SHRS Students Get Involved

By Joyce Mac Kinnon, EdD, PT

Students in the School of Health and Rehabilitation Sciences participated in more School and campus events this past year than ever before. Increased participation may be attributed to the formation of a new SHRS Student Council, with student rep- resentation from all departments/programs. This group of students works with the School and serves as an advisory board to the School’s leadership.

During our annual Convocation Cer- emony in August - Coming Together - we welcomed 111 new students to the School. And once again we celebrated Commencement, welcoming 111 new students to the School. Coming Together to the School’s leadership, this group of students works to promote recognition from all departments/programs. This year we implemented a new scholarship - the Dean’s Academic Excellence Recog- nition Award. This award is given to two new students from each of the departments/programs to recognize their outstanding academic achievements.

Finally, as we continue to grow in stu- dent numbers, we have also increased our faculty and staff. Later on in this issue you will read about the new physical therapy department hired. In addition to those, the School hired the following individuals:

Dean’s Office: Deanna Hart, MS, Direc- tor of Student Enrollments. Service, Brenda Lawless, BA, Director of Marketing, Commu- nication and Special Events
Health Sciences: Melinda McCormick, MEd, Health Sciences Academic Counselor; Anne Mandel, LPC, NCC, EdS, Director of Career Services
Occupational Therapy: Chrystal Massie, PhD, faculty member, Karen McGregor, Senior Administrative Secretary
Physician Assistant: Rebecca Rehman, PhD, Intern Program Director; Michelle Schultz, MPAS, faculty member; Peggy Wortham, MA, Assistant to the Program Director

We continue to fully enroll all of our capped programs - Nutrition and Dietetics, Occupational Therapy, Physical Therapy and Physician Assistant Studies. We are proud of our growing number of under- graduate Health Science students as well as new PhD students. We are in the process of implementing a transitional Occupational Therapy Doctorate (OTD) for students who hold either a bachelor’s or master’s degree in Occupational Therapy. This year we implemented a new scholar- ship - the Dean’s Academic Excellence Recog- nition Award. This award is given to two new students from each of the departments/programs to recognize their outstanding academic achievements.

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Meet the Faculty: And Two Makes a Full Faculty

Dr. Keith G. Avin received both his bachelor’s and master’s degrees in Kine- siology from the University of Illinois (Urbana-Champaign). While at U of I, he was involved in research that explored the physio- psychological aspects of exercise in healthy individuals as well as those who were undergoing cardiac rehabilitation. In 2006 he earned his PhD in Physical Therapy degree from our great program here at Indiana University, where he was awarded the APTA Mary McMillan award. During his DPT studies, he worked in Dr. Stuart Warden’s lab investigating the effects of ultrasound waves upon bone healing.

He practiced clinically in outpatient orthopedics at Riverview Hos- pital in Carmel, IN and in inpatient care at IU Health Methodist. He completed his PhD in Rehabilitation Science at the University of Iowa, where he explored muscle strength and fatigue in digital human mod- eling and aging. To further his aging-related research interest, he was a T32 post-doctoral scholar in the Division of Geriatric Medicine and the Mcgowan Institute for Regenerative Medicine at the Univer- sity of Pittsburgh and here at Indiana University. Dr. Avin’s research interests span from the basic to clinical sciences. He is currently investigating muscle wasting in ag- ing and chronic kidney disease. His collaborative efforts with researchers in the Division of Nephrology, hope to identify the beneficial effects of exercise and other physical therapy-related interventions in those with chronic kidney disease. His interest in Geriatrics has led him to a leadership position in the APTA Academy of Geriatric Physical Therapy Clinical Practice Guidelines Committee. This committee is currently develop- ing a clinical practice guideline for the management of falls in community-dwelling older adults.

Dr. Avin and his wife Allison have two daughters, Sophie (5) and Norah (3). A self-described foodie, he loves to cook and try new foods. He also enjoys sports, outdoor activi- ties and painting his daughter’s fingernails.

Dr. William R. Thompson joined the IU PT faculty in September 2014. He graduated summa cum laude in 2004 with a biochemistry degree from Lee University (Cleveland, TN) and returned to his home- state of Delaware to earn both his DPT and PhD from the University of Delaware (UD). Dr. Thompson’s graduate research focused on the role of extracellular matrix molecules and calcium channels in the regulation of osteocyte mechanotransduction in bone. He earned several honors during his graduate studies including the APTA Florence P. Kendall award, APTA Promotion of Doctoral Studies award, and the APAViva J. Erickson Award for Extraordinary Mentoring. Dr. Thompson has completed two postdoctoral fellowships. The first was at UD where he investigated molecular mechanisms underlying ma- trix osteorthritis in a mouse model. One year later at the University of North Carolina, Dr. Thompson used cell culture and animal models to understand how mechanical signals direct bone marrow stem cell different- ation towards osteogenesis and away from adipogenesis (fat formation). Additionally, he used mesenchymal stem cell to develop a novel osteocyte culture system, providing an in vitro osteocyte model to study mechanical and hormonal signaling responses. His ongoing research interests include investigating the mechanisms underlying the mechanical responses of vibration on bone and, ex- amining the ability of exercise to rescue the extracellular ma-

Message from the Chair

Peter A. Altenburger, PT, PhD
Department Co-Chair

Welcome to another edition of Forward Motion, the Indiana University Department of Physical Therapy’s Annual Newsletter. Enclosed, you will find articles detailing students and faculty activities which have occurred over the past academic year.

The 2013-14 academic year was another amazing journey with many student and faculty accomplishments. January marked the departure of Brenda Lawless from the program after seven years of dedicated service. Her talents may now be found in the Dean’s office as she accepted the position of Director of Marketing, Communications and Special Events for the School. Brenda played a significant role in the growth and success of the academic programs. We wish her all the best.

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rrix molecules that decline with aging. Dr. Thompson has ongoing collabora- tions with faculty in the IU School of Medicine, where he has a secondary appointment in the Department of Anatomy & Cell Biology. Clinically, he is an AP Ambassador Clinician and as an APTA-certified clinical instructor he is an out-patient Neurologi- cal & Older Adult faculty member. He has also worked as a PT in both small community-based and large level-I trauma hospital settings, where he is dedicated in acute care of orthopedic and traumatic injuries.

Dr. Thompson enjoys spending time with his wife and two small boys. Together, he and his wife enjoy restoring old furniture. He is an avid Philadelphia sports fan, rooting on the Eagles and Phillies.

http://shrs.iu.edu/academics/physical-therapy/index.html

Department Co-Chair
IU Student Physical Therapists’ Organization
by Catherine Cofrin, SPT ’15

The Student Physical Therapists’ Organization (SPTO) serves to promote academic excellence while providing networking opportunities and leadership among students within the DPT program.

The SPTO has hosted several events this school year. In September IU hosted the Indiana Chapter of the American Physical Therapy Association (INAPTA) Central District Meeting with food provided by the SPTO. IU faculty and DPT students presented a discussion on multi-professional barriers to patient care particularly between PT and OT at the IU SOC.

The SPTO also continued the Byron S. Hartman Memorial Blood Drive for its 4th year in memory of an IU student who passed away during his time in PT school. Thirty-nine individuals donated this year and plans for next year are already being discussed to improve the success of the drive while carrying on the memory of a joyful, kindhearted peer.

Additionally, the SPTO continues to 1) facilitate 3rd year employer lunches, 2) participate in the direction of IUPUI through the Graduate and Professional Student Government, 3) coordinate class activities such as a ‘pitch-in’ to welcome the new DPT class, 4) participate in IUPUI’s Regatta, and 5) attend APTA conferences and events.

IU Student Outreach Clinic Continues to Thrive
by Carolyn Billson, SPT ’16

The IU Student Outreach Clinic (IU SOC) continues to be a source of pride within the Doctorate of Physical Therapy (DPT) program. The IU SOC is a free, student-led, inter-professional health clinic that was founded in the Fall of 2009 by the IU School of Medicine. It is located on the near eastside of Indianapolis and housed in the Neighborhood Fellowship Church. Its mission is to meet the unmet healthcare needs of this community. Services are offered every Saturday from 10 am – 2 pm. For a closer look and more information on the clinic, visit www. sóc. medicine.iu.edu.

IU DPT students have worked diligently to get the word out about what is happening at the IU SOC. At the 2014 Combined Sections Meeting in Las Vegas, DPT students from both IU and the University of Indianapolis presented a two-hour session describing the clinic and the impact of student engagement in the community. Much interest was generated among those in attendance, inspiring some to investigate how to implement a similar model within their own institutions. In April, at the INAPTA Central District meeting, DPT students presented an update on research and future direction for the clinic.

In September, IU DPT students were featured at a local Rotary Club meeting, where they introduced the clinic’s collaborative mission to a wide range of professionals. Excitingly, IU DPT along with IU Occupational Therapy students and faculty presented at the September INAPTA Central District meeting on OT-PT inter-professional education and practice opportunities and outcomes at the clinic.

The clinic is able to serve the uninsured or under-insured only because of the continued generosity of our donors and the continued support of our faculty. If you are an IU DPT adjunct faculty member and would like to volunteer at the clinic, please email physical.therapy@iu-soc.org for more information.

Because our demand continues to grow each year, the IU SOC supplies wish-list remains lengthy and includes: therabands, lumbar supports, knee braces, canes, walkers, and Kinesiotape. For more information on how to donate these supplies or other donations, please contact Christine Baldwin at 317-274-4702 or chbhbdges@iu.edu.

IU student Input Matters at ACAPT Clinical Education Summit
by Valenie Strok, PT, MS

In early October, the American Council of Academic Physical Therapy (ACAPT) held the 2014 Clinical Education Summit in Kansas City, Missouri. According to the ACAPT website, the purposes of the summit were “to reach agreement on the best practices for clinical education in entry level physical therapist education, to strengthen the relationship between academic and clinical faculty, and to discern institutional readiness to implement recommended changes in clinical education.”

Over 400 clinical education stakeholders attended the summit, and ultimately were able to reach some consensus on where future clinical education reform efforts need to be directed.

A group of clinical education stakeholders including IU professor Valerie Strok brainstormed innovative ideas to enhance partnerships between universities and clinical sites.

“’It meant a lot to me as a student that my input was taken during the conversations of reform, especially since I will be a PT when these reforms will be implemented.”

Michael Mestetsky, SPT ’16

IU’s 2014 National Student Conclave Delegation


DPT Students participate in PT Olympics competition in part of their PT Month celebrations.

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DPT students proudly display their research posters at the 2014 SHRS Research Day.

Special thanks to our generous donors & alumni who make these scholarships possible!

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Focus on Faculty Research - Dr. Amy Bayliss, PT, DPT
by Robyn Ruchs, PhD

Dr. Amy Bayliss has dedicated the past several years to learning how to use diagnostic ultrasound to assess tendons and how to use instrument-assisted soft tissue mobilization (ISTM) to both prevent and treat tendon injury. She has developed a technique for non-invasively assessing the material and mechanical properties of the Achilles tendon and is currently using the technique to evaluate the effects of ISTM on healthy, yet shortened Achilles tendons.

A right or shortened Achilles tendon is a common clinical finding and has been reported to contribute to: 1) increased risk for lower extremity injury; 2) increased likelihood of developing Achilles tendinopathy; and 3) decreased running economy.

The results of Dr. Bayliss’ work suggest that ISTM introduces a stimulus that induces adaptation of the material properties with a tendon exhibiting increased elastic modulus hypothesized to have more effective transference of forces.

The results of Dr. Bayliss’ work suggest that ISTM introduces a stimulus that induces adaptation of the material properties with a tendon exhibiting increased elastic modulus hypothesized to have more effective transference of forces.

Fellow student researcher, Trent Crandall ’15 agrees that working with real patients has been the most rewarding experience for the future. “I personally enjoy doing our research because it gives me a chance to have interactions with subjects that will be similar to what we will be providing to our patients.”

Crandall continues, “Our particular research is especially rewarding because we are attempting to show the efficacy of emerging tools in our field. With the Graston® [ISTM] technique we are getting early exposure to a modality we can use as physical therapists. The diagnostic ultrasound is a tool that will continue to grow in its use as a diagnostic and prognostic tool in the management of soft tissue injuries. Without doing research with Dr. Bayliss, I may not have had this early exposure to this exciting technology.”

Dr. Bayliss’ next goal is to complete the same experiment in patients with a diagnosis of tendinopathy. Achilles tendons with tendinopathy have reduced Young’s modulus and, as ISTM improves tendon material properties, it may be an effective intervention for managing the condition and reducing the risk of progressing to tendon rupture.

Dr. Bayliss’ work has been well received at the national level and has received a podium presentation at the national CSM meeting in Indianapolis this coming February. She looks to publish her current findings soon.

Dr. Bayliss has completed her work with the help of several students in the DPT program. Her current work involves 3rd-year students Trent Crandall and Danielle Farmer and 2nd-year students Sarah Crauer and Jethro McConnell. “I involve students in my research because I enjoy the collaboration and believe their fresh ideas and enthusiasm enhance the process to make it more enjoyable” states Dr. Bayliss.

Student Danielle Farmer, ’15 shares, “It is a unique opportunity for students to participate in the creation of evidence (data) that we will rely on as future practicing PTs to guide us in our clinical decision-making.”

Dr. Amy Bayliss demonstrates the use of the ultrasound machine to two of her students.

Dr. Bayliss demonstrates how tendon elongation is measured on the Biodex dynamometer

Participating in this ISTM [Graston®] research project is meaningful to me because we are aiming to substantiate a facet of clinical practice. As a student, I’m proud to be adding to the base of evidence that will help inform our decisions when we graduate and become practitioners. -Jethro McConnell ’16

IU PT Faculty & Students in Print


Facility Updates

Amy Bayliss, PT, DPT had a productive summer working at the clinic and testing research subjects. Her diagnostic ultrasonic skills were tested and refined during a month of assessing multiple Achilles tendons. She managed to find some time for leisure and took a trip to Chicago with her dad who was visiting from New Zealand. ‘The “bean” was a favorite but the Chicago stuffed pizza was the highlight.’

Mary Beth Brown, PT, PhD and her student researchers have been testing exercise in a rat model of pulmonary hypertension, as well as in patients affected by the disease. Her lab also began studying exercise in pulmonary embolism in a new collaboration with USM USM PT Program. "The feeling of being able to work with the best students and the best instructors is truly evident by her work with students. Vicki is kind and nurturing while challenging me by putting me in situations where I was less familiar." According to Brewer, "Vicki has told me that she really enjoys being a clinical instructor, and that is truly evident by her interaction with her students. Vicki is kind and nurturing while at the same time being honest about areas that need improvement. I really enjoyed my time with Vicki and the entire therapy department at Countrywide Meadows.”

She allowed me to gain confidence in my skills while continually challenging me by putting me in situations where I was less familiar.

Brittany Brewer, SPT ‘15 presents Vicki Smock, PT ‘02 with the IU DPT Clinical Instructor of the Year Award for 2014.

Congratulations to all of our nominees! 2014’s IU Clinical Educator of the Year

Teri Adamsom, Community Health Network
Sarah Amesbury, Phizer Therapy Associates Capitol Hill
Cynthia Arenas, St. Vincent Hospital
Ursula Boll, ATI Physical Therapy
Amy Carmago, Select PT, Englewood, Colorado
Bobbie Carusillo, IU Health Indianapolis
Brittany Cornejo, St. Vincent Hospital of Indiana
Diane Pitzer, IU Health Indianapolis
Barb Carusillo, IU Health Indianapolis
Bobby Lassiter, ATI Physical Therapy
Amy Cargano, Select PT, Inglewood, Colorado
Angie Dykstra, Community Schools of Frankfort
Jessica Gilliss, Franciscan St. Elizabeth
Bobby Lassiter, ATI Physical Therapy
Christine Pitzer, IU Health Indianapolis
Jessica Rheame, Community Schools of Frankfort
Jordan Scheid, Rehab Hospital of Indiana
Kristol Schindler, IU Health Indianapolis
Trina Smith, IU Health Indianapolis
Todd Sullivan, Indiana Physical Therapy
Heather Williams, Rehab Hospital of Indianapolis

Valerie Strunk, PT, MA has been busy gearing up for the IU DPT Reaccreditation visit set to take place in 2016. She has been working to teach CI Credentialing courses across Indiana, including one in Ft. Wayne in the fall of 2014. She has also worked with Dr. Warden to apply her knowledge and skills to the future of the profession. I can think of no better way to ensure the future of our great profession than to play a part in their educational career. I am still excited about practicing PT and am grateful to have been awarded this honor.”

The IU DPT program would like to thank Ms. Smock, along with all other IU DPT Clinical Educators, who dedicate their time to serve the profession and our students through clinical teaching.

Clinical Education News | http://shrs.iu.edu/academics/physical-therapy/index.html

Research & Faculty News

Peter Alltenburger, PT, PhD has been working closely with Dr. Loghmann investigating the impact of student participation at the IU Student Outreach Clinic on civic engagement and leadership development. He also continues to work with Dr. Boyles, Prof. Strunk, and Dr. Loghmann on educational outcomes related to the Integrated Longitudinal Case Based Learning Model. The Indiana Center for Advanced Neurorehabilitation (ICAN) will host its first national workshop on Robotic Rehabilitation in February. In between the kids’ sporting events, Alltenburger’s family spent a week on the outer banks in North Carolina this summer.

Robyn Fuchs, PhD had a busy and exciting year. She received tenure to Associate Professor this summer and is currently working with Dr. Warden studying the impact of the serotonin transporter to bone health. She is also in collaboration with Dr. Altenburger for a clinical study evaluating home and muscle health in children with cerebral palsy. She is working with Dr. Brown to integrate pharmacology into the pathophysiology courses. This will be an exciting new change to the program. Cam (7) is in 2nd grade and just started a bike team where he enjoys his bike races. Ellie (4) is in pre-K and has fun dancing. They had a visit from Australian relatives and gardened a lot over the summer.

Terry Loghmang, PT, PhD is establishing the SHRS Applied Regenerative Medicine lab and investigating potential regenerative mechanisms underlying instrument-based soft tissue mobilization. Dr. Loghmann visited her son, a Peace Corps volunteer in Panama, where she survived a two-hour jungle-to-mountain hike in 100 degree weather. When home, she enjoys spending time with her family.

Stuart Warden, PT, PhD, FACS has had a busy year both professionally and personally. He has embraced his move to the Dean’s office and recently celebrated his one year anniversary as Associate Dean for Research. When not facilitating school-based internships and serving on many committees, Dr. Warden looked forward to the coming year – his last before joining the ‘over-the-hill’ population.

The Dierks family has had a crazy year at home with the twins, Audrey and Mack, who are every bit of two. To stay sane, Dr. Brown still swims with the Indy Aquatic Masters swim team almost daily and recently trained for the US Masters 5K open water swim championships held in Chicago this past October.

The family vacationed in Florida this summer, and she and her husband Chad got away for a few weeks over the year to enjoy the cities of Amsterdam, Paris and Barcelona.

Terry Loghmang, PT, PhD had spent most of the summer expanding research projects in conjunction with St. Vincent Sports Performance. Notable projects include training cross-country runners on an anti-gravity treadmill and examining the association between reaction time and wide research endeavors and working on the school’s research strategic plan, he continues his own lines of inquiry into the lifelong skeletal benefits of exercise and trying to locate the origin of the skeletal effects of selective serotonin reuptake inhibitors. The latter has involved encouraging genetically modified mice to breed. On the home front, Dr. Warden planted over 30 trees and shrubs this summer to screen the yard and enjoyed regular swims with Cam (7) and Ellie (4). Dr. Warden looks forward to enjoying the coming year – his last before joining the ‘over-the-hill’ population.
Alumni Spotlight: Gail Altekruse, PT, MBA, ’78

Gail Altekruse, PT, MBA

An IU alumna from the Class of 1978 who currently serves as the Director of Orthopedic Rehabilitation for Parkview Health in Fort Wayne, Gail Altekruse, PT, MBA supervises the Athletic Rehabilitation and Inpatient departments at Parkview’s Ortho Hospital. Parkview Athletic Rehab is a center for athletes who receive a cross between traditional outpatient physical therapy and performance training. The Inpatient Specialty Hospital works with post-operative surgery patients to facilitate a shorter transition from surgery to the next level of appropriate care. In addition to these responsibilities, Altekruse also collaborates with Parkview Sports Medicine to develop a comprehensive approach to patient treatment including nutrition services, athletic training, and community and professional education.

Her career has varied in location and patient demographics while she worked to develop new programs in many locations. From Indiana to Wyoming to Florida, Altekruse filled a need in each setting continually developing her managerial skills.

While it takes some individuals an entire career to develop a specialized interest, others begin their career knowing what their specialty will be. Altekruse has always been interested in the business aspect of physical therapy partly due to her family’s business-minded influence. Six months after graduating from Indiana University’s Physical Therapy program, she began to pursue her Master’s in Business Administration and Management. She states, “It is important to be able to recognize your individual strengths and target those strengths for professional development.”

Successfully identifying the skill set she wanted to develop in herself, Altekruse proceeded to target several resources to assist in developing her managerial and leadership skills. She taught the Physical Therapy Administration class at the University of Indianapolis in their post- graduate program. Her motivation to mentor and teach her students helped her to stay current with trends in management in the healthcare system.

A highlight of her career was winning the Anthony D. Cerno, PT, Award for Indiana which recognizes distinguished service and contribution to the profession. This recognition demonstrated how Altekruse’s regular professional development and dedicated involvement with the APTA helped impact the profession of physical therapy. Being an APTA member since 1976, she became highly involved with the Private Practice Section while establishing and owning several orthopedic clinics just a few years out of physical therapy school. Being highly involved in her sections, she had the opportunity to regularly attend national conferences and to effect change via national task forces thus giving back to the profession.

Altekruse demonstrates well the importance of professional involvement and using the APTA to act as a catalyst for her individual passions. “It is important to find a mentor and to be a mentor in order to get others involved with our professional organization,” she stated. “Two things really make your professional life more enriched. They are 1) caring about your professional performance and 2) engaging. Engage in your profession. Engage in your employer. The best way to engage in your profession and become an excellent therapist is to join your professional organization, because they will help you facilitate both of those things.”

She cares greatly for the physical therapy profession and the professionals within it. Being involved allows her and others like her to position the profession to be there for those who follow. Her final comments in our conversation conveyed an excitement and urgency for students and colleagues alike to get involved in the profession: “Take those steps. Be engaged.”

One of Altekruse’s hobbies is to volunteer re-enact with her husband Bill at the Old Fort in Fort Wayne.

Altekruse made both dresses shown here. The wedding dress was a first place ribbon.
Research tells us there is a correlation between prosocial spending such as gifts for others and donations to charity, and psychological wellbeing.

Get Giving...Get Happy

Make a gift at http://shrs.iu.edu/alumni-donors/give.html.
Or send a check to
IU Foundation, PO Box 6460
Indianapolis, IN 46206-6460

Or contact Christine Baldwin at
(317) 274-5151 or chrbaldw@iu.edu.

In Interventions and Policies to Enhance Wellbeing, Felicia Huppert and Cary Cooper (Eds.). Wiley Press.