
J. Mark VanNess, Ph.D.
September 2024

Greek Council Outstanding Professor Award, 2002, 2006

Kappa Alpha Omega Professor of the Year, 2001

Eberhardt Summer Research Grant, 2000

Barbara Bowman Postdoctoral Fellowship Award, 1998

National Research Service Award, 1998 (priority score: 148)

Graduate Student Research Fellow, American Heart Assoc. 1995-96, 1996-97

PUBLICATIONS

Leonard A. Jason, Todd E. Davenport, Carmen Scheibenbogen, Mark A. Zinn, Mary Dimmock, Janet Stone, Karl J. Tronstad, Øystein Fluge, Jonas Bergquist, Staci R. Stevens, David Tuller, Uta Behrends, J. Mark Van Ness, Mark A. Vink, Luis Nacul (2024) Myalgic Encephalomyelitis/Chronic Fatigue Syndrome: Altered Effort and Deconditioning are Not Valid Explanations. In response to: Walitt, B. et al. Deep phenotyping of post-infectious myalgic encephalomyelitis/chronic fatigue syndrome. *Nature Com* 15:907
<https://doi.org/10.1038/s41467-024-45107-3>. In Review

Davenport, T. E., Stevens, S., Stevens, J., Snell, C., & Van Ness, J. M. (2022). Lessons from Myalgic

- Davenport, T.E S.R. Stevens, J. Mark VanNess, Christopher R. Snell and T. Little. A Conceptual Model for Evidence-Based Physical Therapist Management of Chronic Fatigue Syndrome/Myalgic Encephalomyelitis. *Physical Therapy*, 90(4), 602-614, 2010.
- Ciccolella, EC, JM VanNess, and T Boone. A Public at Risk: Personal Fitness Trainers without a Standard of Care. *Professionalism in Exercise Physiology*, 11(7), 2008.
- VanNess, J.M., C.R. Snell and S.R. Stevens. Diminished Cardiopulmonary Capacity During Post-Exertional Malaise in Chronic Fatigue Syndrome. *Journal of Chronic Fatigue Syndrome*, 14(2):77-86, 2007.
- Ciccolella, M.E., C.R. Snell, S.R. Stevens and J.M. VanNess. Legal and Scientific Considerations of the Exercise Stress Test in Chronic Fatigue Syndrome. *Journal of Chronic Fatigue Syndrome*, 14(2):61-76, 2007.
- Snell, C.R., J.M. VanNess, D.R. Strayer, and S.R. Stevens. Exercise and Immune Function in Male and Female Chronic Fatigue Syndrome Patients. *International Journal of In Vivo Research*, 19:387-390, 2005.
- West, S. and J.M. VanNess. Metabolic Responses To Controlled Frequency Breathing in Competitive Swimmers. *Journal of Strength and Conditioning Research*, 19(4), 772-776, 2005.
- Snell, C.R., J. M. VanNess, S.R. Stevens. When Working Out Doesn't Work Out. *CFIDS Chronicle*; 17(3): 6-9, 2004.
- VanNess, J.M., C.R. Snell, W.L. Dempsey, D.R. Strayer, and S.R. Stevens. Subclassifying Chronic Fatigue

Lee, D., Stevens, S., Davenport, T., Stevens, J., Dowell, T., & VanNess, M. (2024). Blood Flow To The

, J. Mark VanNess, Margaret Ciccolella, Courtney D. Jensen. (2022). Anthropometric Characteristics of Relative Age Effects Among Division 1 Athletes. *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000879684.97458.3d.

, J. Mark VanNess, Courtney D. Jensen. (2022). No-1() 2009 293 Tm /TT2 1 Tf () Tj ET Q q 0.24 0 0 0.24 0 601.92cm BT -0.00

., VanNess, J. M., & Jensen, C. D. (2021). Anthropometric Changes In Female Collegiate Athletes Apparent Within Four Weeks Of A Yoga Intervention: 114. *Medicine & Science in Sports & Exercise*, 53(8S), 34-35.

, J. Mark VanNess,
, Courtney D. Jensen. *Functional Assessment of the Upper Limb: Support for Isotonic Measurement Devices*. Presented at: 2019 ACSM National Conference, June 1, Orlando, FL. Published in: *Medicine & Science in Sports & Exercise* 51(5S).

, J. Mark VanNess, Joey Rossi, John Mayberry, Courtney D. Jensen. *Lower Limb Kinematic Assessment to Predict Water Polo Performance*.

Jacobson, Courtney D. Jensen. *Reason to Exercise in Diabetic Populations: Use of Rapid-Acting Insulin Predicts Falls in At-Risk Patients*. Presented at: 2019 ACSM National Conference, May 30, Orlando, FL. Published in: *Medicine & Science in Sports & Exercise* 51(5S).

Diana Devitskaya, , J. Mark VanNess, Paul D. Vosti, , Courtney D. Jensen. *Sex-Specific HbA1c Responses to Structured Exercise Among Patients with Type 2 Diabetes*. Presented at: 2019 ACSM National Conference, May 30, Orlando, FL. Published in: *Medicine & Science in Sports & Exercise* 51(5S).

, J. Mark VanNess, Lewis E. Jacobson, Jonathan M. Saxe, Courtney D. Jensen. *Diurnal and Circannual Variation in Body Temperature: Implications for Heat Illness Protocols*. Presented at: 2019 ACSM National Conference, May 29, Orlando, FL. Published in: *Medicine & Science in Sports & Exercise* 51(5S).

, J. Mark VanNess, Paul D. Vosti, Courtney D. Jensen. *Benefits of Behavior: Exercise Enhances Perception of Physical Function Independent of Improvement Among Diabetic Patients*. Presented at: 2019 ACSM National Conference, May 29, Orlando, FL. Published in: *Medicine & Science in Sports & Exercise* 51(5S).

, J. Mark VanNess, Alexis C. King, Lewis E. Jacobson, Jonathan M. Saxe, Courtney D. Jensen. *Is Seasonal Affective Disorder a Symptom of a Larger Collection of Sedentary and Obesity-Related Disorders?* Presented at: 2019 ACSM National Conference, May 29, Orlando, FL. Published in: *Medicine & Science in Sports & Exercise* 51(5S).

Angela A. Colback, , Jonathan M. Saxe, Lewis E. Jacobson, J. Mark VanNess, Courtney D. Jensen. *The Prevalence of Depression Among Diabetic Patients is Associated with Hemoglobin*. Presented at: 2019 ACSM National Conference, May 29, Orlando, FL. Published in: *Medicine & Science in Sports & Exercise* 51(5S).

, J. Mark VanNess, , Courtney D. Jensen. *Workout-Life Balance: How Psychological Stress Affects Force Production in Competitive Powerlifters and Healthy Controls*. Presented at: 2019 ACSM National Conference, May 29, Orlando, FL. Published in: *Medicine & Science in Sports & Exercise* 51(5S).

, J. Mark VanNess, , Courtney D. Jensen. *A Three-Dimensional Assessment of Push-Pull Power Ratios Across Various Loads*. Presented at: 2019 ACSM National Conference, May 29, Orlando, FL. Published in: *Medicine & Science in Sports & Exercise* 51(5S).

, Justin C. Brown, J. Mark VanNess, Paul D. Vosti, Courtney D. Jensen. Chemotherapy and the Exercising Cancer Survivor. Presented at: 2018 ACSM National Conference, June 1, Minneapolis, MN. Published in: Medicine & Science in Sports & Exercise. DOI: 10.1249/01.mss.0000538331.73480.0b.

, Justin C. Brown, J. Mark VanNess, Jeremy P. McConnell, Paul D. Vosti, Courtney D. Jensen. The Effect of Radiation Therapy on Cancer Patients Participating in Structured Exercise. Presented at: 2018 ACSM National Conference, June 1, Minneapolis, MN. Published in: Medicine & Science in Sports & Exercise. DOI: 10.1249/01.mss.0000538329.88727.4c.

, Courtney D. Jensen, J. Mark VanNess. Wingate Test-Retest Variability in Healthy Subjects. Presented at: 2018 ACSM National Conference, June 1, Minneapolis, MN. Published in: Medicine & Science in Sports & Exercise. DOI: 10.1249/01.mss.0000538197.40788.08.

, J. Mark VanNess, Michelle M. Amaral, Greg Roberts, Jonathan M. Saxe, Lewis E. Jacobson, Courtney D. Jensen Obesity Associated Hypertension In Admitted Patients: Treating Isolated Systolic Hypertension May Be Short Sighted. Presented at: 2018 ACSM National Conference, June 1, Minneapolis, MN. Published in: Medicine & Science in Sports & Exercise. DOI: 10.1249/01.mss.0000536879.15816.f.d.

J. Mark VanNess, Greg Roberts, Jonathan M. Saxe, Lewis E. Jacobson, Courtney D. Jensen. The Kidney as a Hub for pH Modulation: The Interrelationship of Lactate, Pulse, and Blood Pressure. Presented at: 2018 ACSM National Conference, May 31, Minneapolis, MN. Published in: Medicine & Science in Sports & Exercise. DOI: 10.1249/01.mss.0000536879.15816.f.d.

, J. Mark VanNess, Michelle M. Amaral, Greg Roberts, Jonathan

, J. Mark VanNess, Courtney D. Jensen. Multicomponent Training Distress Scale (MTDS) Questionnaire to Detect Training Distress in Collegiate Soccer Players. 2017 ACSM National Conference, June 1, Denver, CO. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000518498.17287.1c.MSSE, 49(5S): 575.

, Staci Stevens, Todd Davenport, Christopher R. Snell, Jared Stevens, J. Mark VanNess. Diminished Ventilatory Responses During Post-Exertional Malaise Contributes to Exercise Intolerance in Myalgic Encephalomyelitis/Chronic Fatigue Syndrome. 2017 ACSM National Conference, June 2, Denver, CO. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000519479.78263.d1. MSSE, 49(5S): 912.

, J. Mark VanNess, , Courtney D. Jensen. Training Unloading During Winter Break Improves Fitness in Male Rugby Players. 2017 ACSM National Conference, June 3, Denver, CO. Published in: *Medicine & Science in Sports & Exercise*. DOI: 10.1249/01.mss.0000519899.05036.33. MSSE, 49(5S): 1056.

J. M. VanNess, , J. Stevens, S. Stevens, T. Davenport, C.R. Snell. Cardiopulmonary Exercise Testing Demonstrates Post-Exertional Chronotropic Incompetence. International Association for Chronic Fatigue Syndrome/Myalgic Encephalomyelitis Annual Meeting. October, 28, 2016.

J. M. VanNess, T. Davenport, , J. Stevens, S. Stevens, C.R. Snell. Chronotropic Incompetence in ME/CFS. American Physical Therapy Association combined sections meeting. Anaheim, CA, February 19, 2016.

and J.M. VanNess. Exerciser Self-Image and Indices of Health-Related Fitness. *Med. Sci. Sports. Exerc.* 49(5); 1380, 2015. ACSM annual Meeting, San Diego, CA May 24-28, 2015.

Davenport, T., S. Stevens, J. Stevens, J.M. VanNess and C.R. Snell. Derivation of a clinical prediction rule to identify individuals with chronic fatigue syndrome based on cardiopulmonary exercise testing American Physical Therapy Association combined sections meeting. Indianapolis, IN, Feb 4-7, 2015.

, Davenport TE, Stevens SR, Stevens J, Van Ness JM, Snell CR.

T. Davenport, S. Stevens, _____, J. Stevens, C. Snell and J.M. VanNess. Effort Perception in Chronic Fatigue Syndrome. Cardiopulmonary Physical Therapy Journal; 22(4): 37-38. American Physical Therapy Association Combined Sections Meeting, Chicago, IL. February, 2012.

C. Snell, S. Stevens, T. Davenport and J.M. VanNess. Reduced Submaximal Work Efficiency During a Novel Cardiopulmonary Exercise Test Paradigm Differentiates individuals with Chronic Fatigue Syndrome from Non-Disabled Individuals. Cardiopulmonary Physical Therapy Journal; 22(4): 23. American Physical Therapy Association Combined Sections Meeting, Chicago, IL. February, 2012.

_____ and JM VanNess. A Detraining Study in Male Collegiate Rugby Players that Wasn't. Southern Physical Therapy Journal; 24(1): 1-11. American Physical Therapy Association Combined Sections Meeting, Chicago, IL. February, 2012.

J. M. VanNess, S.R. Stevens, _____, B. Keller, D. Peterson, J. Montoya and C.R. Snell. A Diagnostic Test for the Identification of Metabolic Dysfunction. IACFS/ME Annual Meeting, Reno, NV March 12-15, 2009.

C.R. Snell, S.R. Stevens, _____, D. Peterson, L. Bateman and J.M. VanNess. Immunological Biomarkers Fails to Discriminate Between CFS and Control Subjects. IACFS/ME Annual Meeting, Reno, NV March 12

, SR Stevens, CR Snell, L. Bateman, and J.M VanNess. Intravenous saline administration improves physical functioning. *International Association for CFS*, January, 2007

M.E. Ciccolella, CR Snell, SR Stevens, , J.M VanNess. Chronic fatigue syndrome and the abnormal exercise stress test *International Association for CFS*, January, 2007

VanNess, JM, CR Snell, SR Stevens, L Bateman, BA Keller. Using serial cardiopulmonary exercise tests to support a diagnosis of Chronic Fatigue Syndrome. *Med. Sci. Sports. Exerc.* 38(5), 2006.

Snell, CR, JM VanNess, SR Stevens, L Bateman Intravenous saline administration improves physical functioning in a patient with Chronic Fatigue Syndrome. *Med. Sci. Sports. Exerc.*

, S Stevens, JM VanNess. Intravenous saline

VanNess, J.M., C.R. Snell, S.R. Stevens, D.M. Fredrickson, _____, and D.R. Strayer. Assessment of functional impairment by cardiopulmonary exercise testing in patients with chronic fatigue syndrome. American Association for Chronic Fatigue Syndrome, January, 2001.

Snell, C.R., J.M. VanNess, S.R. Stevens, D.M. Fredrickson, and D.R. Strayer. RNase-L activity and physical performance in patients with chronic fatigue syndrome. American Association for Chronic Fatigue Syndrome, January, 2001.

Snell, C.R., S.R. Stevens, and J.M. VanNess. Chronic fatigue syndrome, Ampligen, and quality of life: a phenomenological perspective. American Association for Chronic Fatigue Syndrome, January, 2001.

Snell, C.S., J.M. VanNess, D.M. Fredrickson, D.R. Strayer, _____, and S.R. Stevens. Variability of repeated exercise testing in patients with chronic fatigue syndrome. *FASEB J.* 14(4): LB40, 2000.

VanNess, J.M., C.R. Snell, D.M. Fredrickson, D.R. Strayer, _____, and S.R. Stevens. Exercise testing in patients with chronic fatigue syndrome (CFS)--

VanNess J.M., J. Avalos, C.A. Trampe, G.P. Town. Physiological responses to plyometric exercising on trained volley players. *Med. Sci. Sports Exerc.* 22(2) :51, 1990.

VanNess J.M., G. Town. Controlled frequency breathing does not alter blood lactate in competitive swimmers. *Med. Sci. Sports Exerc.* 21(2): 104, 1989.

Hohm S.H., G.P. Town, and J.M. VanNess. Comparison of swim testing techniques to assess VO₂ max in trained swimmers. *Med. Sci. Sports Exerc.* 20(2): 81, 1988.

RANT ROPOSALS:

Cornell ME/CFS Collaborative Research Center. Agency: NINDS, Project: 1U54NS105541-01. \$9.7 million over 5 years. My role is to serve as the coordinator for CPET methodology across all three testing sites and interpret outcome variables. September, 2017 to August, 2022.

Exploring Host Gene Expression during Post-Exertional Symptom Flare in ME/CFS. PI is David Patrick, MD, University of British Columbia. 1R21NS088166-01 – I served as a consultant, August 15, 2014 – -- \$196,179.

Post-Exertional Pathophysiology in CFIDS. CFIDS Association of America. April 2006, --\$65,000.

Elastase Activity and Antiviral Abnormalities in Patients with Chronic Fatigue Syndrome. R. Harold Burton Foundation. August, 2005, --\$5,000.

Using an Exercise Challenge to Investigate the Pathophysiology of CFIDS. CFIDS Association of America. April,

Interaction of Angiotensin and GABA in Control of Sympathoadrenal Activation. University of Texas Health Science Center, Barbara Bowman Postdoctoral Fellowship. --\$1,000, 1998.

The Influence of Dietary Interventions in Hypothalamic Control of Sympathoadrenal Activation. College of Human Sciences Dissertation Award Fellowship. --\$500, 1997.

Anti-hypertensive mechanisms of negative energy balance (10% co-investigator). National Heart Lung and Blood Institute. --\$152,049, 1997.

The Role of Exercise Training in the Control of Sympathoadrenal Activity in Hypertension. Florida State University Graduate Research Award. --\$600, 1996.

Neuropeptide Y^{ergic} Mechanisms Alter Autonomic Control of Cardiovascular Function During Negative Energy Balance. American Heart Association, Graduate Student Research Fellowship. --\$32,000, 1995-1997.

Interactive Modulation of Sympathoadrenal and Cardiovascular Regulation by Food Restriction and Aging. American Federation for Aging Research. --\$1,750 with no renewal, 1994.

PROFESSIONAL AFFILIATIONS

American Physiological Society 1993-2006

American College of Sports Medicine 1988-present

International/American Association of Chronic Fatigue Syndrome 2001-present

Kappa Omicron Nu--O Pi Chapt 1996-present

Society for Neuroscience 1996-2004

PROFESSIONAL SERVICE

NIH Review Panel: