

CURRICULUM VITAE

December 1, 2025

James R. Muruthi, PhD

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I. Education & Professional History

A. Education

Post-Doctoral Training, Virginia Tech, 2019

University of Georgia, Ph.D. HDFS, 2017

Miami University, M.A. Social Gerontology, 2012

Miami University, B.S. Gerontology and Interdisciplinary Studies, 2010

B. Employment History

Assistant Professor, Department of Counseling and Family Therapy, Drexel University, 2022-Present

Assistant Professor, Department of Counseling Psychology and Human Services, University of Oregon, 2019 – 2022

Adjunct Instructor, Department of Human Development, Virginia Tech, 2017 - 2019

C. Honors & Awards (at Drexel)

Training LEADers to Accelerate Global Mental Health Disparities Research Fellowship, Program Recipient, 2023.

NIH-Funded Faculty Institutional Recruitment for Suitable Transformation (FIRST), Bonus Inductee, 2023.

II. Research & Scholarship

A. Funded Research

Drexel University

1. **Muruthi, J. R.** (Co-I). Drexel DREAM (Diversity, Research, Experiential Learning, Aging Science, and Mentorship) Scholars Program – 1R25AG081175-01A1. Funding Period: 2023–2028. Funding Agency: NIH/National Institute on Aging. Type: Research grant. Amount: \$1,936,889. Role: Co-Investigator.
2. **Muruthi, J. R., & Morris, T.** Assessing the Cultural Fit and Practicality of Older Adult Mental Health First Aid for Rural Black Communities in North Carolina. Funding Period: June 2025 – June 2026. Funding Agency: HBCU-Drexel Health Science and STEM Partnership Pilot Research Award. Type: Research grant. Amount: \$10,000. Role: Principal Investigator.

Prior to Drexel University

1. **Muruthi, J. R.** Chronic Poverty, Support, and Psychological Distress among Older Kenyans. Funding Period: 2021. Funding Agency: Mental Health Research Institute. Type: Research grant. Amount: \$25,000. Role: Principal Investigator.
2. **Muruthi, J. R.** Disaster Communication and Preparedness among Middle-Aged and Older Latino Migrants and Seasonal Farmworkers in Western Oregon. Funding Period: 2021–2022. Funding Agency: University of Oregon Science Communication Research Small Grant. Type: Research grant. Amount: \$3,000. Role: Principal Investigator.

3. **Muruthi, J. R.,** & Shune, S. Developing a User-Centered Method for Collecting Routine Caregiving and Health Behavior Data from Caregivers of Older Adults. Funding Period: 2020–2021. Funding Agency: University of Oregon Counseling Psychology and Human Services Faculty Research Grant. Type: Research grant. Amount: \$5,000. Role: Principal Investigator.
4. **Muruthi, J. R.** Secondary Data Analysis of Health-Related Quality of Life in Older Oregonian Caregivers. Funding Period: 2020. Funding Agency: University of Oregon Faculty Research Award. Type: Research grant. Amount: \$7,000. Role: Principal Investigator.
5. **Muruthi, J. R.** Health-Related Social Support among Rural-Dwelling LGBTQ Individuals. Funding Period: 2020–2021. Funding Agency: University of Oregon College of Education Baney Faculty Support Fund. Type: Research grant. Amount: \$2,500. Role: Principal Investigator.

B. Submitted/Pending / In Preparation Grants

1. **Muruthi, J. R.,** & Moore, R. Assessing Causal and Longitudinal Relationships between Multidimensional Social Support and Health Outcomes among Older People in Ghana (R21). Funding Agency: NIH/National Institute on Aging. Resubmitted November 17, 2025. Requested: \$251,500. Role: Principal Investigator (*Not Funded*).
2. Muruthi, J. R., & Ssewamala, F. Adapting Suubi-Maka EBI Interventions for Older Kenyan Grandmothers Caring for HIV/AIDS Orphans (R34). Funding Agency: NIH/National Institute on Aging. Role: Principal Investigator (*In Preparation*).
3. **Muruthi, J. R.,** Muruthi, B. A., & Martinez-Donate, A. Adapting the CRiSOL Peer-Led Intervention for Community Mediators of Recent African Immigrants. Funding Period: July 2026 – June 2030. Funding Agency: Commonwealth Universal Research Enhancement (CURE) Formula Grant. Requested: \$84,919. Role: Principal Investigator (*Not Funded*).
4. **Muruthi, J. R.,** & Gadegbeku, A. Neighborhood Determinants Through My Lens: A Photovoice Study of Black Older Adults with Hypertension in Philadelphia, PA. Funding Agency/Program: Drexel-Sulus Internal Grant. Requested: \$5,000. Role: Principal Investigator (*Not Funded*).
5. **Muruthi, J. R.,** Mwoka, P., & Nyorude, D. Care Credits for Aging Support: A Mixed-Methods Pilot Study of Financial Incentives for Informal Caregivers in Kenya. Funding Agency: Global Impact and Technology Development Program (UK Government Funded). Requested: GBP 400,000. Role: Principal Investigator (*Not Funded*).
6. **Muruthi, J. R.,** Zarrabi, K., Lopez, M. et al., (May 2026) A Community-governed Pilot Study of Chronic Stress, Wearable-Measured Sleep Disruption, and Cardiometabolic Risk in Black Men 40+ from High-Burden Philadelphia Neighborhoods: Examining Sleep as a Mediator. Funding Agency: SKCCC Jefferson University, Philadelphia. Role: PI (Not Funded).
7. **Muruthi, J. R.,** Ewing, S., Zarrabi, K., Lopez, M. et al., (May 2026) A Pilot Randomized Control Trial of the *BROTHERS SCREEN* Program: A Community-Informed Social Network and mHealth Intervention to Increase Prostate Cancer Screening in Middle-Aged and Older Black Men. Role: PI (Pending).

C. Google Scholar Profile - <https://scholar.google.com/citations?user=eZJ3w-0AAAAJ&hl=en>
H-Index – 6
Total Citations - 148
Citations in the Last 5 years – 128

D. Peer-Reviewed Journal Articles (Additional Pre-2022 Publications Available Upon Request)

1. Muruthi, B.A., McRell, A.S., **Muruthi, J.R.**, et al. (In Press). Undocu-Black: Considerations of Critical Race Theory and Mental Health for Undocumented Black Migrants. *Contemporary Family Therapy*.
2. **Muruthi, J. R.,** *Raqueno-Angel, S., *Yang, Di., Muruthi, B., *McRell, A.S., & McClure, H. H. (2025). Disaster communication and preparedness among middle-aged and older Latino migrants and seasonal

farmworkers in Western Oregon. *Journal of Communication in Healthcare*.

<https://doi.org/10.1080/17538068.2025.2514981>. Journal Rank: Q2 in Communication, #43 of 97 in Health Policy; Impact Factor: 1.7; Google Scholar Citations: 1

3. **Muruthi, J. R.**, Nyawaga, C., Kirui, R.*, Maina, L., & Mwega, E. (2024). Socioeconomic status, perceived family support, and psychological distress in older Kenyans. *Aging & Mental Health*. <https://doi.org/10.1080/13607863.2024.2400261>. Journal Rank: #13 of 36 in Gerontology, Q1 in Geriatrics & Gerontology; Impact Factor: 3.514; Google Scholar Citations: 1
4. *Spafford, S. G., ... **Muruthi, J. R.**, ... (2024). The effects of suicide prevention gatekeeper training (meta-analysis). *Prevention Science*, 25(6), 978-988. doi: 10.1007/s11121-024-01710-w. Journal Rank:

#27 in Social Sciences (Interdisciplinary), Q1 in Public Health; Impact Factor: 3.0; Google Scholar Citations: 9

5. **Muruthi, J. R.**, Maina, L., Mweya, E., Kagai, V., & *Otieno, A. (2024). Psychometric properties of a Swahili-translated Kessler Psychological Distress Scale (K6) in aging Kenyans. *International Journal of Social Science and Humanities Research*, 2(1), 40-49. Journal Rank: Not indexed in major JCR/Scimago rankings; Impact Factor: N/A; Google Scholar Citations: 3
6. *Gallo, M. L., ... **Muruthi, J. R.**, ... & Seeley, J. R. (2023). Institutional Betrayal and Suicidal Thoughts and Behaviors. *Journal of Applied Research on Children*, 14(1), 4. doi: 10.58464/2155-5834.1540. Journal Rank: Q4 in Developmental & Educational Psychology; Impact Score: 0.32; Google Scholar Citations: 1
7. **Muruthi, J. R.**, Muruthi, B.A., *Thompson-Cañas, R. E., et al. (2023). Daily discrimination, church support, personal mastery, and psychological distress in Black people in the U.S. *Ethnicity & Health*, 28(4), 503-521. doi: 10.1080/13557858.2022.2078481. Journal Rank: #11 in Ethnic Studies, Q1 in Health (Social Science); Impact Factor: 2.732; Google Scholar Citations: 14

Manuscripts Under Review/In Press

1. Muruthi, B.A., ... **Muruthi, J. R.**, ... (**Revised and Resubmitted**). Undocu-Black: Critical race theory and mental health for undocumented Black migrants. *American Journal of Community Psychology* (Impact Factor: 2.3).
2. **Muruthi, J. R.**, Nkimeng, M., *Kyeremeh, E., & *Oppong, B. (In Press). Aging, informal elder care, and the evolving social landscape in Sub-Saharan Africa. *Contemporary Perspectives in Family Research* (Impact Factor: None).
3. **Muruthi, J. R.**, Nyawaga, C., *Kirui, R., et al. (**Revised and Resubmitted**). Socioeconomic status and mental health correlate with multimorbidity. *Journal of Cross-Cultural Gerontology*. (Impact Factor: 1.0).
4. **Muruthi, J. R.**, *Maloney, G., *Oppong, B., et al. Hunger, hardship, and distress in late life. *Social Sciences & Humanities Open* (CiteScore: 4.3).
5. **Muruthi, J. R.**, Ehlinger, P., Muruthi, B., et al. (**Under initial review**) Happiness in African American caregivers. *Journal of Personal Relationships* (Impact Factor: 2.3).

E. Book Chapters

1. Muruthi, J. R. (**In Press**). Aging in Sub-Saharan Africa: A Socio-Ecological Perspective. In Chen, H (Eds.) *Global Aging*. Cambridge University Press.

F. Peer-Reviewed Presentations

1. Oppong, B., Maloney, G., & **Muruthi, J. R.** (2025). Association between Food Insecurity and Psychological Distress Among Older Kenyan Women. [Oral paper presentation]. Gerontological Society of America Annual Scientific Meeting, Boston, MA.
2. **Muruthi, J. R.**, Muruthi, B. A., & McRell, A. S. (2025). Enhancing Emergency Communication and Community Resilience among Migrant Seasonal Farmworkers during Wildfires. [Roundtable presentation]. American Public Health Association Annual Meeting, Washington, DC.
3. **Muruthi, J. R.**, Anyango, O., & Owuor, S. O. (2024). Prevalence of non-communicable diseases and their association with socioeconomic positioning among aging Africans. [Oral presentation]. Older Persons' Symposium, Johannesburg, South Africa.
4. **Muruthi, J. R.**, Nyawaga, C., & Kirui, R. (2024). Socioeconomic position and mental health correlates of multimorbidity: A cross-sectional study of aging Kenyans. [Oral presentation]. Older Persons' Symposium, Johannesburg, South Africa.
5. **Muruthi, J. R.**, Ssewamala, F., Nabunya, P., Kabarambi, A., & Namatovu, P. (2024). Building effective community-academic partnerships in Sub-Saharan Africa: Lessons from implementing a CBPR-based

intervention for AIDS orphans' wellbeing in Uganda. [Oral presentation]. Society for Prevention Research Annual Meeting, Washington, DC.

6. **Muruthi, J. R.**, Muruthi, B. A., Ortiz, K., Morales, G., Yang, D., Khairi, S., & Richards, O. (2024). Beginning community-based participatory research: Fostering meaningful research partnerships with marginalized communities. [Poster presentation]. Society for Prevention Research Annual Meeting, Washington, DC.
7. **Muruthi, J. R.**, Maina, L., Nwakasi, C., Mwega, E., Kagai, V., & Muruthi, N. (2023). Psychometric Evaluation of a Swahili-Translated Kessler 6 Among Older Kenyans. [Oral presentation]. Gerontological Society of America Annual Scientific Meeting, Tampa, FL.
8. **Muruthi, J. R.** (Chair & Organizer). (2023). Psychosocial Factors and Non-communicable Diseases in Older Sub-Saharan Africans. [Symposium]. Gerontological Society of America Annual Scientific Meeting, Tampa, FL.
9. **Muruthi, J. R.**, Maina, L., Mwega, E., Kagai, V., & Muruthi, N. (2023). Socioeconomic Status, Social Support, and Psychological Distress in Aging Kenyans. [Oral presentation]. Gerontological Society of America Annual Scientific Meeting, Tampa, FL.
10. **Muruthi, J. R.**, Raqueno-Angel, S., & McClure, H. H. (2023). Disaster Communication and Preparedness Among Middle-Aged and Older Latino Migrants and Seasonal Farmworkers in Western Oregon. [Oral presentation]. Society for Prevention Research Annual Meeting, Washington, DC.
11. Galo, M., Green, A., Yang, D., & **Muruthi, J. R.** (2023). Mental health-related social support for LGBT individuals in semi-rural Oregon. [Oral presentation]. Society for Prevention Research Annual Meeting, Washington, DC.
12. **Muruthi, J. R.**, Muruthi, B. A., Spafford, S. G., & Brittany, S. (2022). Conceptualizing Black health disparities: A lifecourse of syndemics. [Oral presentation]. Society for Prevention Research Annual Meeting, Seattle, WA.

G. Invited Talks

1. **Muruthi, J. R.** (2025). Global perspectives on aging: Lessons from research in Kenya and Sub-Saharan Africa. [Invited talk]. HBCU Aging Conference / Gerontological Society of America Annual Scientific Meeting, Boston, MA.
2. **Muruthi, J. R.** (2024). Understanding the Experiences of New Black Immigrants in Philadelphia: Academic-Community Advocacy Efforts. [Invited online seminar]. Urban Health Collaborative, Dornsife School of Public Health, Drexel University, Philadelphia, PA.
3. **Muruthi, J. R.** (2024). Academic-Community partnerships for research with other adults in African Countries [Invited talk]. HBCU Aging Conference / Gerontological Society of America Annual Scientific Meeting, Boston, MA.
4. **Muruthi, J. R.** (2023). Towards a lifespan approach for examining the subjective well-being of older African immigrants: The role of adversity and trauma. [Invited expert colloquium]. Prevention Science Department, Washington State University, Pullman, WA.

III. Teaching

A. Courses Developed

1. *CFTP 0000 - Late Adulthood and Aging (Undergraduate; In Progress)*.

Academic Courses Taught at Drexel University (2022 – Present)

1. CFTP 765 – Grant Writing for Program Development & Evaluation, Spring 2022–2023 Department of Counseling and Family Therapy, Drexel University
2. RSCH 720 – Foundations of Biostatistics, Fall 2023–2024 College of Nursing and Health Professions, Drexel University

3. CTCN 601 – Introduction to Behavioral Research, Fall 2023–2024 (37 students), Fall 2024–2025 (36 students), Fall 2025–2026 (29 students) College of Nursing and Health Professions, Drexel University
 - a. RCRG 600 – An Introduction to Responsible Conduct of Research, Winter 2023–2024 (62 students) Graduate College of Drexel University / College of Nursing and Health Professions
4. CFTP 571 – Human Development and Family Life Cycles, Spring 2023–2024 Department of Counseling and Family Therapy, Drexel University
5. BACS 531 – Research Methods in Behavioral Sciences, Summer 2023–2024 College of Nursing and Health Professions, Drexel University
6. CFTP 759 – Methodological Foundations of Psychotherapy Outcome and Process Research, Winter 2024–2025, Fall 2025–2026 Department of Counseling and Family Therapy, Drexel University
7. RSCH 742 – Foundations in Scholarly Writing, Winter 2024–2025 College of Nursing and Health Professions, Drexel University
8. CFTP 525 – Research in Couple and Family Therapy, Fall 2025–2026 Department of Counseling and Family Therapy, Drexel University

B. Student Research Supervision and Mentoring

Dissertation Co-Chair:

1. Nerlie Clark, Counseling and Family Therapy, PhD (2023). Dissertation Title: Parent Receptivity to Therapist Feedback: An Exploratory Change Event Study of the MacArthur Story Stem Battery Feedback Session

Student Mentorship

1. Gabrielle Maloney, Counseling and Family Therapy, PhD (2024 – Present)
2. Trinity Chhay, Counseling and Family Therapy, Master's (2025 – Present)
3. Kate Strathmann, Counseling and Family Therapy, Master's (2025 – Present)
4. Annika Murray, Counseling and Family Therapy, Master's (2025 – Present)
5. Tillia Thompson, Nursing, Undergraduate (2025 – Present)
6. Grant Morales, Counseling and Family Therapy, PhD (2023 – 2024)

IV. Service

A. Offices Held & Memberships in Professional & Scientific Organizations

1. Professional Memberships

Gerontological Society of America (GSA), 2008–Present
 Association for Human Biology, 2019–Present
 Society for Prevention Research (SPR), 2022–Present
 American Public Health Association (APHA), 2024–Present

B. Review Panels, Editorial Boards, Manuscript Reviews

1. Grant Review & Study Sections

National Institutes of Health (NIH) Early Career Reviewer (ECR) Program Social Psychology, Personality, and Interpersonal Processes (SPIP) Study Section, 2024–Present

2. Manuscript Reviewer

Journal of Aging and Health, 2022–Present
 BMC Public Health, 2023–Present
 Aging & Society, 2024–Present
 International Journal of Social Determinants of Health and Health Services, 2024–Present
 Ethnicity & Health, 2022–Present
 Journal of Cross-Cultural Gerontology, 2023–Present

International Journal of Social Science and Humanities Research, 2024–Present
Prevention Science, 2024–Present

3. Other Professional Service

Mentor, Gerontological Society of America Early Scholars Program – International Students, 2024-Present

C. Service at Drexel University

1. Service to Departments and Programs

Committee Member, *Doctorate in Couple and Family Therapy* Committee, 2022 – Present.

Committee Member, *Master of Family Therapy* Committee, 2022 – Present.

Facilitator and Founder, CFT Writing group, 2025- present

2. Service to Colleges

Committee Member, *CNHP Academic Affairs Committee*, 2023-Present

3. Service to the University

Committee Member, Urban Health Collaborative (Black Immigrants Group), Dornsife School of Public Health, 2024 – Present.

4. Service to the Local and Global Community (Beyond Drexel)

Founder & Lead Mentor, Tiego Scholarship Mentoring Program, 2025–Present

Research Consultant, African Family Health Organization (AFAHO), Philadelphia, 2023–Present Research & Training Advisor, Karika and Kivulini Community Organizations, Kenya, 2022–Present

Board Member, Makena Children’s Foundation, 2022 - Present