ALEXANDER R. LUCAS, Ph.D.
Virginia Commonwealth University, School of Public Health
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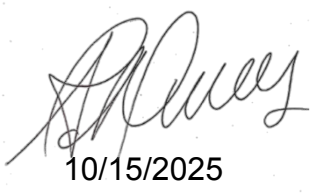

10/15/2025

Current Position

Assistant Professor — July 23 - Present
Virginia Commonwealth University, School of Public Health
Department of Social and Behavioral Sciences, Department of Internal Medicine,
VCU Pauley Heart Center

Education & Training

Postdoctoral Fellow (R25 CA122061): Avis (PI) — October 2018

Post-Doctoral Research — July 2015
The Ohio State University, Department of Human Sciences

Doctor of Philosophy (Health and Exercise Behavior) — July 2014
The Ohio State University, Department of Human Sciences
Advisor: Brian C. Focht, PhD
Dissertation*: Lifestyle interventions for endometrial cancer survivors: Feasibility and efficacy of a novel mindfulness and dietary counselling program*
Cognate in Statistics

Master of Science (Health and Exercise Science) — May 2010
Wake Forest University, Department of Health and Exercise Science
Advisor: Jeffrey A. Katula, PhD
Thesis: *The role of executive function in 400m walk performance*

Bachelor of Science (Hons) (Biokinetics) — December 2003
University of Zululand, Department of Biokinetics and Sports Sciences

Bachelor of Arts (Human Movement Science) — January 2003
Stellenbosch University, Department of Human Movement Science
Minor in Psychology

Relevant Experience

Principal Investigator — July 2015 - Present
Wake Forest University; Virginia Commonwealth University

Research Study Coordinator — Aug 2010 - May 2015
The Ohio State University, Human Sciences

Graduate Research Associate — Jan 2010 - May 2010
Wake Forest University, Department of Health and Exercise Science

Healthy Exercise and Lifestyle Programs (HELPS) — Sep 2008 - May 2010
Graduate Associate (clinical)
Wake Forest University, Department of Health and Exercise Science

Exercise Testing Lab — June 2009 - May 2010
Graduate Associate (clinical)
Wake Forest University, Department of Health and Exercise Science

Biokineticist (Physical Therapist) — Jan 2005 - Jul 2008
Owner, clinical practitioner
Alexander Lucas Biokinetics, Durban, South Africa

Peer Reviewed Publications (In reverse chronological order)

Antonucci, A., **Lucas, A. R**., Costa, J., Norton, S., Brubaker, P., Mihalko, S., Marshall, A., Via, J., Franco, R. L., Ladd, A., Vaidya, R., Yazbeck, V., Wagner, L., & Hundley, W. G. (2025). Physical activity is associated with exercise capacity among patients undergoing chemotherapy: A pilot randomized controlled trial. PLoS One, 20(9), e0329774. https://doi.org/10.1371/journal.pone.0329774

†Kolawole TO, Ogunyemi A.O, **Lucas A.R**. Prevalence of substance use and knowledge of its effects among secondary school students in Lagos, Nigeria. S Afr J Psychiatr. 2025;31:2370. doi:10.4102/sajpsychiatry.v31i0.2370 † Student/Trainee

Lucas, A. R., Bastiach, D., Dahman, B., Paul, A. K., Hirani, S., Sheppard, V. B., Hundley, W. G., Patel, B. B., Bitting, R. L., & Chang, M. G. (2025). Major adverse cardiovascular events among Black and White Veterans receiving androgen deprivation therapy for prostate cancer: a retrospective cohort study. Cardiooncology, 11(1), 12. https://doi.org/10.1186/s40959-025-00312-x

Sutton, A. L., O'Connell, N. S., **Lucas, A. R**., Olson, K. C., Reding, K. W., Sheppard, V. B., Ky, B., Ruddy, K. J., Weaver, K. E., & Hundley, W. G. (2025). Socioeconomic status and left ventricular ejection fraction decline in breast cancer survivors following receipt of doxorubicin (PREVENT WF-98213). Cardiooncology, 11(1), 11. https://doi.org/10.1186/s40959-025-00311-y

*Costa, J. V., ***Lucas, A. R**., Mihalko, S. L., Brubaker, P. H., Marshall, A., Leitzelar, B., Wolle, B. R., Norton, S., Franco, R. L., Via, J., Yazbeck, V., Vaidya, R., Seegars, M. B., D'Agostino, R., Jr., Wagner, L., & Hundley, W. G. (2025). Feasibility and preliminary efficacy of a physical activity intervention in adults with lymphoma undergoing treatment. Pilot Feasibility Stud, 11(1), 6. https://doi.org/10.1186/s40814-024-01580-7 **Co-First Authorship*

Arditte Hall, K. A., Price, S. N., **Lucas, A. R**., Park, E. R., Wagner, L. I., Mizrach, H. R., Werner, M. H., Juhel, B. C., Goldstein, M. R., Gorman, M. J., & Hall, D. L. (2025). An exploration into the relationship between insomnia and repetitive negative thinking among cancer survivors. J Psychosoc Oncol, 43(1), 59-72. https://doi.org/10.1080/07347332.2024.2356193

†Tariq, F., **Lucas, A. R**., Hill, S., Philips, M., & Sheppard, V. B. (2024). The lived experiences and unmet needs of prostate and colorectal male cancer survivors in rural Virginia: A qualitative study. J Rural Health. https://doi.org/10.1111/jrh.12897 † Student/Trainee

Yogeswaran, V., Kim, Y., Franco, R. L., **Lucas, A. R**., Sutton, A. L., LaRose, J. G., Kenyon, J., D'Agostino, R. B., Jr., Sheppard, V. B., Reding, K., Hundley, W. G., & Cheng, R. K. (2024). Association of poverty-income ratio with cardiovascular disease and mortality in cancer survivors in the United States. PLoS One, 19(7), e0300154. doi:10.1371/journal.pone.0300154

Reding, K, Szewczyk, W, D'Agostino, R. et al O'Connell NS, Vasbinder A, Bellissimo MP, **Lucas AR**, Sheppard VB, Sutton AL, Ky B, Lesser GJ, Hundley WG. Black-White Disparities in Submaximal Exercise Capacity Reductions in Breast Cancer Survivors: A Prospective Cohort Study. J Am Coll Cardiol CardioOnc. 2024 Jun, 6 (3) 467–469. doi.org/10.1016/j.jaccao.2024.05.003

Lucas AR, Kim Y, Lanoye A, Franco RL, Sutton AL, LaRose JG, Ross M, Sheppard VB. Longitudinal associations among physical activity and sitting with endocrine symptoms and quality of life in breast cancer survivors: A latent growth curve analysis. Cancer Med. Sep 28 2023; doi:10.1002/cam4.6581

Lucas AR, D'Agostino R, Jordan JH, Reding KW, O'Connell NS, Melendez GC, Salloum FN, Weaver KE, Lesser GJ, Hundley WG. Atorvastatin Does Not Attenuate Aortic Stiffening After Doxorubicin for Breast Cancer and Lymphoma (PREVENT-WF-98213). JACC: CardioOncology. 2023;5(3):412-414. doi:10.1016/j.jaccao.2023.04.002

Bellissimo MP, Canada JM, Jordan JH, Ladd AC, Reding KW, Moore TL, Ntim WO, Heiston EM, Brubaker P, Mihalko SL, D'Agostino R, O'Connell N, Ky B, Wagner LI, Hackney MH, Weaver KE, Lesser GJ, Avis NE, Sutton AL, **Lucas AR**, Franco RL, Fuemmeler BF, Salloum FN, Hundley WG. Physical Activity During Breast Cancer Therapy Associates With Preserved Exercise Capacity and Cardiac Function (WF97415). J Am Coll Cardiol CardioOnc. 2023 Oct, 5 (5) 641–652. https://doi.org/10.1016/j.jaccao.2022.12.011

Hanson ED, Alzer M, Carver J, Stopforth CK, **Lucas AR**, Whang YE, Milowsky MI, Bartlett DB, Harrison MR, Bitting RL, Deal AM, Stoner L, Hackney AC, Battaglini CL. Feasibility of home-based exercise training in men with metastatic castration-resistant prostate cancer. Prostate cancer and prostatic diseases. 2023;26(2):302-8.jaccao.2022.11.018

Suddala S, O'Connell N, D'Agostino R, Ladd A, **Lucas AR**, Jordan JH, Salloum FN, Ky B, Hackney MH, Hundley WG. Reduced Thoracic Aortic Distensibility Upon Breast Cancer Diagnosis (WF-97415 and WF-98213). JACC: CardioOncology. 2023;doi:10.1016/j

Lucas AR, Pan J, Ip E, Hall DL, Tooze JA, Levine B, Mohr DC, Penedo FJ, Cella D, Wagner LI. Validation of the Lee-Jones Theoretical Model of Fear of Cancer Recurrence among Breast Cancer Survivors. Psycho-oncology. 2022 December; doi: 10.1002/pon.6076**.**

Kim Y, Franco RL, **Lucas AR**, Sutton AL, LaRose JG, Kenyon J, Via J, Cheng RK, D'Agostino RB Jr, Sheppard VB, Hundley WG. Prevalence of Cardiovascular Diseases Among Breast Cancer Survivors: Findings From the NHANES 2003-2018. Am J Health Promot. 2022 Aug 17;:8901171221120910. doi: 10.1177/08901171221120910. PubMed PMID: 35975972.

Chaplow ZL, **Lucas AR**, Grainger E, Simpson C, Fairman CM, DeScenza VR, Bowman J, Clinton SK, Focht BC. Social cognitive outcomes are associated with improvements in mobility performance following lifestyle intervention in prostate cancer patients undergoing androgen deprivation therapy. PLoS One.2022;17(1):e0263136. doi: 10.1371/journal.pone.0263136. eCollection 2022. PMCID: PMC8794107.

Lucas AR, Salsman JM, Levine BJ, Stoner L, Skelton JA, Moore JB. The role of motivation on physical activity and screen time behaviors among parent-adolescent dyads: The FLASHE study. Prev Med. 2021 Dec;153:106725. PubMed Central PMCID: PMC8595559.

Pettee Gabriel K, Karvonen-Gutierrez CA, Colvin AB, Ylitalo KR, Whitaker KM, Lange-Maia BS, **Lucas AR**, Dugan SA, Derby C, Cauley JA et al: Associations of accelerometer-determined sedentary behavior and physical activity with physical performance outcomes by race/ethnicity in older women. Prev Med Rep 2021, 23:101408.

Reding KW, O'Connell NS, D'Agostino RB, Jr., Hundley W, **Lucas AR**, Ladd AC, Jordan JH, Heiston EM, Ge Y, Hundley WG. Both intermuscular fat and LVEF decline promote heart failure symptoms in cancer survivors. Cardiooncology. May 8 2021;7(1):16.

Hanson ED, Stopforth CK, Alzer M, Carver J, **Lucas AR**, Whang YE, Milowsky MI, Bartlett DB, Harrison MR, Hayes A, Bitting RL, Deal AM, Hackney AC and Battaglini CL. Body composition, physical function and quality of life in healthy men and across different stages of prostate cancer. Prostate cancer and prostatic diseases. 2021.

Arena R, Canada JM, Popovic D, Trankle CR, Del Buono MG, **Lucas AR**, Abbate A. Cardiopulmonary exercise testing - refining the clinical perspective by combining assessments. Expert Rev Cardiovasc Ther. 2020 Sep;18(9):563-576.

Sheppard VB, Dash C, Nomura S, Sutton AL, Franco RL, **Lucas AR**, Ross M, Adams-Campbell L. Physical activity, health-related quality of life, and adjuvant endocrine therapy-related symptoms in women with hormone receptor-positive breast cancer. Cancer. 2020 Sep 1;126(17):4059-4066.

Pettee Gabriel K, Sternfeld B, Colvin AB, **Lucas AR**, Karvonen-Gutierrez C, Gold EB, Crawford SL, Greendale GA, Avis NE. The impact of breast cancer on physical activity from midlife to early older adulthood and predictors of change post-diagnosis. J Cancer Surviv. 2020 Aug;14(4):545-555.

Chaplow ZL, Focht BC, **Lucas AR**, Grainger E, Simpson C, Buell J, Fairman CM, Thomas-Ahner JM, Bowman J, DeScenza VR, Monk J, Mortazavi A, Clinton SK. Effects of a lifestyle intervention on body composition in prostate cancer patients on androgen deprivation therapy. JCSM - Clinical Reports. Published online - 2020 May

Lucas AR; Bitting RL; Fanning J; Isom S; Rejeski WJ; Klepin HD; Kritchevsky SB. Trajectories in Muscular Strength and Physical Function Among Men with and without Prostate Cancer in the Health Aging and Body Composition. PLoS ONE (2020) 15(2): e0228773.

Focht BC, **Lucas AR**, Grainger E, Simpson, C, Thomas-Ahner, JM, Fairman, CM, Chaplow, ZL, DeScenza, Bowman, J & Clinton, SK. Effects of a Group-Mediated Cognitive Behavioral Lifestyle Intervention on Select Social Cognitive Outcomes in Prostate Cancer Patients Undergoing Androgen Deprivation Therapy. Integr Cancer Ther. 2019 Jan-Dec;18:1534735419893764

Lucas AR, Bass, MB, Rothrock NE, O'Connor ML, Sorkin MR, Nawyn J, Albinali F, Wagner LI. Development of an eHealth System to Capture and Analyze Patient Sensor and Self-Report Data: Mixed-Methods Assessment of Potential Applications to Improve Cancer Care Delivery. *JMIR Med Inform,* 2018*; 6*(4), e46. doi:10.2196/medinform.9525

Focht BC, **Lucas AR**, Grainger E, et al. Effects of a Group-Mediated Exercise and Dietary Intervention in the Treatment of Prostate Cancer Patients Undergoing Androgen Deprivation Therapy: Results From the IDEA-P Trial. *Ann Behav Med*, 2018; 52(5), 412-428.

Fairman CM, LaFountain RL, **Lucas AR**, Focht BC. Monitoring Resistance Exercise Intensity Using Ratings of Perceived Exertion in Previously Untrained Patients With Prostate Cancer Undergoing Androgen Deprivation Therapy. J Strength Cond Res. 2018;32(5):1360-1365.

Lucas AR, Klepin HD, Porges SW, Rejeski WJ. Mindfulness-Based Movement: A Polyvagal Perspective. *Integr Cancer Ther.* 2018;17(1):5-15.

Lucas AR, Focht BC, Cohn DE, Klatt MD, Buckworth J. Recruiting Endometrial Cancer Survivors to Studies Examining Lifestyle Behaviors and Quality of Life: Challenges Faced and Lessons Learned. *J Cancer Educ.* 2017:1-8.

Lucas AR, Levine BJ, Avis NE. Posttreatment trajectories of physical activity in breast cancer survivors. *Cancer.* 2017;123(14):2773-2780.

Focht BC, Garver MJ, **Lucas AR**, et al. A group-mediated physical activity intervention in older knee osteoarthritis patients: effects on social cognitive outcomes. *J Behav Med.* 2017;40(3):530-537.

Lucas AR, Focht BC, Cohn DE, Buckworth J, Klatt MD. A Mindfulness-Based Lifestyle Intervention for Obese, Inactive Endometrial Cancer Survivors: A Feasibility Study. Integr Cancer Ther. 2017;16(3):263-275.

Fairman CM, Focht BC, **Lucas AR**, Lustberg MB. Effects of exercise interventions during different treatments in breast cancer. *J Community Support Oncol.* 2016;14(5):200-209.

Smith MM, **Lucas AR**, Hamlin RL, Devor ST. Associations among hemorheological factors and maximal oxygen consumption. Is there a role for blood viscosity in explaining athletic performance? *Clin Hemorheol Microcirc.* 2015;60(4):347-362.

Focht BC, Garver MJ, Cotter JA, Devor ST, **Lucas AR**, Fairman CM. Affective Responses to Acute Resistance Exercise Performed at Self-Selected and Imposed Loads in Trained Women. *J Strength Cond Res.* 2015;29(11):3067-3074.

Focht BC, **Lucas AR**, Grainger E, Simpson C, Thomas-Ahner JM, Clinton SK. The Individualized Diet and Exercise Adherence Pilot Trial (IDEA-P) in prostate cancer patients undergoing androgen deprivation therapy: study protocol for a randomized controlled trial. *Trials.* 2014;15:354.

Garver MJ, Focht BC, Dials J, Rose M, **Lucas AR**, et al. Weight status and differences in mobility performance, pain symptoms, and physical activity in older, knee osteoarthritis patients. *Arthritis.* 2014;2014:375909.

Focht BC, Garver MJ, Devor ST, Dials J, **Lucas AR**, et al. Group-mediated physical activity promotion and mobility in sedentary patients with knee osteoarthritis: results from the IMPACT-pilot trial. *J Rheumatol.* 2014;41(10):2068-2077.

Focht BC, Clinton SK, **Lucas AR**, Saunders N, Grainger E, Thomas-Ahner JM. Effects of exercise on disablement process model outcomes in prostate cancer patients undergoing androgen deprivation therapy. *J Community Support Oncol.* 2014;12(8):278-292.

Focht BC, Clinton SK, Devor ST,Garver MJ, **Lucas AR**, et al. Resistance exercise interventions during and following cancer treatment: a systematic review. *J Support Oncol.* 2013;11(2):45-60.

Focht BC, Garver MJ, Devor ST, Dials J, Rose M, **Lucas AR**, et al. Improving maintenance of physical activity in older, knee osteoarthritis patients trial-pilot (IMPACT-P): design and methods. *Contemp Clin Trials.* 2012;33(5):976-982.

Publications Under Review

Antonucci, A, Costa, J, Norton, S, Brubaker, PH., Mihalko, S, Marshall, A, Via, J, Franco, L, Ladd, A, Vaidya, R, Yazbeck, V, Wagner, L, Hundley, WG and **Lucas, A.R.** Physical activity is associated with exercise capacity among patients undergoing chemotherapy. Under review at Plos One.

Manuscripts in Preparation

Lucas AR, D'Agostino RB, Jr., Jordan JH, Reding KW, Canada JM, Brubaker P, Cheng R, Hackney MH, O'Connell NS, Bellisimo Myers M, Heiston E, Ladd AC, Salloum FN, Weaver KE Lesser G, Hundley WG. Associations among weight status, body fat distribution and exercise capacity among women with breast cancer vs. non-cancer controls. In preparation for submission to *Journal of American College of Cardiology – Carido-oncology*.

Lucas AR, Brubaker P, Mihalko S, Costa J, Marshall A, Norton S, Vaidya R, Seegars MB, Yasbeck V, Wagner L, Ladd, A, Bellissimo MP, Carbone S, Melendez G, Salloum F, D'Agostino RB, Hundley WG. Tailored Exercise To Reduce Cardiovascular Risk in Patients Undergoing Treatment for Lymphoma: The Physical Activity and Lymphoma Study (PALS) protocol. In preparation for submission to Journal of American College of Cardiology – Carido-oncology

Lucas AR, Antonucci A, Kolawole K, LaRose JG, Sheppard VB, Hundley WG. Outcomes, effectiveness and sustainability of home-based/independent exercise training interventions for prostate cancer survivors: A scoping review. In preparation for submission to journal of cancer survivorship.

Edited Book Chapters

Fairman CM, **Lucas AR**, Grainger E, Clinton SK, and Focht BC. (2017). The Integration of Exercise and Dietary Lifestyle Interventions into Prostate Cancer Care. *Energy Balance and Cancer* (Elizabeth A. Platz and Nathan A. Berger, Eds), pp 143-166. Springer.

Focht BC, **Lucas AR**, & Clinton SK. (2013). Resistance exercise interventions across the cancer control continuum. *Resistance training in the treatment and prevention of chronic disease* (William J. Kraemer and Joseph T. Ciccolo, Eds), pp 45-64. Taylor & Francis.

Poster Presentations and Published Abstracts

Kirkman DL, Barton B, **Lucas AR**, Carbone S, Kim Y, Paulus A, Kumar D, Gupta G, Kidd JM. Segmental Bioelectrical Impedance Analysis Derived Measures of Body Composition Are Associated with Physical Frailty in Kidney Transplant Candidates. Abstract to be presented at World Transplant Congress, San Francisco, Aug 2025

Kirkman DL, Barton B, **Lucas AR**, Carbone S, Kim Y, Paulus A, Kumar D, Gupta G, Kidd JM. Frail Kidney Transplant Candidates are Responsive to Prehabilitation. Abstract to be presented at World Transplant Congress, San Francisco, Aug 2025

Barton B, Bohkme N, Chavez D, **Lucas AR**, Carbone S, Kumar D, et al. Aortic Blood Pressure and Cognitive Function in Frail Kidney Transplant Candidates. Physiology (Bethesda). 2025;40(S1):1046.

Mihalko M, Brubaker P, **Lucas AR**. Lessons Learned from the Physical Activity and Lymphoma Study (PALS):Clinical and Research Implications. Research colloquim presented at ACSM, Boston, June 2024

Reding KW, Vasbinder A, O'Connell N, Demissei B, Szewczyk W, Cheng R, Ladd A, **Lucas A**, Meyer J, Bowen S, Salloum F, D'Agostino R, Lesser G, Weaver K, Ky B, Tang WHW, Hundley WG. Abstract 6296: Biomarkers associated with atherosclerosis-related cardiovascular dysfunction in cancer survivors treated with anthracyclines. Cancer Research. 2024;84(6_Supplement):6296-

Antonucci, A, Costa, J, Norton, S, Brubaker, PH., Mihalko, S, Marshall, A, Via, J, Franco, L, Ladd, A, Vaidya, R, Yazbeck, V, Wagner, L, Hundley, WG and **Lucas, AR.** Physical activity is associated with exercise capacity among patients undergoing chemotherapy. *Journal of the American College of Cardiology*. 2024;83(13_Supplement):2511-2511. doi:10.1016/S0735-1097(24)04501-7

Wolle BR, Mihalko SL, Brubaker PH, Costa J, Norton S, **Lucas AR**, et al., editors. A physical activity intervention in adults with lymphoma undergoing treatment: physical activity and mental health. Annals of Behavioral Medicine; 2024: Oxford Univ Press Inc Journals Dept, 2001 Evans rd, Cary, NC 27513 USA

Bellissimo MP, Canada JM, Jordan JH, Ladd AC, Reding KW, Moore TL, Ntim WO, Heiston EM, Brubaker P, Mihalko SL, D'Agostino Jr R, O'Connell N, Ky B, Wagner LI, Hackney MH, Weaver KE, Lesser GJ, Avis NE, Sutton AL, **Lucas AR**, Franco RL, Fuemmeler BF, Salloum FN , Hundley WG, UPBEAT Study Group. Physical activity during breast cancer therapy associates with preserved exercise capacity and cardiac function (WF97415). American College of Cardiology

Norton SC, McIver B, Wolle B, Fanning J, Mihalko M, Brubaker P, FACSM; Via JO, Griffin L, Franco RL, **Lucas AR**. Reliability and validity of a home-based protocol to assess physical function: preliminary results. Abstract presented at ACSM, Denver June 2023.

Lucas AR, Costa J, Brubaker PH, Mihalko SL, Vaidya R, Seegars MB, Jordan JH, Marshall A, Via JO, Franco RL, Ladd A, D'Agostino RB, Hundley WG. Examining Effects of a Physical Activity Intervention on Exercise Capacity and Cardiovascular Function Among Patients With Lymphoma and Breast Cancer Undergoing Treatment. Abstract presented at AHA, Chicago Nov 2022, Abstract #14867

Reding K, O'Connell NS, Szewczyk W, Cheng R, Nguyen J, Ladd A, Jordan JH, **Lucas AR,** Sheppard VB, Ge Y, Salloum FN, Kim Y, Lesnefsky E, Franco RL, Melendez GC, Sutton AL, D'Agostino RB, Lesser GJ, Hundley WG. Longitudinal assessment of racial differences in exercise capacity after breast cancer treatment: WF-97415. Abstract presented at AHA, Chicago Nov 2022. Abstract# 15439

Sutton AL, O'Connell NS, **Lucas AR,** Franco RL, Reding K, Kim Y, Cheng R, Sheppard VB, Weaver KE, Lesser GJHundley WG Examining the association between sociodemographic factors and left ventricular ejection fraction declines in breast cancer and lymphoma survivors receiving doxorubicin: WF-98213. Abstract to be presented at AHA, Chicago Nov 2022. Abstract # 12791

Reding K, O'Connell NS, Cheng R, Nguyen J, Ladd A, Jordan J, Ky B, Vasbinder A, Zaha V, **Lucas AR**, Calhoun T, Hackney MH, Bellissimo M, D'Agostino Jr. R, Lesser GJ and Hundley WG. LVEF decline in relation to body composition among women treated for breast cancer: WF-97415. 2022 ASCO Annual Meeting (Chicago, IL). June 3 - 7, 2022; Abstract #364100.

Heiston EM, Mabudian L, O'Connell NS, D'Agostino Jr. R, Brubaker PH, Mihalko SL, Reding K, Bellissimo M, Ladd A, **Lucas AR**, Jordan J, Ky B, Calhoun T, Hackney MH, Weaver KE, Lesser GJ and Hundley WG. Impact of cardiometabolic health and abdominal adipose tissue on physical function in women with breast cancer (WF-97415). 2022 ASCO Annual Meeting (Chicago, IL). June 3 - 7, 2022;Abstract #382128.

Suddala S, O'Connell NS, D'Agostino RB, Jordan JH, Meléndez GC, Hackney MH, Ladd a, Miller D, Lesser GJ, Weaver KE, **Lucas AR,** Thomas A, and Hundley WG. Prior to cancer treatment, do women with breast cancer experience reduced aortic distensibility in the absence of hypertension? Journal of the American College of Cardiology 79 (9, Supplement): 1883.

Lucas AR, Kim Y, Lanoye A, Franco RL, Sutton AL, LaRose JG, Ross M Sheppard VB. Longitudinal associations among physical activity and sitting with endocrine symptoms and quality of life in breast cancer survivors: A latent growth curve analysis. Abstract presented at SBM, Baltimore 2022

Hanson E.D., Carver J.L., **Lucas A**., Bass M., Alzer M., Whang Y., Harrison M., Milowsky M., Bitting R.L., and C.L. Battaglini. High Adherence to Home-Based Exercise Improves Muscle Strength and Cardiorespiratory

Fitness with Advanced Prostate Cancer. Thematic poster presentation at the ACSM Annual Meeting. Orlando, FL, USA. *Medicine and Science in Sports and Exercise,* 51(5): 2019

Chaplow, ZL, Focht, BC, **Lucas AR**, Grainger E, Simpson, C, Fairman, CM, Thomas-Ahner, JM, Bowman, J, DeScenza, VR, Buell, J & Clinton, SK (in press). Effects of a Lifestyle Intervention on Change in Body Composition in Prostate Cancer Patients Undergoing Androgen Deprivation Therapy. Abstract accepted for publication Medicine and Science in Sports & Exercise, 49: S

Focht, BC, **Lucas AR**, Grainger E, Simpson, C, Fairman, CM, Thomas-Ahner, JM, Chaplow, ZL, Bowman, J, DeScenza, VR, Buell, J & Clinton, SK (in press). Effects of a Lifestyle Intervention on Select Social Cognitive Outcomes in Prostate Cancer Patients Undergoing Androgen Deprivation Therapy. Medicine and Science in Sports & Exercise, 49: S

DeScenza, VR, Focht, BC, **Lucas AR**, Grainger E, Simpson, C, Fairman, CM, Thomas-Ahner, JM, Chaplow, ZL, Bowman, J, , Buell, J & Clinton, SK (in press). Age, Mobility Performance, and Physical Activity in Prostate Cancer Patients Undergoing Prolonged Androgen Deprivation Therapy. Medicine and Science in Sports & Exercise, 49: S

Focht, BC, **Lucas AR**, Grainger E, Simpson, C, Fairman, CM, Thomas-Ahner, JM, Chaplow, ZL, Bowman, J, DeScenza, VR, Buell, J & Clinton, SK (in press). Effects of a Group-Mediated Cognitive Behavioral Lifestyle Intervention on Exercise and Dietary Behavior Change in Prostate Cancer Patients Undergoing Androgen Deprivation Therapy. Annals of Behavioral Medicine, 53, S.

Lucas AR, Pan J, Ip E, Tooze J, Levine B, Wagner LI. A Structural Equation Modeling Approach to Assessing Fear of Cancer Recurrence: Validation of the Lee-Jones model Among Breast Cancer Survivors. Presented at the Wake Forest University Graduate and Postdoctoral Research Day March 2018, Winston-Salem, NC.

Focht BC, **Lucas AR**, Fairman C, Grainger E, Simpson C, Thomas-Ahner JM, Clinton SK. Lifestyle Intervention Effects on Mobility and Body Composition in Prostate Cancer Patients on Androgen Deprivation Therapy. Presented at the Society of Behavioral Medicine annual meeting. March 2017, San Diego, CA.

Lucas AR, Levine B, Avis NE. Predictors of Quality of Life in Breast Cancer Survivors During Early Post-treatment. Presented at the annual meeting of American Society of Preventive Oncology. March 2017. Seattle, WA,

Lucas AR, Focht BC, Grainger E, Simpson C, Fairman CM, Thomas-Ahner J, Clinton SK. Resistance Training Improves Muscular Strength in Prostate Cancer Patients Undergoing Androgen Deprivation Therapy. Presented at the annual meeting of the American College of Sports Medicine. May 2016, Boston, MA.

Lucas AR, Focht BC, Cohn DE, Buckworth J, Klatt MA. A Mindfulness-Based Lifestyle Intervention for Obese, Inactive Endometrial Cancer Survivors: A Feasibility Study. Presented at the Society of Behavioral Medicine annual meeting. March 2016, Washington, D.C.

Lucas AR, Levine B, Avis NE. Trajectories of Physical Activity Following Primary Treatment for Breast Cancer: Are Women Meeting the Guidelines? Presented at the annual meeting of American Society of Preventive Oncology. March 2016, Columbus, OH.

Focht BC, Garver MJ, **Lucas AR**, Devor ST, Hackshaw KV, Dials J, Emery CF, & Rejeski WJ. Self-Regulatory Self-Efficacy Mediates Changes in Physical Activity in Sedentary Knee Osteoarthritis Patients. *Med Sci Sports Exerc.* 47:397-398 Presented at the annual meeting of the American College of Sports Medicine. May 2015, San Diego, CA.

Lucas AR, Focht BC, Saunders N, Clinton SK, Grainger E, & Petrosino JM. Physical Activity Intensity is Differentially Associated with Body Composition and Mobility in Prostate Cancer Patients. *Med Sci Sports Exerc.* 46(5), 473-474. Presented at the Annual Conference of the American College of Sports Medicine. May 2014, Orlando, FL.

Lucas AR, & Focht BC. Mindfulness correlates of health-related quality of life and motivation for exercise and diet in endometrial cancer survivors. *Ann Behav Med*. 2014;47:S279-S279. Presented at the Annual Conference for the Society of Behavioral Medicine. April 2014. Philadelphia, PA.

Focht BC, Garver MJ, **Lucas AR**, Devor ST, Hackshaw KV, Dials J, Emery CF, & Rejeski WJ. Effects of group-mediated and traditional physical activity interventions on social cognitive outcomes in older knee OA patients. *Ann Behav Med*. 2014;47:S279-S279. Presented at the Society of Behavior Medicine Annual Meeting. April 2014, Philadelphia, PA.

Focht BC, Garver MG, **Lucas AR**, Devor ST, Hackshaw KV, Dials J, . . . Rejeski WJ. Group-mediated Activity Counseling, Traditional Exercise Therapy, And Objectively-determined Physical Activity In Knee Osteoarthritis Patients. *Med Sci Sports Exerc.* 2014;46(5), 111-111. Presented at the Annual Conference of the American College of Sports Medicine, May 2014, Orlando, FL.

Lucas AR, Focht BC, Garver MJ, Devor ST, Hackshaw K, Dials J & Emery C. Objectively Determined Sedentary Time Is Associated With Health-related Quality Of Life And Physical Function In Older, Knee Osteoarthritis Patients. *Med Sci Sports Exerc.* 2013;45(5):120-120. Presented at the Annual Conference of the American College of Sports Medicine. May 2013, Indianapolis, IA.

Focht BC, Garver MJ, **Lucas AR**, Devor ST, Hackshaw KV, Dials J, Emery CF, & Rejeski WJ. Long-term Changes In Physical Activity And Functional Performance In Older, Knee Osteoarthritis Patients: Evidence From The IMPACT-P Trial. *Med Sci Sports Exerc.* 2013;45(5):219-219. Presented at the Annual Conference of the American College of Sports Medicine. May 2013, Indianapolis, IA.

Lucas AR, Focht BC, Garver MJ, Dials J, Emery C. Physical Activity And Change In Health-related Quality Of Life In Older, Knee Osteoarthritis Patients. *Med Sci Sports Exerc.* 2012;44:85-85. Presented at the Annual Conference of the American College of Sports Medicine. May 2012, San Francisco, CA.

Garver MJ, Focht, BC, Devor SD, Dials J, Emery C, **Lucas AR** & Hackshaw K. Physical Activity, Pain, and Functional Limitations in Older, Overweight and Obese Knee Osteoarthritis Patients. *Med Sci Sports Exerc.* 2012;44:638-639. Presented at the Annual Conference of the American College of Sports Medicine. May 2012, San Francisco, CA.

Focht BC, Clinton SK, **Lucas AR**, Saunders N, Grainger E, & Thomas-Ahner JM. Effects of Exercise on Disablement Process Outcomes in Prostate Cancer Patients Undergoing Androgen Deprivation Therapy: A Systematic Review. *Ann Behav Med*. 2012;43:S251-S251. Presented at the Annual Conference for the Society of Behavioral Medicine. April 2012. New Orleans, LA.

Lucas AR, Focht BC, Cohn DE. Theory-based Correlates of Physical Activity, Diet and Quality of Life in Endometrial Cancer Survivors. Presented at the Annual Midwest Sports and Exercise Psychology Symposium. February 2012, East Lansing, MI.

Katula JA, **Lucas AR**, Jennings JM, Legault C, Gaussoin S, Yamamoto K, Sink K, Rapp S, Rejesk WJ & Espeland, MA. The Role of Executive Function in 400M Walk Performance: The Senior¹s Health & Activity Research Program-Pilot (SHARP-P). *Ann Behav Med*. 2011;41:S113-S113. Presented at the Annual Conference for the Society of Behavioral Medicine. April 2011, Washington, DC.

Invited Presentations

Lucas AR. Optimizing the cardiovascular Health of the Cancer Patient: Exercise, Nutrition and Stress Management. 2025 Pelotonia Scholars Foundation, Columbus OH, April 2025.

Lucas AR. Remote Behavioral Lifestyle Interventions For The Management Of Cardiovascular Health Among Cancer Patients Undergoing Active Treatment OSU, Health and Rehabilitation Sciences Grand Rounds, OSU, Virtual, March 2025

Lucas AR. Cardiovascular Risk During Androgen Deprivation Therapy in Prostate Cancer Patients. Cardiology Grand Rounds, VCU, Richmond VA, August 2024.

Lucas AR. BETR-PC: Refining a Behavioral Exercise TRaining Intervention for Medically Underserved Men Undergoing Androgen Deprivation Therapy for Prostate Cancer. NRG Oncology Health Disparities Committee Meeting. August 2024

Lucas AR. Refining a Behavioral Exercise Training Intervention for Medically Underserved Men Undergoing Androgen Deprivation Therapy for Prostate Cancer. Walter Lawrence Research Retreat. Richmond, Virginia. June 2023

Lucas AR, Melendez G, Bottinor, W. Innovative Approaches to Addressing Exercise Intolerance Among Cancer Survivors. International Cardio-Oncology Society. February 2023. Webcast.

Lucas AR, Bartlett D, Hanson ED. Exercise and Energy Balance for Cancer Survivorship. North Carolina Cancer Survivorship Summit, April 2017, Raleigh, NC.

Lucas AR, Jordan J, Canada J. Behavioral Lifestyle Interventions to Optimize Health Status in Patients with Cancer in the session on Cardio-oncology. VCU Johnson Center for Critical Care and Pulmonary Research. 5th Annual Scientific Symposium. November 22, 2019, Richmond VA.

Grant Support

Current

NHLBI: K01HL161419
Role: PI
Behavioral Exercise Training to Reduce Cardiovascular Disease Risk in Men Undergoing Androgen Deprivation Therapy
Funding period: August 2023 – July 2028

NRG: NCORP-GY10
Role: PI
Refining a Behavioral Exercise Training Intervention for Medically Underserved Men Undergoing Androgen Deprivation Therapy for Prostate Cancer
Funding period: September 2023 – July 2025

NCI: 4R33CA226960-03
Role: Co-I
Improving Exercise Capacity with a Tailored Physical Activity Intervention in Lymphoma Patients Undergoing Treatment
Funding period: Sept 2022 – Aug 2025

NCI: 1R01CA290863
Role: Co-I
Supportive Tailored Exercise Program for Survivors of Breast Cancer (STEPS-BC)
Funding period: Feb 2025 – Jan 2030

Past

VCU CCTR Endowment Fund
Role: Co-I
Development and evaluation of a theory-driven, wearable-technology facilitated intervention to promote adherence to home-based cardiac rehabilitation among underserved patients with heart failure: A pilot study
Funding period: Oct 2021-Apr 2023

Wake Forest, Duke, UNC – Physical Activity and Cancer Survivorship (PACS) Pilot. Hanson (PI)
Role: Co-I
Feasibility Study of a Home-based Exercise Intervention Program for Patients with Metastatic Castration Resistant Prostate Cancer Receiving Androgen Deprivation Therapy (ADT).
Funding period: Mar 2017-Jun 2018

Wake Forest, Duke, UNC – Physical Activity and Cancer Survivorship (PACS) Pilot. Bartlett (PI)
Role: Co-I
A Randomized Cross-Over Trial Assessing Immunological Responses to Acute Exercise During Infusion Therapy.
Funding period: Mar 2017-Jun 2018

Wake Forest Baptist Comprehensive Cancer Center Pilot. Klepin (PI)
Role: Co-I
Pilot to Assess Acceptability And Feasibility of A Remotely-Delivered Home-Based Behavioral Intervention to Improve Physical Function Among Older Adults Receiving Chemotherapy.
Funding period: Mar 2017-Feb 2018

The Ohio State University Comprehensive Cancer Center Pilot & Fox Award
Role: PI
Healthy Active Surveillance Through Lifestyle Stops Prostate Cancer Progression (HALT-P).
Funding period: Aug 2014-July 2015

The Ohio State University Comprehensive Cancer Center Pelotonia Fellowship Program
Role: PI
Lifestyle Interventions to Improve Physical Function and Quality of Life in Endometrial Cancer Survivors.
Funding period: July 2012-June 2014

Honors and Awards

VCU School of Population Health, Social And Behavioral Sciences Teaching Award	2024
OSU Comprehensive Cancer Center Internal Research Grant - $20,000	2014
Fox Award for Postdoctoral Research – $15,000	2014
EHE travel award – $375.00	2013
Joseph J. and Nina Mae Mattus Merit based EHE Scholarship - $1,000	2013
Pelotonia Fellowship – 2-year Cancer Research Fellow (predoctoral)	2012
Food Innovation Center – 1-year Dissertation Grant - $4,995	2012

Professional Memberships and Service

Memberships

Society of Cardiac Magnetic Resonance	2024 - present
American Heart Association	2020 - present
American Society of Preventive Oncology	2015 - present
Phi Kappa Phi Honor Society	2013 - present
Society of Behavioral Medicine	2010 - present
American College of Sports Medicine	2008 - present
Southeast American College of Sports Medicine	2008 - present

Service Other

Massey Cancer Center – Protocol Review and Monitoring Committee	2025 - present
NCI Community Oncology Research Program (NCORP) - Wake Forest Research Base Cancer Control and Health Equity Committees	2023 - present

Scientific Journal Associate Editor

BioMed Central – Cardiovascular disorders 2019 - 2021

Scientific Journals Reviewer

Contemporary Clinical Trials
Depression and Anxiety
Environment and behavior
Gynecologic Oncology
Integrative Cancer Therapies
Mindfulness
The Oncologist
Journal of Community & Supportive Oncology
Cancer
Circulation
JMIR – mHealth and uHealth
Journal of Supportive Care in Cancer
Journal of Sports Sciences
Journal of Physical Activity and Health
PLOS1
Integrative Cancer Care
Military Behavioral Health
Psycho-Oncology
BMC Sports Science

Scientific Abstracts Reviewer

Center for Behavior Change (CBC) Annual conference 2018
Behavior Change: Digital and Beyond

Teaching & Mentoring

Virginia Commonwealth University – Course Director

SBHD 639	Intervention Development and Implementation	2023 - present
SBHD 613	Community Engaged Research and Cancer Health Disparities	2023 - 2024
SBHD 690/ HCPR 699	Department Seminar	2021 - 2023

Ohio State University – Instructor of Record

KNHES 4525	Behavior Change in Physical Activity, Sports & Leisure Time Activities	2014 - 2015
KNHES 5652	Worksite Health Promotion	

Ohio State University – Graduate Teaching Assistant

PAES 490.10	Kinesiology Lab	2012
PAES 500	Kinesiology Lab	2011 - 2012
PAES 361	Kinesiology Lab	2010 - 2011

Wake Forest University – Graduate Teaching Assistant

HES 101	Exercise For Health	2008 - 2009

Virginia Commonwealth University

Tolulope Kolawole	PhD Student	2023 - 2027
Dargahi Abbasabad, Ghader	PhD Student (Co-Advisor)	2024 - 2027
Imran Ahmed Syed	PhD Thesis committee in Kinesiology and Health Sciences	2023 - 2025
Faizan Talib	MPH advisee	2023 - 2025
Sumaiya Alam	MPH advisee	2022 - 2024
Emily Heiston	Thesis committee – Masters in Clinical and Translational Sciences	2021
Brian Byun	Medical School Summer Fellowship	2021
Sera Yildiiz	Advisee – MS in Kinesiology and Health Sciences	2019 - 2020

Wake Forest University

Samuel Norton	Thesis committee – MS in Health and Exercise Science	2023

University of North Carolina – Chapel Hill

Mohamdod Alzer	Thesis committee – MS in Exercise and Health Science	2021

Additional Skills

Cardiac Magnetic Resonance	
R for data science	Python (basic)
SAS	HTML, CSS, JavaScript for Web Development
SPSS	Endnote reference manager software
Microsoft Office	ReadCube reference manager software
REDcap online software	ACTIGRAPH and ActivPAL accelerometry

Certifications & Workshops

Society of Cardiac Magnetic Resonance (SCMR)- Level -1 certificate	2025
Incorporating Economic Analyses into behavioral Medicine Research - Society of Behavioral Medicine Workshop	2019
Designing and evaluating multilevel interventions in Behavioral medicine – Society of Behavioral Medicine Workshop	2019
NCI Early-Career Investigator Workshop	2017
ICPSR Latent Growth Curve Modeling using an SEM approach (workshop)	2016
Certified Yoga Teacher (Samyoga Institute - 200 hour, Columbus, OH)	2015
Certified Mindfulness Instructor (Mindfulness in Motion, Columbus, OH)	2012

ACSM Certified Clinical Exercise Specialist (CES)	2009
American Heart Association - Basic Life Support	2008