**Pavlos Bobos PT, PhD**

*Postdoctoral Fellow* | Applied Health Research Centre

St. Michael’s Hospital | Li Ka Shing Knowledge Institute

University of Toronto

E: [p.bobos@mail.utoronto.ca](mailto:p.bobos@mail.utoronto.ca) T: [519-870-5145](about:blank)

To: Wanda Chebott,

Executive Assistant to the Dean Faculty of Health Sciences,

Western University

200J - Arthur & Sonia Labatt Health Sciences Building

London, Ontario, Canada N6A 5B9

[wechebot@uwo.ca](mailto:wechebot@uwo.ca)

Dear Ms. Wanda Chebott & members of the Appointments Committee,

I am writing to apply for the Tier 2 Canada Research Chair (CRC) in Activity and Aging at Western University. My curriculum vitae, research experience summary, future research interest’s summary, leadership accomplishments as well as a statement describing my teaching philosophy are enclosed. Dr. Joy C. MacDermid, Dr. Peter Juni, and Dr. Bruno R. da Costa have agreed to provide letters of recommendation on my behalf, and their contact information is also enclosed.

I value education and experience, and I have been fortunate to complete 2 Bachelor’s degrees, 2 Master’s degrees, and a PhD prior to my postdoctoral fellowship. My Bachelors’ degrees provided expertise in exercise physiology & Kinesiology and clinical training in physical therapy. My Master’s and PhD degrees from Western University with specialization in Musculoskeletal Health from Western’s Bone and Joint Institute, provided excellent content and methodological training. My second Master’s diploma in Clinical Epidemiology is from the University of Toronto, Institute of Health Policy Management and Evaluation and was completed concurrently with my PhD. During my clinical epidemiology training, I was trained in emerging methodological areas such as advanced evidence synthesis, measurement, and advanced designs in clinical trials, and completed two clinical research internships that complemented the research training that I received at Western.

I completed my PhD at Western University (2016-20) by working with an accomplished epidemiologist, Dr. Joy MacDermid (a Canada Research Chair, Fellow of the Canadian Academy of Health Science and Royal Society of Canada; h-index=89). My PhD was supported by a Canadian Institute~~s~~ of Health Research (CIHR) doctoral award and funded by The Arthritis Society of Canada grant. During the pandemic, I adjusted my research plan to incorporate COVID-19 research. This led to multiple publications and my selection to work as a research associate on the Ontario COVID-19 Science Advisory Table. In 2020, I was awarded my first CIHR research grant as a co-Investigator and I took the lead role on delivering this complex Bayesian meta-analytic study. In the last four years, my h-index has risen to 14, I have published 55 peer-reviewed articles (18 as 1st author), I have joined the Editorial Board of the European Journal of Pain (Impact factor: 3.934, Web of Science) and currently serve as a review editor in Frontiers in Epidemiology. In 2020, I joined the Applied Health Research Centre (AHRC) at the Li Ka Shing Knowledge Institute, co-directed by Dr. Bruno da Costa (h-index=51) and Dr. Peter Jüni (h-index=138), supported by The Arthritis Society postdoctoral fellowship award.

As the only rehabilitation scientist of the Ontario COVID-19 Science Advisory Table, I have been very involved in the creation of science briefs to inform the government of Ontario, which has been the primary source of evidence informing decision-making around the pandemic in Ontario. This has been an amazing opportunity to learn about communicating knowledge to policymakers and the process by which decisions are made. I speak 3 languages (Greek, French, English) and realize the importance of adapting outcome measures, educational, activity and mobility interventions to culture and language.

My philosophy on education is that trainees need personalized learning plans, and to be stimulated and challenged to achieve their capabilities through a combination of academic learning and applied hands-on experiences. I believe my academic and professional training as a clinician, my experience working in different clinical settings and my development as a methodologist and as a clinician will support my value as a mentor where the rigour of the methods and clinical relevance have to be considered.

My research will focus on activity and aging for people with osteoarthritis and for people with long-covid syndrome. Prevalence of OA is steadily increasing as the average age and risk factors such as obesity increases. This painful condition is the main cause of disability in older individuals, and is thus, unsurprisingly, associated with lower quality of life and a higher risk of depression and mortality due to limited mobility and activity. As for COVID-19, in the next years millions of people will continue to suffer from exhaustion, cognitive problems and other long-lasting symptoms after a coronavirus infection. Many long Covid patients struggle with physical activity long after their initial infection and experience a relapse of symptoms even if they start to exercise. I think that this is perfect opportunity for Western and I to lead the way in this emerging area of research as I am uniquely positioned and qualified to be a leader in this area. My future my line of research in activity and aging is even going to grow more into the area of ecological momentary assessment (EMA) and wearable technologies to improve mobility and activity. One of the biggest challenges in clinical research going forward is related to barriers in health equity and accessibility in health. I value health as a human right, and I am committed to promoting health equity in all my research themes. I firmly believe that I can translate these values into action and strive to make a difference to ensure a broad and inclusive community in my research program.

My educational and my postdoctoral training along with my strong academic assets, my professional and leadership background makes me very suitable to undertake the work as Tier 2 Canada Research Chair (CRC) in Activity and Aging. I feel that I have the values, character, personality, international experience, education, training, and the leadership skills to meet the high standards and expectations as a Tier 2 CRC in Activity and Aging. I believe I can be a positive and contributing member of your faculty, both in terms of research success and educational excellence. I think I am suited to advancing the goals of the Faculty of Health Sciences, as I have strong methods background in clinical research and a clear awareness of why people take these programs to support the enrolled graduate students and secure future funding.

Please contact me with any questions you may have and thank you for considering my application.

Sincerely,

Pavlos Bobos PT PhD