**, Dobbels, F., Lewek, P., Matyjaszczyk, M., Siebens, K., De Geest, S.M. (2015). Systematic review of clinical practice guidelines for the improvement of medication adherence. *International Journal of Behavioral Medicine*, 22(6), 699-708. doi: 10.1007/s12529-015-9479-x.
37. *Conn, V.S., **Ruppar, T.M.**, Enriquez, M., Cooper, P.S., & Chan, K. (2015). Health care provider targeted interventions to improve medication adherence: Systematic review and meta-analysis. *International Journal of Clinical Practice*, 69(8), 889-899. doi: 10.1111/ijcp.12632.
38. ***Ruppar, T.M.**, †Delgado, J.M., Temple, J. (2015). Medication adherence interventions for heart failure patients: A meta-analysis. *European Journal of Cardiovascular Nursing*, 14(5), 395-404. doi: 10.1177/1474515115571213
39. *Conn, V., **Ruppar, T.**, Chan, K. Dunbar-Jacob, J., Pepper, G., & De Geest, S. (2015). Packaging interventions to increase medication adherence: systematic review and meta-analysis. *Current Medical Research and Opinion*, 31(1), 145-160. doi: 10.1185/03007995.2014.978939
40. *Conn, V., Enriquez, M., **Ruppar, T.M.**, Chan, K.C. (2014). Cultural relevance in medication adherence interventions with underrepresented adults: Systematic review and meta-analysis of outcomes. *Preventive Medicine*, 69, 239-247. doi: 10.1016/j.ypmed.2014.10.021
41. ***Ruppar, T.M.**, Conn, V.S., †Chase, J.D., Phillips, L.J. (2014). Lipid outcomes from supervised exercise interventions in healthy adults. *American Journal of Health Behavior*, 38(6), 823-830. doi: 10.5993/AJHB.38.6.4
42. *Conn, V., Chan, K., Banks, J., **Ruppar, T.M.**, & Scharff, J. (2014). Cultural relevance of physical activity intervention research with underrepresented populations. *The International Quarterly of Community Health Education*, 34(4), 391-414. doi: 10.2190/IQ.34.4.g
43. *Conn, V.S, Hafdahl, A., Phillips, L.J., **Ruppar, T.M.**, †Chase, J.D. (2014). Impact of physical activity interventions on anthropometric outcomes: Systematic review and meta-analyses. *Journal of Primary Prevention*, 35(4), 203-215. doi: 10.1007/s10935-014-0352-5
44. *Conn, V.S., Koopman, R.J., **Ruppar, T.M.**, Phillips, L.J., Mehr, D.R., Hafdahl, A.R. (2014). Insulin sensitivity following exercise interventions: Systematic review and meta-analysis of outcomes among healthy adults. *Journal of Primary Care and Community Health*, 5(3), 211-222. doi: 10.1177/2150131913520328
45. *De Geest, S., **Ruppar, T.**, Berben, L., Schonfeld, S., Hill, M.N. (2014). Medication non-adherence as a critical factor in the management of presumed resistant hypertension: A narrative review. *Eurointervention*, 9(9), 1102-1109. doi: 10.4244/EIJV9I9A185

46. *Demonceau, J., **Ruppar, T.**, Kristano, P., Hughes, D.A., Fargher, E., Kardas, P., De Geest, S., Dobbels, F., Lewek, P., Urquhart, J., Vrijens, B., for the ABC Project Team. (2013). Identification and assessment of adherence-enhancing interventions: A systematic literature review and meta-analysis. *Drugs*, 73(6), 545-562. doi: 10.1007/s40265-013-0041-3
47. ***Ruppar, T.M.**, Dobbels, F., & De Geest, S. (2012). Medication beliefs and antihypertensive adherence among older adults: A pilot study. *Geriatric Nursing*, 33(2), 89-95. doi: 10.1016/j.gerinurse.2012.01.006
48. *Vrijens, B., Demonceau, J., Hughes, D., De Geest, S., Kardas, P., **Ruppar, T.**, Dobbels, F., Fargher, E., Morrison, V., Lewek, P., Matyjaszczyk, M., Mshelia, C., Clyne, W., Urquhart, J., for the ABC project team (2012). A new taxonomy for describing and defining adherence to medications. *British Journal of Clinical Pharmacology*, 73(5), 691-705. doi: 10.1111/j.1365-2125.2012.04167.x
49. *Conn, V., Phillips, L., **Ruppar, T.**, & †Chase, J. (2012). Physical activity interventions with healthy minority adults: meta-analysis of behavior and health outcomes. *Journal of Health Care for the Poor and Underserved*, 23, 59-80. doi: 10.1353/hpu.2012.0032
50. *De Bleser, L., De Geest, S., Vincke, B., **Ruppar, T.**, Vanhaecke, J., Dobbels, F. (2011). How to test electronic adherence monitoring devices for use in daily life: A conceptual framework. *CIN: Computers, Informatics, Nursing*, 29(9), 489-495. doi: 10.1097/NCN.0b013e31821a1555
51. ***Ruppar, T.M.** (2010). Randomized pilot study of a behavioral feedback intervention to improve medication adherence in older adults with hypertension. *Journal of Cardiovascular Nursing*, 25, 470-479. doi: 10.1097/JCN.0b013e3181d5f9c5
52. ***Ruppar, T.M.**, & Conn, V.S. (2010). Interventions to promote physical activity in chronically ill adults. *American Journal of Nursing*, 110(7), 30-37. doi: 10.1097/01.NAJ.0000383930.99849.85
53. *Dobbels, F., **Ruppar, T.**, Decorte A., Van Damme-Lombaerts, R., De Geest, S., & Fine, R. (2010). Adherence to the immunosuppressive regimen in pediatric kidney transplant recipients: A systematic review. *Pediatric Transplantation*, 14(5), 603-613. doi: 10.1111/j.1399-3046.2010.01299.x
54. ***Ruppar, T.M.**, & Russell, C.L. (2009). Medication adherence in successful kidney transplant recipients. *Progress in Transplantation*, 19, 167-172. doi: 10.1177/152692480901900211
55. *Conn, V.S., Hafdahl, A.R., Cooper, P., **Ruppar, T.M.**, Mehr, D.R., Russell, C.L. (2009). Interventions to improve medication adherence among older adults: Meta-analysis of adherence outcomes among randomized controlled trials. *The Gerontologist*, 49, 447-462. doi: 10.1093/geront/gnp037
56. ***Ruppar, T.M.**, Conn, V.S., & Russell, C. (2008). Medication adherence interventions for older adults: Literature review. *Research and Theory for Nursing Practice*, 22(2), 114-147.
57. *Conn, V.S., Hafdahl, A.R., LeMaster, J.W., **Ruppar, T.M.**, Cochran, J.E. & Nielsen, P.J. (2008). Meta-analysis of health behavior change interventions in type 1 diabetes. *American Journal of Health Behavior*, 32(3), 315-329. doi: 10.5555/ajhb.2008.32.3.315
58. *Conn, V.S., Cooper, P., **Ruppar, T.M.**, & Russell, C. (2008). Searching for the intervention in intervention research reports. *Journal of Nursing Scholarship*, 40(1), 52-59. doi: 10.1111/j.1547-5069.2007.00206.x
59. ***Ruppar, T.M.**, & Schneider, J.K. (2007). Self-reported exercise behavior and interpretations of exercise in older adults. *Western Journal of Nursing Research*, 29(2), 140-157. doi: 10.1177/0193945906293805

Non-Data-Based, Refereed Publications

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Book Chapters

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76. **Ruppar, T.M.**, De Geest, S.M., & Schönfeld, S. (2018). Medication adherence. In E.A. Capezuti, M.L. Malone, D.S. Gardner, A. Kahn, & S.L. Baumann (Eds.), *Encyclopedia of Elder Care* (4th ed.). (pp. 445-449). New York: Springer.
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Published Abstracts

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81. Astin, F., Carroll, D., De Geest, S., Fernandez-Oliver, A.L., Holt, J., Hinterbuchner, L., Jennings, C., Jones, I., Ketchell, A., Kletsious, E., **Ruppar, T.**, Bustelo, A.S., Serafin, A., Uchmanowicz, I. (2015, June). A core curriculum for the continuing professional development of nurses working in cardiovascular settings: Developed by the Education Committee of the Council on Cardiovascular Nursing and Allied Professions (CCNAP) on behalf of the European Society of Cardiology. *European Journal of Cardiovascular Nursing*, *14*, S1-S17. European Society of Cardiology EuroHeartCare 2015. Dubrovnik, Croatia
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84. Fargher, E., Hughes, D., **Ruppar, T.**, Morrison, V. (2010, August). Application of health psychology to explain adherence to medicines in adult patients: A systematic review of empirical studies. *Psychology and Health*, 25(S1), 209-210. 24th European Health Psychology Conference, Cluj Napoca, Romania.
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Editorials, Letters to the Editor, Columns, and Commentaries

87. **Ruppar T.** (2025) Revisiting Artificial Intelligence in Research Dissemination. *Western Journal of Nursing Research*, 47(6), 439-440. doi: 10.1177/01939459251340459
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102. **Ruppar, T.M.** (2023). Sharing our recruitment challenges to help each other. *Western Journal of Nursing Research*, 45(11), 979. doi: 10.1177/01939459231205635
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109. Draxler, J.M., **Ruppar, T.M.** (2023). A call for new directions in research focused on adverse childhood experiences. *Western Journal of Nursing Research*, 45(2), 103-104. doi: 10.1177/01939459221139942
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113. **Ruppar, T.M.** (2022). What is the unit of analysis in a review? *Western Journal of Nursing Research*, 44(8), 723. Doi: 10.1177/01939459221100029
114. **Ruppar, T.M.** (2022). Reporting guidelines help ensure quality research reporting. *Western Journal of Nursing Research*, 44(6), 527. Doi: 10.1177/01939459221085381
115. **Ruppar, T.M.** (2022). Transitions at WJNR. *Western Journal of Nursing Research*, 44(5), 435. Doi: 10.1177/01939459221074194
116. Tubbs-Cooley, H., Lavin, R.P., Lyndon, A., Anderson, J., Baernholdt, M., Berry, P., Bosse, J.D., Darcy Mahoney, A., DiValerio Gibbs, K., Donald, E.E., Donevant, S., Dorsen, C., Fauer, A., French, R., Gilmore-Bykovskiy, A., Greene, M., Morse, B.L., Patil, C.L., Rainbow, J., **Ruppar, T.M.**, Trotter, T., UMBERFIELD, E., Walker, R.K., Wright, M.L., Friese, C.R. (2021). Stronger together: The case for multidisciplinary tenure track faculty in academic nursing. *Nursing Outlook*, 69(4), 531-533. doi: 10.1016/j.outlook.2021.03.016.

117. **Ruppar, T.M.** (2021). High-quality reviews advance cardiovascular nursing science. *Journal of Cardiovascular Nursing*, 36(1), 2-3.
118. **Ruppar, T.M., Szanton, S.L.** (2017). Commentary: Building a mentoring network. *Nursing Outlook*, 65(3), 324. doi: 10.1016/j.outlook.2017.01.011.
119. **Ruppar, T.M.** (2012). Medication adherence: Essential to improving health. *Western Journal of Nursing Research*, 34(5), 575-577.
120. **Ruppar, T.M., & Conn, V.S.** (2011). Medication adherence: Still looking for the answer. *Research in Gerontological Nursing*. 4(3):159-60.
121. **Ruppar, T.M.** (2010). Medication adherence research—More theory-driven interventions are needed. *Western Journal of Nursing Research*, 32, 847-848.
122. Conn, V., & **Ruppar, T.** (2009). Effective strategies to increase physical activity among chronically ill aging adults. *Chronicles in Aging*. 3(1).

Articles for the Lay Press

123. **Ruppar, T.** (2018, October 21). Publicized drug prices will be meaningless to the average consumer. *The Hill*. <https://thehill.com/opinion/healthcare/412404-publicized-drug-prices-will-be-meaningless-to-the-average-consumer>
124. **Ruppar, T.** (2018, October 1). Has Your Health Insurance Really Got You Covered? *Scientific American*. <https://blogs.scientificamerican.com/observations/has-your-health-insurance-really-got-you-covered/>

F. Media Productions

None

G. Presentations

* data-based (i.e., reports data from a research project/systematic investigation)

† indicates student/trainee

International Papers

1. *Kitsiou, S., **Ruppar, T.**, Pressler, S., Buchholz, S., Kansal, M., Gerber, B. (2023, November). Pilot randomized controlled trial of a patient-centered mHealth intervention for patients with heart failure to improve self-care adherence. AMIA Annual Symposium, New Orleans, LA.
2. *†Beckmann, S., Drent, G., Nikolic, P., **Ruppar, T.**, De Geest, S. (2016, October). A systematic literature review on weight gain and obesity in solid organ transplantation. Oral presentation at the 25th Annual ITNS Symposium, Pittsburgh, PA.
3. ***Ruppar, T.M.** (2014, November). Meta-analysis of heart failure medication adherence interventions. The European Society on Patient Adherence, Compliance and Persistence, Lausanne, Switzerland.
4. ***Ruppar, T.M.**, & Conn, V.S. (2014, August). Heart failure medication adherence interventions: Meta-analysis of adherence outcomes. European Society of Cardiology Congress, Barcelona, Spain.
5. *Conn, V., Russell, C., & **Ruppar, T.** (2008, September). *Interventions to improve medication adherence among older adults: Meta-analysis of outcomes among RCTs*. ESPACOMP: The European Symposium on Patient Adherence, Compliance, and Persistence. Basel, Switzerland.

International Posters

6. ***Ruppar, T.M.**, Conn, V.S. (2016, November). Antihypertensive medication adherence interventions among black adults: A systematic review and meta-analysis. The European Society on Patient Adherence, Compliance and Persistence, Lisbon, Portugal.
7. Astin, F., Carroll, D.L., **Ruppar, T.**, Uchmanowicz, I., Hinterbuchner, L., Kletsiou, E., Serafin, A., on behalf of the 2010-2012 Education Committee of the Council on Cardiovascular Nursing and Allied Professions. (2014, April). A learning framework for the continuing professional education of cardiovascular nurses in Europe. EuroHeartCare, Stavanger, Norway.
8. *Fargher E.A., Hughes D., **Ruppar T.**, & Morrison V. (2010, September). *Application of health psychology and behavioural economics to explain adherence to medicines in adult patients: A systematic review of empirical studies*. ESPACOMP: The European Symposium on Patient Adherence, Compliance and Persistence, Lodz, Poland.
9. *Fargher E.A., Hughes D., **Ruppar T.**, & Morrison V. (2010, September). *Application of health psychology to explain adherence to medicines in adult patients: a systematic review of empirical studies*. 24th European Health Psychology Conference, Cluj Napoca, Romania.
10. ***Ruppar, T.M.** (2009, September). *A feedback-based intervention to improve medication adherence in older adults with hypertension*. ESPACOMP: The European Symposium on Patient Adherence, Compliance and Persistence, Bangor, Wales, UK.
11. *[†]Matteson, M., **Ruppar, T.M.**, & Russell, C.L. (2009, August). *Longevity perceptions in patients who have had their kidney transplant for 25 years or longer*. International Transplant Nurses Society 2009 Symposium, Montreal, Canada.
12. *Conn, V., Hafdahl, A., & **Ruppar, T.M.** (2007, July). *Metabolic effects of interventions to increase exercise among adults with type 2 diabetes*. Sigma Theta Tau International. Vienna, Austria.

National Papers

13. *Marcum, Z.A., Jiang, S., Bacci, J., **Ruppar, T.M.** (2021, November). Pharmacist-led interventions to improve medication adherence in older adults: A meta-analysis. Gerontological Society of America, Online.
14. *Schober, D.J., Lynch, E.B., Tate, M., Rodriguez, D., Williams, J., **Ruppar, T.** (2019, March). Developing an intervention address high blood pressure among African American faith communities. Society of Behavioral Medicine, Washington, D.C.
15. ***Ruppar, T.M.**, Conn, V.S. (2016, September). Meta-analysis of interventions to improve antihypertensive medication adherence among black persons with hypertension. Council for the Advancement of Nursing Science State of the Science 2016 State of the Science Congress on Nursing Research, Washington, DC.
16. *Conn, V.S., **Ruppar, T.M.**, Chase, J. (2016, September). Meta-analysis of blood pressure outcomes of medication adherence interventions. Council for the Advancement of Nursing Science State of the Science 2016 State of the Science Congress on Nursing Research, Washington, DC.
17. ***Ruppar, T.M.**, & Conn, V.S. (2014, September). Medication adherence interventions for heart failure patients: A meta-analysis. Council for the Advancement of Nursing Science 2014 State of the Science Congress on Nursing Research, Washington, D.C.
18. *Conn, V.S., & **Ruppar, T.M.** (2014, September). Packaging interventions to increase medication adherence: Systematic review and meta-analysis. Council for the Advancement of Nursing Science 2014 State of the Science Congress on Nursing Research, Washington, D.C.

19. *Chase, J.D., Phillips, L.J., **Ruppar, T.**, & Conn, V.S. (2014, September). Meta-Analysis of physical activity interventions among older adults. Council for the Advancement of Nursing Science State of the Science 2014 State of the Science Congress on Nursing Research, Washington, DC.
20. *Conn, V.S., Enriquez, M., & **Ruppar, T.** (2014, September). Cultural relevance in medication adherence interventions with underrepresented adults: Systematic review and meta-analysis of outcomes. Council for the Advancement of Nursing Science 2014 State of the Science Congress on Nursing Research, Washington, D.C.
21. ***Ruppar, T.M.**, Conn, V.S., Russell, C.L., & Cooper, P. (2008, October). *Searching for the Intervention in Intervention Research Reports*. Council for the Advancement of Nursing Science National State of the Science Congress on Nursing Research, Washington, DC.

National Posters

22. *[†]Fasullo, K., McIntosh, E., Buchholz, S.W., **Ruppar, T.**, Ailey, S. (2021, November). Evidence-based recommendations to inform best practices for LGBTQ older adults in long-term care settings. Gerontological Society of America, Online.
23. *[†]Fasullo, K., McIntosh, E., Buchholz, S.W., **Ruppar, T.**, Ailey, S. (2021, May). LGBTQ older adults in long-term care settings: Evidence-based recommendations to inform best practices. National LGBTQ Health Conference, Online.
24. **Ruppar, T.M.**, Phillips, J., Howard-Ruben, J. (2019, October). Amplifying the voice of nursing: The OpEd Project in action. American Academy of Nursing, Washington, D.C.
25. ***Ruppar, T.M.**, Alonzo, D., Ailabouni, N., Marcum, Z.A. (2019, March). Pharmacist-delivered interventions to improve medication adherence: A systematic review and meta-analysis. Society of Behavioral Medicine, Washington, D.C.
26. *Chase, J.D., Conn, V.S., Phillips, L.J., **Ruppar, T.** (2014, November). The effects of interventions to increase physical activity on health outcomes among older adults. 68th Gerontological Society of America Annual Scientific Meeting, Washington, DC.
27. *[†]Chase, J.D., **Ruppar, T.**, Phillips, L.J., Conn, V.S. (2012, November). Meta-analysis moderator analyses of supervised exercise interventions and anthropometric outcomes among healthy older adults. 65th Gerontological Society of America Annual Scientific Meeting, San Diego, CA.
28. *[†]Chase, J.D., **Ruppar, T.**, Phillips, L.J., Conn, V.S. (2012, September). Meta-analysis of anthropometric outcomes of motivational physical activity interventions. Council for the Advancement of Nursing Science 2012 State of the Science Congress on Nursing Research, Washington, DC.
29. *Conn, V., **Ruppar, T.**, Phillips, L.J., [†]Chase, J.D. (2012, September). Meta-analysis of anthropometric outcomes of supervised exercise interventions in healthy adults. Council for the Advancement of Nursing Science 2012 State of the Science Congress on Nursing Research, Washington, DC.
30. ***Ruppar, T.M.** (2011, November). Electronic medication adherence monitoring Hawthorne effect in older adults. Annual Meeting of the Gerontological Society of America, Boston, MA.
31. ***Ruppar, T.M.** (2011, November). Electronic medication adherence monitoring Hawthorne effect in older adults. John A. Hartford Foundation Leadership Conference, Boston, MA.
32. *Conn, V., Phillips, L., **Ruppar, T.**, [†]Chase, J. (2011, October). Meta-analysis of interventions to increase physical activity among healthy adults. NINR 25th Anniversary Concluding Scientific Symposium, Washington, D.C.
33. *Conn, V., Phillips, L., **Ruppar, T.** (2011, October). Meta-analysis comparative effectiveness research: Moderator analyses to compare interventions to increase physical activity. Council for the Advancement of Nursing Science Special Topics Conference, Washington, D.C.

34. *†Chase, J.D., **Ruppar, T.**, Phillips, L., Conn, V. (2011, April). *Supervised Exercise Interventions Among Healthy Older Adults: Meta-Analysis of Health Outcomes*. Conference on ‘Building Partnerships for Geriatric Care’: An Interprofessional Continuing Education Conference. San Antonio, TX.
35. ***Ruppar, T.M.** (2010, November). *Correlates of Medication Adherence in Older Adults with Hypertension*. The 63rd Gerontological Society of America Annual Scientific Meeting, New Orleans, LA.
36. *†Chase, J.D., **Ruppar, T.**, Phillips, L., Conn, V. (2010, November). *Supervised Exercise Interventions Among Healthy Older Adults: Meta-Analysis of Health Outcomes*. The 63rd Gerontological Society of America Annual Scientific Meeting, New Orleans, LA.
37. ***Ruppar, T.M.**, Conn, V.S., Hafdahl, A.R., Cooper, P., Mehr, D.R., & Russell, C.L. (2008, November). *Interventions to Improve Medication Adherence among Older Adults: Meta-Analysis of Adherence Outcomes among Randomized Controlled Trials*. Annual Meeting of the Gerontological Society of America, National Harbor, MD.

Regional Papers

38. *†Burton, S., Paun, O., **Ruppar, T.**, Mohr, L., Emezue, C., Szanton, S. (2025, March). Recruitment of Black/African Americans partner caregivers in dementia research: A nurse researcher’s experience. Midwest Nursing Research Society, Indianapolis, IN.
39. ***Ruppar, T.M.**, †Delgado, J.M., Conn, V.S. (2015, April). Outcomes of interventions to improve heart failure medication adherence: A meta-analysis. Midwest Nursing Research Society, Indianapolis, IN
40. *Conn, V.S., **Ruppar, T.M.**, Enriquez M. (2015, April). Use of theory in medication adherence intervention studies: A meta-analysis. Midwest Nursing Research Society, Indianapolis, IN.
41. ***Ruppar, T.M.**, Conn, V.S., Phillips, L.J., Chase, J.D. (2013, March). Lipid outcomes of physical activity interventions in older adults. Midwest Nursing Research Society. Chicago, IL.
42. ***Ruppar, T.M.** (2010, April). *Pilot Study of a Feedback Intervention to Improve Medication Adherence in Older Adults with Hypertension*. Midwest Nursing Research Society, Kansas City, MO.
43. ***Ruppar, T.M.**, & Schneider, J.K. (2005, April). *Analysis of the correlation between self-reported exercise behavior and self regulation of exercise in older adults*. Midwest Nursing Research Society, Cincinnati, OH.
44. ***Ruppar, T.M.**, & Cannon, J.C. (2002, May). A focus-group approach to study recruitment. SoLUtions Clinical Research Coordinators’ Symposium, St. Louis, MO.

Regional Posters

45. *†Sprague, S., **Ruppar, T.M.** (2025, March). Post-9/11 combat exposure’s lasting toll on health risks: A scoping review. Midwest Nursing Research Society, Indianapolis, IN.
46. †McClellan, L., **Ruppar, T.M.** (2025, March). Google Street Interview (GSIV): Using Google Street View for Go-Along Interviews. Midwest Nursing Research Society, Indianapolis, IN.
47. *†Kokenge, M., **Ruppar, T.** (2023, March). Factors influencing antihypertensive medication adherence among historically underrepresented adults: A meta-analysis. Midwest Nursing Research Society, Des Moines, IA.
48. *Bartlett Ellis, R., Ruggeri, S., Russell, C.L., **Ruppar, T.** (2023, March). Habit strength, life chaos, and self-reported implementation and discontinuation phases of medication adherence early in the COVID-19 pandemic. Midwest Nursing Research Society, Des Moines, IA.

49. *†Price, S., **Ruppar, T.** (2023, March). Ketogenic therapies in Parkinson’s disease, Alzheimer’s disease, and mild cognitive impairment: An integrative review. Midwest Nursing Research Society, Des Moines, IA.
50. *†Kokenge, M., **Ruppar, T.**, Buchholz, S. (2022, March). Physical activity interventions among American Indian and Alaska Native persons: A systematic review. Midwest Nursing Research Society, Chicago, IL.
51. Phillips, J., **Ruppar, T.M.**, Howard-Ruben, J. (2020, April). Amplifying the voice of nursing: The OpEd Project in action. Midwest Nursing Research Society, Schaumburg, IL.
52. ***Ruppar, T.M.**, Cooper, P.S., †Delgado, J.M., Conn, V.S. (2016, March) Risks for Mortality and Readmission Improve with Medication Adherence Intervention among Heart Failure Patients: Meta-Analysis of Controlled Trials. Midwest Nursing Research Society, Milwaukee, WI.
53. *Chase, J.D., Bogener, J., **Ruppar, T.M.**, Conn, V.S. (2015, April). Meta-analysis of medication adherence interventions among patients with coronary artery disease. Midwest Nursing Research Society, Indianapolis, IN.
54. *†Delgado, J.M., **Ruppar, T.M.** (2015, April). Health literacy in older Latinos with heart failure: Systematic review of the literature. Midwest Nursing Research Society, Indianapolis, IN.
55. ***Ruppar, T.M.** (2011, March). *Intervention Effect from Electronic Medication Adherence Monitoring in Older Adults*. Midwest Nursing Research Society, Columbus, OH.
56. ***Ruppar, T.M.** (2010, April). *Correlates of medication adherence in older adults with hypertension*. Midwest Nursing Research Society, Kansas City, MO.
57. ***Ruppar, T.M.** (2009, March). *A behavioral feedback-based intervention to improve medication-taking behavior in older adults with hypertension: An exploratory study*. Midwest Nursing Research Society, Minneapolis, MN.
58. ***Ruppar, T.M.**, Conn, V.S., Hafdahl, A.R., Cooper, P., Mehr, D.R., & Russell, C.L. (2009, March). *Interventions to Improve Medication Adherence among Older Adults: Methodological Issues in a Meta-Analysis of RCT Outcomes*. Midwest Nursing Research Society, Minneapolis, MN.
59. ***Ruppar, T.M.**, Conn, V.S., Hafdahl, A.R., Cooper, P., Mehr, D.R., & Russell, C.L. (2008, August). *Interventions to Improve Medication Adherence among Older Adults: Meta-Analysis of Adherence Outcomes among Randomized Controlled Trials*. MU Interdisciplinary Center on Aging Caring for the Frail Elderly Conference, Columbia, MO.
60. ***Ruppar, T.M.**, Conn, V.S., & Russell, C. (2008, March). *Medication adherence interventions for older adults: A review of randomized controlled trials*. Midwest Nursing Research Society, Indianapolis, IN.
61. ***Ruppar, T.M.**, Conn, V.S., & Russell, C. (2007, April). *A review of medication adherence interventions for the elderly*. University of Missouri Collaborative PhD Program Nursing Research Day, Columbia, MO.
62. ***Ruppar, T.M.**, Conn, V.S., & Russell, C. (2006, April). *Medication self-management interventions tested with older adults*. University of Missouri Collaborative PhD Program Nursing Research Day, Columbia, MO.

Invited Presentations - International

1. Jaarsma, T., Strömberg, A., Thompson, D., Moser, D., Dickson, V., **Ruppar, T.** (2021, June). *How to successfully publish: Meet the experts* (panel discussion). EuroHeartCare 2020, online.
2. ***Ruppar, T.M.** (2015, August). *Improving Medication Adherence for Patients with Chronic Conditions*. International keynote address at the Australian Cardiovascular Health and Rehabilitation Association 25th Annual Meeting, Melbourne, Australia.

3. **Ruppar, T.M.** (2015, August). *Medication Adherence: Putting Theory into Practice*. Workshop delivered at the Australian Cardiovascular Health and Rehabilitation Association 25th Annual Meeting, Melbourne, Australia.
4. **Ruppar, T.M.** (2015, May). *Systematic Reviews and Meta-Analyses*. University of Lausanne, Switzerland.
5. ***Ruppar, T.M.** (2015, May). *Improving Adherence to Medication for Patients with Chronic Conditions*. University of Lausanne, Switzerland.
6. ***Ruppar, T.M.** (2014, May). *Interventions to Improve Adherence to Medications*. University of Lausanne, Switzerland
7. ***Ruppar, T.M.** (2014, May). *Meta-Analytic Approaches to Medication Adherence Research*. University of Lausanne, Switzerland
8. ***Ruppar, T.M.** (2011, April). *The Impact of Antihypertensive Adherence on Blood Pressure*. European Society on Cardiology 11th Annual Spring Meeting on Cardiovascular Nursing. Brussels, Belgium.

Invited Presentations - National

9. ***Ruppar, T.M.** (2019, November). *Heart failure self-care interventions: Meta-analytic findings*. American Heart Association Scientific Sessions, Philadelphia, PA.
10. ***Ruppar, T.M.** (2017, November). *Intervention approaches to improve cardiovascular medication adherence*. American Heart Association Scientific Sessions, Anaheim, CA.
11. ***Ruppar, T.M.** (2014, November). *Adapted Medication Management Approaches for Elders*. American Heart Association Scientific Sessions, Chicago, IL.
12. ***Ruppar, T.M.** (2013, November). *Interventions to Improve Adherence to Medications*. American Heart Association Scientific Sessions, Dallas, TX.
13. **Ruppar, T.M.** (2012, November). *Skills Development for Mentees and Mentors*. 2012 National Hartford Centers of Gerontological Nursing Excellence Leadership Conference. San Diego, CA.
14. ***Ruppar, T.M.** (2009, April). *A Behavioral Feedback-Based Intervention to Improve Medication-Taking Behavior in Older Adults with Hypertension*. Invited presentation to the Washington University Division of Geriatric Medicine and Center for Aging, St. Louis, MO.

National Grand Rounds

15. **Ruppar, T.M.** (2017, February). *Understanding barriers to medication adherence*. CDC Public Health Grand Rounds: *Overcoming Barriers to Medication Adherence*. Atlanta, GA.

Special Panels

1. **Ruppar, T.M.,** Pickler, R., Enriquez, M., Miller, E. (2025, March). *MNRS Editors' Special Session: Nurse Editors Discuss Ethical Issues in Scholarly Publishing*. Midwest Nursing Research Society, Indianapolis, IN.
2. **Ruppar, T.M.,** Enriquez, M., Hickman, R., Miller, E. (2023, March). *MNRS Editors' Special Session: Common Questions Authors Ask*. Midwest Nursing Research Society, Des Moines, IA.
3. **Ruppar, T.M.,** Miller, E., Enriquez, M., Pickler, R. (2022, April). *MNRS Editors' Special Session: Becoming an Effective Manuscript Reviewer*. Midwest Nursing Research Society, Schaumburg, IL.

CEU/Certification Programs

Feb. 2023	MNRS Writing Workshop co-facilitator
Nov. 2017	ESCOMP webinar, “What Makes Medication Adherence Complex”
October 2016	Developed/led webinar on “What Makes Medication Adherence Complex” for the European Society for Patient Adherence, Compliance, and Persistence

Media Activities

Nov. 2022	Media interview, <i>Managed Healthcare Executive</i>
2017-2018	Public Voices Fellow, The OpEd Project
Feb. 2017	Media interview, KMOX Radio, St. Louis, Missouri
August 2015	Discussion Blog Editorial, Social Media for Academics, RWJF Human Capital Network
April 2015	Media interview, <i>Pharmacy Times</i>

H. Honors, Awards, and Memberships in Honor Societies

Date	Society/Agency	Award or Honor
2024	American Association of Colleges of Nursing	Elevating Leaders in Academic Nursing (ELAN) Program
2022	<i>Journal of Psychosocial Nursing and Mental Health Services</i>	Shirley A. Smoyak Article of the Year Award
2018	American Academy of Nursing	Fellow
2017	American Association for Men in Nursing	Gene Tranbarger Writing Award
2017	Centers for Disease Control and Prevention	Presenter/Panelist, Public Health Grand Rounds
2017	European Journal of Cardiovascular Nursing	Top 10 cited paper
2016	European Journal of Cardiovascular Nursing	Article recognized as one of EJC�’s most downloaded articles of 2015
2014	American Heart Association	Fellow
2014	European Society of Cardiology	Nursing & Allied Professional Investigator Award
2014–2016	NIH/NCATS	NIH Loan Repayment Program
2014	NIH/NINR	Participant, Big Data in Symptoms Research Methodologies Boot Camp
2014	MUSSON Alumni Association	Faculty Award for Excellence in Research
2013	Robert Wood Johnson Foundation	Scholar, Nurse Faculty Scholars Program
2010	Midwest Nursing Research Society	Gerontological Nursing Research Section Dissertation Award
2009	Sigma Theta Tau International	Best of <i>Journal of Nursing Scholarship</i> Award: Clinical Scholarship
2008	University of Missouri SSON Alumni Association	Ph.D. Student Award for Overall Excellence
2005-2007	Federal Nurse Traineeship	

Date	Society/Agency	Award or Honor
1998	Sigma Theta Tau International	
1997	Golden Key National Honor Society	
1997	Theta Alpha Kappa Honor Society	

I. Teaching/Advising

Graduate Courses Taught

Rush University

Course #, Title (credits)	Role	Term, Yr.	Enrollment
NSG 675 Literature Synthesis Approach (3 cr.)	Instructor/Course Director	Summer 2025	6
		Summer 2024	4
		Summer 2023	8
		Summer 2022	5
		Summer 2021	9
		Summer 2020	6
		Summer 2019	9
NSG 691 Advanced Clinical Research Practicum (ACRP; 1-4 cr.)	Course Dir./Advisor Advisor	2022-2025	1-4
		2021-2022	1-4
NSG 690 Grant Writing (3 cr.)	Instructor/Course Director	Spring 2023	3
		Spring 2022	7
		Spring 2021	6
		Spring 2020	3
NSG 900 Health Behavior Research (3 cr.)	Instructor	Spring 2019	9
		Summer 2025	1
		Summer 2022	2
NSG 900 Behavioral Intervention Design (3 cr.)	Instructor	Fall 2021	1
NSG 900 Community-Based Participatory Research (3 cr.)	Instructor		
NSG 900 Methodological and Measurement Issues in Treatment Adherence (3 cr.)	Instructor	Summer 2021	1
NSG 615 DNP Project Proposal Seminar	Advisor	2019-2022	1-3
NSG 609 DNP Project Practicum	Instructor/Advisor	2019-2022	1-3
NSG 523 Research for Evidence Based Practice (3 cr.)	Instructor	Fall 2021	127

University of Missouri

Course #, Title (credits)	Role	Term, Yr.
N9710 Advanced Research Practicum (3 cr.)	Instructor	Spring 2017
N9710 Advanced Research Practicum (3 cr.)	Instructor	Summer 2016
N9550 Meta-Analysis Research (3 cr.)	Guest lecturer	Spring 2016
N9710 Advanced Research Practicum (3 cr.)	Instructor	Fall 2014
N8085 Heart Failure Self Care Theories (3 cr.)	Instructor	Fall 2014
N9550 Meta-Analysis Research (3 cr.)	Guest lecturer	Spring 2014
N8720 Symptom Mgmt of Acute & Chronic Illness	Guest lecturer	Spring 2014
N9460 Health Behavior Change Research (3 cr.)	Instructor	Spring 2014
N9710 Advanced Research Practicum (3 cr.)	Instructor	Fall 2013
N9460 Health Behavior Change Research (3 cr.)	Instructor	Fall 2012
N8085 Health Literacy in Elders with HF (3 cr.)	Instructor	Fall 2012

Course #, Title (credits)	Role	Term, Yr.
N9550 Meta-Analysis Research (3 cr.)	Co-instructor	Spring 2012
N8720 Symptom Mgmt of Acute & Chronic Illness	Guest lecturer	Spring 2011
N7150 Research Methods in Nursing (3 cr.)	Graduate Teaching Asst.	Winter 2009

Undergraduate Courses Taught

University of Missouri

Course #, Title (credits)	Role	Term, Yr.
N4970 Nursing in Communities (clinical, 2 sect.)	Instructor	Spring, 2017
INTSC 1001 Nursing Freshman Interest Group	Instructor	Fall, 2016
N4950 Nursing Theory and Research	Instructor	Fall, 2016
N4970 Nursing in Communities (clinical)	Instructor	Fall, 2016
INTSC 1001 Nursing Freshman Interest Group	Instructor	Fall, 2015
N4970 Nursing in Communities (clinical, 2 sect.)	Instructor	Fall, 2013
N4970 Nursing in Communities (clinical)	Instructor	Spring, 2013
N4970 Nursing in Communities (clinical)	Instructor	Fall, 2012
N3900 Introduction to Nursing Science	Guest lecturer	Spring, 2011

Student Dissertation Committees

<u>Student</u>	<u>Degree</u>	<u>Role</u>	<u>Dates</u>
Meagan Guise	PhD (Rush University)	Advisor/Chair	2024–2025
		Committee Member	2025–present
Jennifer Kustwin	PhD (Rush University)	Advisor/Chair	2024–2025
		Committee Member	2025–present
Andrew Majeste	PhD (Rush University)	Advisor/Chair	2023–2025
		Committee Member	2025–present
Margaret Oduche	PhD (Rush University)	Advisor/Chair	2023–2025
		Committee Member	2025–present
Syketha Sprague	PhD (Rush University)	Advisor/Chair	2022–2025
		Committee Member	2025–present
Leah McClellan	PhD (Rush University)	Advisor/Chair	2022–2025
		Committee Member	2025–present
Susan Price	PhD (Rush University)	Advisor/Chair	2021–present
Molly Davisson Kokenge	PhD (Rush University)	Advisor/Chair	2020–2024
Janel Draxler	PhD (Rush University)	Advisor/Chair	2020–2024
Shelmith Witherell	PhD (Rush University)	Committee Member	2023–present
Rachel Muthui	PhD (Rush University)	Committee Member	2022–2024
Tarisha Washington	PhD (Rush University)	Committee Member	2022–2025
Shandra Burton	PhD (Rush University)	Committee Member	2021–2024
Janet Delgado	PhD (Univ. of Missouri)	Committee Member	2017–2022
		Advisor/Chair	2012–2017
Kimberly Hart	PhD (Univ. of Missouri)	Committee Member	2011–2018
Angela Andrews	PhD (UMKC)	Committee Member	2016–2018
Sonja Beckmann	PhD (University of Basel)	Committee Member	2014–2017
Deborah Mercier	PhD (Univ. of Missouri)	Committee Member	2012–2016
Victoria Jacobs	PhD (Univ. of Utah)	Committee Member	2014–2016
Kyung Jung Han	PhD (Univ. of Missouri)	Committee Member	2014–2015
Benjamin Coe	PhD (Univ. of Missouri)	Advisor/Chair	2014–2017

<u>Student</u>	<u>Degree</u>	<u>Role</u>	<u>Dates</u>
Jo-Ana Chase	PhD (Univ. of Missouri)	Committee Member	2010–2014

DNP Project Committees

<u>Student</u>	<u>Degree</u>	<u>Role</u>	<u>Dates</u>
Alexis Giegling	DNP (Rush University)	Advisor/Chair	2021–2023
Karolina Kielbania	DNP (Rush University)	Advisor/Chair	2021–2023
Jamilec Sanchez	DNP (Rush University)	Committee Member	2021–2023
Lisa Singh	DNP (Rush University)	Committee Member	2021–2023
Alex Smith	DNP (Rush University)	Committee Member	2021–2023
Deanna Aubry	DNP (Rush University)	Committee Member	2019–2021
Tovah Roberts	DNP (Rush University)	Committee Member	2019–2021
Brenda Roche	DNP (Rush University)	Committee Member	2019–2021
Aaron Franklin	DNP (Rush University)	Committee Member	2019–2021
Sylwia Potoczny	DNP (Rush University)	Committee Member	2018–2020
Elizabeth Hoppensteadt	DNP (Rush University)	Committee Member	2018–2020
Lisa Paletta	DNP (Rush University)	Committee Member	2018–2020
Keith Starwalt	DNP (Rush University)	Advisor/Chair	2018–2020
Kathleen McKinney	DNP (Rush University)	Advisor/Chair	2018–2020
Angela Okotie-Eboh	DNP (Rush University)	Committee Member	2017–2019
Nathan Mozingo	DNP (Univ. of Missouri)	Committee Member	2013–2015
Janet Chance-Hetzler	DNP (Univ. of Missouri)	Advisor/Chair	2012–2015
Jamie Parrott	DNP (Univ. of Missouri)	Advisor/Chair	2012–2017
Michael Gerber	DNP (Univ. of Missouri)	Advisor/Chair	2012–2017
Travis Tuttle	DNP (Univ. of Missouri)	Advisor/Chair	2012–2017
Julie Lewis	DNP (Univ. of Missouri)	Advisor/Chair	2012–2017
Laura Ferguson	DNP (Univ. of Missouri)	Advisor/Chair	2012–2017
David Freeze	DNP (Univ. of Missouri)	Advisor/Chair	2012–2017

Master's Degree Advising

<u>Student</u>	<u>Degree</u>	<u>Role</u>	<u>Dates</u>
Amelia Draper	MSN (Univ. of Missouri)	Advisor	2011–2015
Carrie Elsen	MSN (Univ. of Missouri)	Advisor	2011–2015
Tiffany Meller	MSN (Univ. of Missouri)	Advisor	2010–2014
Lisa Osgood	MSN (Univ. of Missouri)	Advisor	2010–2014
Ashley Babcock	MSN (Univ. of Missouri)	Advisor	2010–2014

Other Teaching-Related Accomplishments

Organized and led evaluation of PhD in Nursing Science Program	2022-2023
Meta-Analysis Summer Institute, Co-Instructor	June 2015
Developed N9460, Health Behavior Change Research course	2011–2012
Meta-Analysis Summer Institute, Co-Instructor	June 2013
Meta-Analysis Summer Institute, Co-Instructor	June 2012

J. Professional Service

Memberships and Positions in Professional Organizations

Organization	Role	Date(s)
American Academy of Nursing		
Expert Panel on Health Behavior	Member	2023–present
Expert Panel on Health Behavior	Vice Chair	2024–2026
American Heart Association (AHA)		
Council on Cardiovascular & Stroke Nursing	Member	2011–present
CVSN Program Committee	Member	2012–2018
CVSN International Committee	Member	2018–2021
CVSN Awards Committee	Member	2020–2022
CVSN Articles of the Year Award Committee	Chair	2020–2022
Scientific Sessions	Abstract reviewer	2015–present
European Society of Cardiology		
Association of Cardiovascular Nursing and Allied Professions (ACNAP)		
ACNAP Education Committee	Member	2012–2018
EuroHeartCare Conference	Abstract reviewer	2014–present
International Society for Medication Adherence (ESPACOMP)		
Scientific Committee	Member	2018–present
Executive Board	Member	2019–present
	President-Elect	2021
	President	2022
Midwest Nursing Research Society (MNRS)		
Scholarship Committee	Member	2011–2013
Health Promoting Behaviors Across the Lifespan Research Section	Co-Chair	2012–2013
Health Seeking Behavior Research Section	Co-Chair Elect	2011–2012
Health Seeking Behavior Research Section	Symposium Chair	2011–2012
MNRS Pre-Conference Writing Workshop	Workshop Faculty	2023
Preventive Cardiovascular Nurses Association		
Society for Behavioral Medicine		
Hartford Gerontological Nursing Leaders (HGNL)		
Dissemination Committee	Member	2010–2015
Webinar on Early Career Grant Opportunities	Presenter/panel member	2015
MU Interdisciplinary Center on Aging	Fellow	2010–2017
Leuven-Basel Adherence Research Group		
Council for the Advancement of Nursing Science		
Gerontological Society of America		
National Institute on Aging/GSA Webinar on Postdoctoral Fellowship Opportunities	Presenter/panel member	2015
Sigma Theta Tau International		
Alpha Iota Chapter, STTI	Publicity Chair	2008–2009
American Nurses Association		
Missouri Nurses Association		

Organization	Role	Date(s)
Illinois Nurses Association		

Editorial Activities

Journal/Publisher	Role	Date(s)
<i>Western Journal of Nursing Research</i>	Editor-in-Chief	2022–present
<i>Journal of Cardiovascular Nursing</i>	Associate Editor/Co-Editor	2018–2021
<i>Journal of Cardiovascular Nursing</i>	Editorial Board	2015–present
<i>European Journal of Cardiovascular Nursing</i>	Editorial Board	2022–present
<i>Western Journal of Nursing Research</i>	Guest editor	2010–2012

Reviewed for in 2021-2025:

Applied Nursing Research
Archives of Gerontology and Geriatrics
British Journal of Clinical Pharmacology
European Journal of Cardiovascular Nursing
Health Psychology Review
Health Science Reports
Heart & Lung
International Journal of Nursing Practice
International Journal of Nursing Studies
Journal of Cardiovascular Nursing
npj Digital Medicine
Patient Education and Counseling
Patient Preference and Adherence
Research in Gerontological Nursing
Research in Social and Administrative Pharmacy

External Grant Review Activities

Review Panel, Agency	Role	Date(s)
Dutch Organization for Health Research and Development (ZonMw)	Ad Hoc Grant Reviewer	2018–present
USDA Small Business Innovation Research Program	Ad Hoc Grant Reviewer	2018
American Heart Association	Grant Reviewer	2016–present
National Institutes of Health, Center for Scientific Review	Early Career Reviewer Program	2015–2016
<i>Improving Methods for Conducting Patient-Centered Outcomes Research</i> , Patient Centered Outcomes Research Institute (PCORI)	Grant reviewer	2013

Consultation Experience

Agency or Project Title	Role	Date(s)
The Medicines Company/Novartis	Adherence Advisory Board	2020
Becton-Dickinson	Consultant	2018–2019
University of Missouri Orthopedic Surgery	Meta-analysis Consultant	2017
Amgen Belgium	Consultant	2009–2010

Professional Community Service

Organization	Role/ Contribution	Date(s)
Missouri Million Hearts Partnership	Member	2015–2017
Central Missouri Honor Flight	Volunteer/Nurse	2016–2017

University Service

Service to Rush University

Committee	Role	Date(s)
Rush College of Transformative Health Care (RCTH) Task Force	Member	2020–2021
Rush University Team Science Committee	Member	2019–present
Rush Translational Sciences Consortium, Searle Foundation Pilot Projects	Grant reviewer	2019
Rush University Mentoring Programs, Cohn Fellowship Program	Grant reviewer	2018–present

Service to the Rush University College of Nursing

Committee	Role	Date(s)
Faculty Advisory Committee, Department of Adult Health and Gerontological Nursing	Member	2019–2024
Appointments and Promotion Committee	Member Co-chair Chair	2019–2022 2019–2020 2020–2021
Research & Scholarship Committee	Member Chair	2018–2024 2022–2023
PhD Curriculum Committee	Ex officio member	2019–present

Service to the University of Missouri

Committee	Role	Date(s)
Faculty Council Ad Hoc Committee on Faculty Governance	Member	2016–2017
MU Library Committee	Member Committee Chair	2015–2017 2016–2017
Campus Recreation Committee	Member	2014–2017
University of Missouri Research Board	Grant reviewer	2014–2016
Interdisciplinary Center on Aging	Grant Reviewer	2013–2017

Service to the University of Missouri School of Nursing

Committee	Role	Date(s)
RWJF Future of Nursing Scholars Program	Mentor	2016–2017
Student Admissions & Progression Committee	Member	2016–2017
Strategic Planning Committee	Member	2015–2016
B.S. in Health Education Task Force	Co-Chair	2016
Faculty Search Committee	Member	2015–2016

Committee	Role	Date(s)
Appointment, Reappointment, Promotion, and Tenure Committee	Member	2010–2016
Diversity Task Force	Member	2012–2017
RWJF New Careers in Nursing Program	Mentor	2013–2015