


# Stanford


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## Alexander Tolas

Clinical Research Coordinator, Medicine - Med/Cardiovascular Medicine

 Curriculum Vitae available Online

 Resume available Online

### Bio

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#### BIO

I'm passionate about the many intersections between health, technology, and behavior. Specifically with how wearable devices and mobile technologies can be leveraged to measure and promote better health outcomes across all populations. After earning my BS in Kinesiology, I have formed a strong analytical background in wearable technology and health through my involvement in numerous clinical health studies and research projects. To supplement my interest, I have had multiple academic pieces accepted by Medicine & Science in Sports & Exercise (MSSE) and The Journal for the Measurement of Physical Behaviour (ISMPB).

#### EDUCATION AND CERTIFICATIONS

- B.S, California Polytechnic State University - San Luis Obispo , Kinesiology (2021)

### Publications

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#### PUBLICATIONS

- **StandUPTV: Preparation and optimization phases of a mHealth intervention to reduce sedentary screen time in adults.** *Contemporary clinical trials*  
Keadle, S., Hasanaj, K., Leonard-Corzo, K., Tolas, A., Crosley-Lyons, R., Pfisterer, B., Legato, M., Fernandez, A., Lowell, E., Hollingshead, K., Yu, T. Y., Phelan, S., Phillips, et al  
2023: 107402
- **Personalized digital behaviour interventions increase short-term physical activity: a randomized control crossover trial substudy of the MyHeart Counts Cardiovascular Health Study.** *European heart journal. Digital health*  
Javed, A., Kim, D. S., Hershman, S. G., Shcherbina, A., Johnson, A., Tolas, A., O'Sullivan, J. W., McConnell, M. V., Lazzeroni, L., King, A. C., Christle, J. W., Oppezzo, M., Mattsson, et al  
2023; 4 (5): 411-419