

# OGOCHUKWU KELECHI ONYESO

PhD, MSc, BMR (Physiotherapy)

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## PROFILE

**Dr. Ogochukwu Kelechi Onyeso** is a clinician–scientist and orthopedic, sports, and recreation physiotherapist specializing in musculoskeletal rehabilitation, mobility, and health equity, and a recipient of the Governor General of Canada’s Academic Gold Medal. He has over seven years of clinical leadership experience, including serving as a principal physiotherapist and head of an orthopedic unit in a specialist hospital. His research program focuses on advancing equitable musculoskeletal care and understanding how musculoskeletal conditions shape mobility trajectories across the life course, particularly among older adults, underserved, and racialized populations. He integrates clinical rehabilitation science with longitudinal population data (including the Canadian Longitudinal Study on Aging) and advanced analytical approaches such as structural equation modeling, multilevel modeling, meta-analysis, artificial intelligence, and machine learning to examine how social, environmental, and structural factors influence functional outcomes. He has co-authored a book chapter, 46 peer-reviewed publications, and contributed to CIHR- and SSHRC-funded research programs. His long-term goal is to establish a Health Equity in Musculoskeletal Care Lab that informs clinical practice, health systems, and policy to improve active aging, mobility, and rehabilitation outcomes across Canada.

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## EDUCATION

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| 2020–2025 | Doctor of Philosophy (PhD), Population Studies in Health (Life Course, Aging, and Health)<br>University of Lethbridge, Alberta, Canada.<br>Thesis: Sociodemographic determinants of mobility limitation among older adults in Canada and Nigeria.<br><i>Awarded the Governor General of Canada's Academic Gold Medal</i>                                      |
| 2016–2019 | Master of Science (MSc), Orthopedics, and Sports Physiotherapy<br>Nnamdi Azikiwe University, Awka, Anambra State, Nigeria.<br>Thesis: Training, attitude, competence, and utilization of diagnostic imaging in musculoskeletal assessment among physiotherapists in Nigeria.  |
| 2007–2012 | Bachelor of Medical Rehabilitation (BMR.PT) – Honours (Physiotherapy)<br>University of Nigeria, Nsukka, Enugu State, Nigeria<br>Thesis: Efficacy of adjunct LASER therapy in the management of acne vulgaris among undergraduates of the University of Nigeria.<br><i>Awarded Second Best Graduating Student, Department of Medical Rehabilitation</i>        |
| 2006–2009 | Nigerian Certificate in Education (NCE) – BEd Equivalent (Teacher Training College)<br>Enugu State College of Education (Technical), Enugu State, Nigeria<br>Thesis: Effect of practical methods of teaching on the academic achievements of the Senior Secondary School Biology Students in Enugu North.<br><i>Awarded Distinction in Practical Teaching</i> |

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## ACADEMIC AND PROFESSIONAL POSITIONS

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|--------------|---|
| 2026–present | CIHR Postdoctoral Fellow<br>School of Kinesiology and Health Science, Faculty of Health, York University, Ontario, Canada   |
| 2025–2026    | Postdoctoral Fellow<br>LTC Quality of Work Life in Atlantic Canada Project, Faculty of Nursing & Health Sciences,<br>University of New Brunswick, Saint John, New Brunswick, Canada |
| 2025–2026    | Postdoctoral Visitor<br>School of Kinesiology and Health Science, Faculty of Health, York University, Ontario, Canada   |

2022–2026	Statistical Assistant (Part-Time) Prairie Regional Research Data Centre (RDC), Statistics Canada, Lethbridge Branch
2021–2025	Graduate Teaching Assistant Faculty of Health Sciences, University of Lethbridge, Alberta, Canada Courses: HLSC 1010 Personal Health and Wellness; PUBH 3100 Environmental Health; HLSC/PSYC 3450 Applied Statistics for Clinical Practice; HLSC 3510 Program Planning and Evaluation
2021–2024	Graduate Research Assistant Prentice Institute for Global Population and Economy, University of Lethbridge, Alberta, Canada
2021–2024	Graduate Research Assistant (Multiple Projects) Faculty of Health Sciences, University of Lethbridge, Alberta, Canada
2021–2022	Research Coordinator Physical Activity, Transport, and Health Research Laboratory, University of Lethbridge, Alberta, Canada
2020–2021	Principal Physiotherapist / Head, Orthopedic Unit Bayelsa State Specialist Hospital, Bayelsa State Hospitals Management Board, Yenagoa, Nigeria
2018–2020	Senior Physiotherapist Bayelsa State Specialist Hospital, Bayelsa State Hospitals Management Board, Yenagoa, Nigeria
2014–2018	Physiotherapist Bayelsa State Specialist Hospital, Bayelsa State Hospitals Management Board, Yenagoa, Nigeria

## PROFESSIONAL LICENSURE AND ELIGIBILITY

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Registered Physiotherapist: Medical Rehabilitation Therapists (Regulation) Board of Nigeria (2014–present)  
CPTe credentialing passed.

## RESEARCH INTERESTS AND EXPERTISE

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Aging and life-course determinants of mobility; social determinants of health; musculoskeletal disorders; physical activity in special populations; home care and long-term care services; physiotherapy education and global health; adolescent and child mental health; healthcare policy and financing.

Key Methodologies: Cross-sectional and longitudinal surveys, cohort studies, qualitative designs, randomized controlled trials, systematic reviews and meta-analyses.

Key Analytic Approaches: General linear modelling, survival analysis, generalized estimating equations, structural equation modelling, growth curve analysis, latent class analysis, and machine learning.

## HONOURS AND AWARDS

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### ***Honours [2]***

2025	<b>Governor General of Canada's Academic Gold Medal – University of Lethbridge</b>
2025	<b>Silver Medal of Merit for Research Excellence – School of Graduate Studies, University of Lethbridge</b>

### ***Awards and Fellowships [22]***

2026–2028	Canadian Institute for Health Research, Postdoctoral Fellowship – \$70,000 CAD (×2) – York University
2023–2025	Prentice Institute Graduate Research Fellowship – \$12,000 CAD (×3) – University of Lethbridge
2024	Graduate Student Teaching Award – \$500 CAD – University of Lethbridge
2024	CAnD3 Fellowship – \$6,000 CAD – Consortium on Analytics for Data-Driven Decision-Making
2025	GSAC Choice PhD Oral Presentation, Meeting of Minds Conference – \$100 CAD – University of Lethbridge

2024&2025	Graduate Student Service Award – \$250 CAD – University of Lethbridge (x2)
2023	University of Lethbridge Dissemination Travel Award – \$1,500 CAD
2023	Graduate Student Travel Award – \$500 CAD – University of Lethbridge
2023	Graduate Student Research Bursary Award – \$500 CAD – University of Lethbridge
2022	Tier 3 Covidence Scholarship – \$240 USD – Covidence Global Systematic Review Competition
2021–2022	Society of Edmonton Demographers Graduate Student Award – \$2,000 CAD (x2)
2020	School of Graduate Studies Doctoral Scholarship – \$34,000 CAD – University of Lethbridge
2019	Best Presenter (Classic Platform): Orthopedics, Sports, Geriatrics & Women's Health – ACAPN 3rd Annual Scientific Conference
2019	Service Excellence Award – Association of Clinical and Academic Physiotherapists of Nigeria
2018	Best Presenter (Rapid 5 Platform): Neurology and Public Health – ACAPN 2nd Annual Scientific Conference
2017	Most Dependable Staff of the Year – Bayelsa Specialist Hospital, Yenagoa, Nigeria
2015	Best National Youth Service Corps Member, 2014 Batch A – Bayelsa State Government of Nigeria
2012	Second Best Graduating Student – Department of Medical Rehabilitation, University of Nigeria

## RESEARCH FUNDING HISTORY [6]

2026–2027	Co-Applicant   CIHR Priority Funding, Project Grant Competition – \$100,000 CAD Creating and Testing Black-Focused Repository for Actionable Voices and Engagement (BRAVE) – Canadian Institutes of Health Research (CIHR)
2026	Primary Applicant   CIHR Travel Award – \$1,190 CAD Climate Change and Life-Space Mobility Among Older Canadians – CIHR Institute of Aging 2026 Summer Program in Aging
2025–2026	Co-Applicant   Seed Grant – \$15,000 CAD BRAVE Project – York University Faculty of Health Collaborative/Community-Based Research Seed Grant
2025–2026	Co-Applicant   Catalyst Grant – \$69,287 CAD Examining Mediation of Economic, Environmental, and Social Disparities in Mobility Decline Among Visible Minority and Non-Minority Older Canadians – CIHR
2024–2026	Co-Applicant   Contract – \$200,000 CAD Prevention Priorities and Municipal Action in Southern Alberta – Barons-Eureka-Warner Family & Community Support Services
2022–2023	Co-Applicant   Knowledge Synthesis Grant – \$28,860 CAD Economic Implications of the Asocial Society: A Scoping Review of Loneliness Among Young Adults — Social Sciences and Humanities Research Council (SSHRC)

## PUBLICATIONS

Full publication list: <https://www.researchgate.net/profile/Ogochukwu-Onyeso-2>

### **Peer-Reviewed Journal Articles (47 published; 6 under review)**

† Indicates corresponding author

#### **Mobility, Physical Activity, and Social Determinants**

1. **Onyeso OK**, Belanger M, Brussoni M, Faulkner G, Gunnell KE, Tremblay MS, Larouche R. (2026). Prevalence and social-ecological correlates of parents' adherence to the 24-hour movement guidelines during the COVID-19 pandemic: a national cross-sectional survey. *Applied Physiology, Nutrition, and Metabolism* (online). <https://doi.org/10.1139/apnm-2025-0473>
2. †**Onyeso OK**, Scott DR, Alumona CJ, Kalu ME, Adandom II, et al. (2026). Association between sociodemographic factors and mobility among older adults: a systematic review and meta-analysis. *BMC Geriatrics*. <https://doi.org/10.1186/s12877-026-06984-z>

3. Anieto EM, Dall PM, Abaraogu U, Chastin S, **Onyeso OK**, et al. (2025). Effectiveness of co-created lifestyle interventions on health behaviour in adults with non-communicable diseases: a systematic review and meta-analysis. *Public Health*, 248, 105929. <https://doi.org/10.1016/j.puhe.2025.105929>
4. Rostami Haji Abadi M, Kwaghbo N, **Onyeso OK**, et al. (2025). Psychometric properties of physical activity questionnaires for children and adolescents: an updated systematic review. *Sports Medicine*. <https://doi.org/10.1007/s40279-025-02270-x>
5. †**Onyeso OK**, Alumona CJ, Ojagbemi A, Onyeso KM, et al. (2025). Sociodemographic factors in older adults' gait speed decline: a gender disaggregate growth curve analysis of the Ibadan Longitudinal Study of Ageing. *Journal of Ageing and Health*, 38(3-4), 223-235. <https://doi.org/10.1177/08982643251329431>
6. †**Onyeso OK**, Alumona CJ, Onyeso KM, Odole AC, Doan J, Victor J, Awosoga OA. (2024). Sociodemographic determinants of mobility decline among community-dwelling older adults: findings from the Canadian Longitudinal Study on Ageing. *BMC Geriatrics*, 24(972). <https://doi.org/10.1186/s12877-024-05582-1>
7. †**Onyeso OK**, Odole AC, Scott RD, Akinrolie O, Kalu ME, Awosoga OA. (2023). Association between sociodemographic factors and mobility limitation among older adults: a systematic review and meta-analysis protocol. *Systematic Reviews*, 12(19). <http://dx.doi.org/10.1186/s13643-023-02190-9>
8. Larouche R, Kleinfeld M, Charles Rodriguez U, **Onyeso OK**, et al. (2023). Determinants of outdoor time in children and youth: a systematic review of longitudinal and intervention studies. *International Journal of Environmental Research and Public Health*, 20(2), 1328. <http://dx.doi.org/10.3390/ijerph20021328>
9. Akinrolie O, Masta AM, Jasper US, **Onyeso OK**, et al. (2022). Physical inactivity among internally displaced persons in Nigeria. *Journal of Migration and Health*, 6: 100140. <http://dx.doi.org/10.1016/j.jmh.2022.100140>
10. Ezema CI, Omeh E, †**Onyeso OK**, et al. (2019). Effect of aerobic exercise on blood glucose, cardiovascular parameters, oxygen saturation, and BMI among Southern Nigerians with Type 2 Diabetes. *Malaysian Journal of Medical Sciences*, 26(5), 88–97. <http://dx.doi.org/10.21315/mjms2019.26.5.8>
11. Anyachukwu CC, †**Onyeso OK**, Ezema CI. (2018). Age, body mass and physical activity determinants of facial acne severity among southern Nigerian adolescents and young adults. *West Indian Medical Journal*, 5(2), 66–71. <http://dx.doi.org/10.7727/wimjopen.2017.162>

### Medical Rehabilitation, Musculoskeletal, and Sports Physiotherapy

12. Anyachukwu CC, Ezugwu FN, Ede SS, **Onyeso OK**, Ezema CI, Ede CF. (2025). Prevalence of work-related musculoskeletal disorders among dental workers in Enugu metropolis, Nigeria. *International Journal of Medicine and Health Development*, 30(2). [https://doi.org/10.4103/ijmh.ijmh\\_35\\_24](https://doi.org/10.4103/ijmh.ijmh_35_24)
13. Ekediegwu EC, Onwukike CV, †**Onyeso OK**. (2024). Pain intensity, physical activity, quality of life, and disability in patients with mechanical low back pain: a cross-sectional study. *Bulletin of Faculty of Physical Therapy*, 29(1). <https://doi.org/10.1186/s43161-023-00167-2>
14. Apiloko JO, Aje OS, Awotidebe TO, Okhawere MI, Mbada CE, †**Onyeso OK** et al. (2023) Influence of sport type and gender on bone turnover markers in young athletes. *Bulletin of Faculty of Physical Therapy*, 28:37. <https://doi.org/10.1186/s43161-023-00150-x>
15. †**Onyeso OK**, Ugwu AK, Adandom HC, et al. (2023). Impact of welding occupation on serum aluminum level and its association with physical health, cognitive function, and quality of life. *International Archives of Occupational and Environmental Health*, 97(2), 133–144. <https://doi.org/10.1007/s00420-023-02038-8>
16. Igwe AA, †**Onyeso OK**, Adandom I, et al. (2023). Serum estradiol, testosterone, osteoprotegerin, interleukin-6, calcium, and magnesium as potential biomarkers of cervical spondylosis: an exploratory cohort study. *Bulletin of Faculty of Physical Therapy*, 28(29). <http://dx.doi.org/10.1186/s43161-023-00141-y>
17. Odole AC, Alegbeleye OA, Ekediegwu EC, **Onyeso OK**, et al. (2022). Psychosocial correlates of pain intensity and neck disability index in non-specific neck pain. *European Journal of Physiotherapy (E-pub)*. <http://dx.doi.org/10.1080/21679169.2022.2140824>
18. Igwe AA, †**Onyeso OK**, Ezema CI, et al. (2022). Effects of cervical traction and infrared therapy on pain and neck disability in cervical spondylosis. *Journal of Musculoskeletal Research*, 25(4): 2250023. <http://dx.doi.org/10.1142/s0218957722500233>
19. Ezema CI, †**Onyeso OK**, Nna E, Odole AC, et al. (2022). Transcutaneous electrical nerve stimulation effects on pain intensity and endogenous opioids in chronic low back pain: a RCT. *Journal of Back and Musculoskeletal Rehabilitation*, 35(5), 1053–1064. <http://dx.doi.org/10.3233/BMR-210146>

20. †**Onyeso OK**, Umunnah JO, Eze JC, et al. (2022). Musculoskeletal imaging authority, training, attitude, competence, and utilisation among clinical physiotherapists in Nigeria. *BMC Medical Education*, 22(701). <http://dx.doi.org/10.1186/s12909-022-03769-x>
21. Ekediegwu EC, Akpaenyi CE, Nwosu IB, †**Onyeso OK**. (2022). Demographic and disease characteristics associated with pain, kinesiphobia, balance, and fall self-efficacy in osteoarthritis. *BMC Musculoskeletal Disorders*, 23(544). <http://dx.doi.org/10.1186/s12891-022-05486-4>
22. Anyachukwu CC, Adadinfiari AP, Ajare EC, Ede SS, **Onyeso OK**, Ezema CI (2022). Retrospective review of the presentation of Erb's palsy as seen in a tertiary hospital in Southeastern Nigeria. *Techniques in Neurosurgery & Neurology* 4(5): <http://dx.doi.org/10.31031/tnn.2022.04.000599>
23. Odole AC, Agbomeji OT, **Onyeso OK**, et al. (2021). Nigerian athletes' perspectives on physiotherapy services in sports injury management. *Journal of Sport Rehabilitation*, 30(6), 876–883. <http://dx.doi.org/10.1123/jsr.2020-0292>
24. Oluka CD, Obidike E, Ezeukwu AO, **Onyeso OK**, Ekechukwu END. (2020). Prevalence of work-related musculoskeletal symptoms among domestic gas workers in Enugu, Nigeria. *BMC Musculoskeletal Disorders*, 21(587). <http://dx.doi.org/10.1186/s12891-020-03615-5>
25. †**Onyeso OK**, Umunnah JO, Ezema CI, et al. (2020). Musculoskeletal imaging training in physiotherapy educational programmes in Nigeria. *BMC Medical Education*, 20(252). <http://dx.doi.org/10.1186/s12909-020-02183-5>
26. †**Onyeso OK**, Umunnah JO, Ibikunle PO, et al. (2019). Physiotherapist's musculoskeletal imaging profiling questionnaire: development, validation, and pilot testing. *South African Journal of Physiotherapy*, 75(1): 1338. <http://dx.doi.org/10.4102/sajp.v75i1.1338>
27. Anyachukwu CC, **Onyeso OK**. (2014). Efficacy of adjunct LASER therapy to topical agents among southern Nigerian acne vulgaris patients. *Acupuncture and Related Therapies*, 2(4), 66–70. <http://dx.doi.org/10.1016/j.arthe.2014.08.003>
28. †**Onyeso OK**, Onyemere IR. (2014). Evaluation and management of spasticity in upper motor neuron lesions. *Physiotherapeuta*, 3(1), 16–17.

### Gerontology and Long-Term Care Services

29. †**Onyeso OK**, Alumona CJ, Okoh AC, Ibekaku M, Shirazi S, Kalu ME. (2025). Geriatric and gerontological physiotherapy in focus: a cross-sectional survey of education, clinical practice, and service availability across World Physiotherapy Member Nations. *BMC Medical Education*, 25(471). <https://doi.org/10.1186/s12909-025-07045-6>
30. Okoh AC, **Onyeso OK**, Ekemezie W, Oyinlola O, Akinrolie O, Kalu ME. (2024). Building consensus on priority areas for Sub-Saharan Africa's ageing population research: an e-Delphi protocol. *PLoS ONE*, 19(4), e0298541. <https://doi.org/10.1371/journal.pone.0298541>
31. Akinrolie O, Iwuagwu AO, Kalu ME, **Onyeso OK**, et al. (2024). Longitudinal studies of aging in sub-Saharan Africa: review, limitations, and recommendations. *Innovation in Aging*. <https://doi.org/10.1093/geroni/igae002>
32. Awosoga O, Odole AC, †**Onyeso OK**, et al. (2023). Well-being of professional caregivers in Alberta's assisted living and long-term care facilities: a cross-sectional survey. *BMC Geriatrics*, 23(85). <http://dx.doi.org/10.1186/s12877-023-03801-9>
33. Awosoga A, Odole AC, †**Onyeso OK**, et al. (2023). Perceived strategies for reducing staff-turnover and improving well-being among professional caregivers in Alberta: a qualitative study. *Home Health Care Services Quarterly*, 42(3), 193–215. <https://doi.org/10.1080/01621424.2023.2166889>
34. Kalu ME, Okeke C, Nwachukwu E, **Onyeso OK**, et al. (2022). Methodology and reporting quality of 544 studies related to ageing in Africa. *Journal of Global Health Economics and Policy*, 2 (Epub). <http://dx.doi.org/10.52872/001c.36188>

### Behavioural and Mental Health

35. †**Onyeso OK**, Adebisi B, Islam MK, Hallstrom LK. (under review). Prevalence and sociodemographic correlates of mental health symptoms among young Canadians during the COVID-19 pandemic. *Clinical Child Psychology and Psychiatry*. <https://doi.org/10.1177/13591045261446034>
36. Alumona CJ, Scott DR, Aladejebi T, Kalu ME, **Onyeso OK**, et al. (2026). Association between life satisfaction and health behaviours among older adults: a systematic review and meta-analysis. *International Journal of Behavioral Nutrition and Physical Activity*. <https://doi.org/10.1186/s12966-026-01877-1>

37. †**Onyeso OK**, Adebisi B, Islam MK, Darku A, Hallstrom LK. (2025). COVID-19 social and economic disruptions, mental health symptoms, and coping behaviours among young Canadians: a structural equation model. *International Journal of Adolescence and Youth*, 30(1). <https://doi.org/10.1080/02673843.2025.2451674>
38. Awosoga OA, Oyewole OO, Adegoke OM, **Onyeso OK**, et al. (2024). Cardiovascular disease risk perception among community-dwelling adults in southwest Nigeria: a mixed-method study. *PLoS ONE*, 19(11), e0313578. <https://doi.org/10.1371/journal.pone.0313578>

### Professionalism and Health Services Research

39. Boamah SA, Alumona CJ, **Onyeso OK**, Awosoga OA. (2024). Institutional and personal determinants of nursing educators' job satisfaction and turnover intention. *BMC Nursing*, 23(594). <https://doi.org/10.1186/s12912-024-02245-9>
40. Ekediegwu EC, †**Onyeso OK**, Nwanne C, Nwosu IB, et al. (2024). COVID-19 hand hygiene practices and barriers among health care workers in a low-resource setting. *Discover Social Science and Health*, 4(43). <https://doi.org/10.1007/s44155-024-00106-z>
41. Abugu JO, Chukwu AM, **Onyeso OK**, Alumona CJ, et al. (2023). Determinants of managerial staff's disposition towards e-payment platforms in public tertiary hospitals in Enugu, Nigeria. *BMC Health Services Research*, 23(1240). <http://dx.doi.org/10.1186/s12913-023-10302-3>
42. Ezema CI, Erundu OF, †**Onyeso OK**, Alumona CJ, et al. (2023). Radiographers' knowledge, attitude, and adherence to COVID-19 precautions: a national cross-sectional study in Nigeria. *Annals of Medicine*, 55(1). <http://dx.doi.org/10.1080/07853890.2023.2210844>
43. Ogunlana MO, Oyewole OO, Aderonmu JA, **Onyeso OK**, et al. (2023). Patterns and predictors of cultural competence practice among Nigerian hospital-based health care professionals. *BMC Medical Education*, 23(1). <https://doi.org/10.1186/s12909-023-04910-0>
44. Odole AC, Odunaiya NA, Oyewole OO, **Onyeso OK**, et al. (2022). Influence of well-being and quality of work-life on quality of care among health care professionals in Southwest Nigeria. *Scientific Reports*, 13(7830). <https://doi.org/10.1038/s41598-022-25057-w>
45. Awosoga OA, Odunaiya NA, Oyewole OO, †**Onyeso OK**, et al. (2022). Pattern and perception of wellbeing, quality of work life and quality of care of health professionals in Southwest Nigeria. *BMC Health Services Research*, 22(1387). <http://dx.doi.org/10.1186/s12913-022-08808-3>
46. Ezema CI, †**Onyeso OK**, Okafor UA, et al. (2021). Knowledge, attitude, and adherence to standard precautions among front line physiotherapists during the COVID-19 pandemic. *European Journal of Physiotherapy*, 25(3), 138–146. <http://dx.doi.org/10.1080/21679169.2021.2020898>
47. †**Onyeso OK**, Umunnah JO, Ezema CI, et al. (2020). Profile of practitioners and factors influencing home care physiotherapy model of practice in Nigeria. *Home Health Care Services Quarterly*, 39(3), 168–183. <http://dx.doi.org/10.1080/01621424.2020.1754315>

### Journal Articles Under Review

1. †**Onyeso OK**, Victor J, Onyeso KM, Ojembe B, Alumona CJ, Odole AC, Doan J, Awosoga OA. (under review). Perspectives of Canadian and Nigerian older adults on life course sociodemographic determinants of mobility decline: a comparative qualitative study. *BMC Geriatrics*.
2. Ibekaku CM, Kalu ME, Ezema CI, **Onyeso OK**, et al. (under review). Nigerian entry-level physiotherapy students' knowledge, attitude, and interest in older adults' care: a mixed-method study. *BMC Medical Education*.
3. †**Onyeso OK**, Adandom II, Ugwu CL, Onyekere P, Taylor H, Kalu ME (under review). Racial inequities in mobility trajectories among older adults in Canada: A six-year parallel-process latent growth analysis of the CLSA. *The Gerontologist*.
4. †**Onyeso OK**, Robertson C, Adefemi K, Dicks H, Keefe J, McCloskey R (accepted with minor revision). Sociodemographic, occupational, and organizational predictors of problem-solving skills among nursing staff in the Atlantic Region of Canada. *Canadian Journal of Nursing Research*.
5. McCloskey R, **Onyeso OK**, Dicks H, Robertson C, O'Brien K, Berta W, Estabrooks C, Keefe J. (under review). Organizational context and nurses' citizenship behaviour in long-term care: the serial mediation of job satisfaction and work engagement. *Journal of Nursing Management*.

- Brown M, Morris P, McCloskey R, Weir J, Robertson C, Andrew MK, **Onyeso OK**, McArthur C, Adefemi K, Estabrooks C, Keefe J. (under review). Staff-Reported Variations in Responsive Behaviours Across Roles and Organizational Contexts in Atlantic Canada: A Cross-Sectional Study. *Journal of Advanced Nursing*

### **Book Chapter**

- Kalu ME, Onyeso OK, Balogun JA. (2026). Geriatric Physical Therapy Practice in Low- and Middle-Income Countries: Challenges and Recommendations for Building Capacity. In Balogun JA (Ed.), *Contemporary and Global Perspectives in Physical Therapy*. Springer Nature, Cham. [https://doi.org/10.1007/978-3-031-86558-9\\_29](https://doi.org/10.1007/978-3-031-86558-9_29)

### **Theses and Dissertations**

- Onyeso OK. (2025). Sociodemographic Determinants of Mobility Limitation among Older Adults in Canada and Nigeria. PhD Thesis. University of Lethbridge, Alberta, Canada. Supervisor: Dr. Olu A. Awosoga.
- Onyeso OK. (2019). Training, Attitude, Competence, and Utilization of Diagnostic Imaging in Musculoskeletal Assessment among Physiotherapists in Nigeria. Master's Thesis. Nnamdi Azikiwe University, Awka, Nigeria. Supervisor: Dr. Joseph O. Umunnah.
- Onyeso OK. (2012). Efficacy of Adjunct LASER Therapy in the Management of Acne Vulgaris among Undergraduates of the University of Nigeria. Bachelor's Honours Thesis. University of Nigeria, Nsukka. Supervisor: Dr. Canice C. Anyachukwu.
- Onyeso OK. (2009). The effect of practical methods of teaching on the academic achievements of the Senior Secondary School Biology Students in Enugu North. Nigerian Certificate in Education Thesis. Enugu State College of Education (Technical), Nigeria. Supervisor: Dr. Emmanuel C. Abugu

### **SELECTED CONFERENCE PRESENTATIONS [15]**

- Onyeso OK, Victor J, Onyeso KM, Ojembe B, Alumona CJ, Odole C, Doan J, Awosoga OA. (2025). Perspectives of Canadian and Nigerian older adults on life-course sociodemographic determinants of mobility decline. 54th Annual Meeting, Canadian Association of Gerontology, Montreal, QC. [Poster]
- Onyeso OK, Kalu ME. (2025). Addressing challenges of inclusivity for minority populations in secondary analyses of longitudinal ageing data: insights from the CLSA. 54th Annual Meeting, Canadian Association of Gerontology, Montreal, QC. [Poster]
- Onyeso OK, Alumona CJ, Ojagbemi A, et al. (2025). A gender disaggregated growth curve analysis of mobility decline and sociodemographic correlates among older Nigerians. 32nd ISOQOL Conference, Milwaukee, USA. [Oral]
- Kalu ME, Onyeso OK, Alumona CJ, et al. (2025). Geriatric/Gerontological Physiotherapy in Focus: A Survey of Educational and Clinical Practices Across World Physiotherapy Member Nations. World Physiotherapy Congress 2025, Japan. [Poster]
- Onyeso OK, Alumona CJ, Odole AC, et al. (2024). Sociodemographic predictors of mobility decline among community-dwelling older Canadians: a six-year CLSA longitudinal analysis. 31st ISOQOL Conference, Cologne, Germany. [Poster]
- Onyeso OK, Adebisi B, Islam MK, Hallstrom LK. (2024). Prevalence and sociodemographic correlates of mental health symptoms among young Canadians during COVID-19. 31st ISOQOL Conference, Cologne, Germany. [Poster]
- Onyeso OK, Alumona CJ, et al. (2024). Association between sociodemographic factors and mobility limitation among older adults: a systematic review and meta-analysis. 53rd Annual Meeting, Canadian Association of Gerontology, Edmonton, AB. [Poster]
- Onyeso OK, Belanger M, Brussoni M, et al. (2023). Prevalence and social-ecological correlates of adherence to the 24-hour movement guidelines for adults during COVID-19. Canadian Society for Exercise Physiology Conference, Calgary, AB. [Oral]
- Onyeso OK, Umunnah JO, Eze JC, et al. (2023). Musculoskeletal imaging authority, training, and utilisation among clinical physiotherapists in Nigeria. World Physiotherapy Congress 2023, Dubai, UAE. [Poster]
- Onyeso OK, Umunnah JO, Ibikunle PO, et al. (2019). Development, validation, and pilot testing of the PMIPQ using digital innovations. 3rd Scientific Conference of ACAPN, Rivers State, Nigeria. [Oral]

## WORKSHOP PRESENTATIONS

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- 2024 Field to Desk: Essentials of Quantitative Analysis with SPSS  
Prentice Institute for Global Population and Economy, University of Lethbridge. Audience: Knowledge Users.
- 2023 Adherence to the 24-hour Movement Guidelines Among Canadian Adults During COVID-19 Physical Activity, Transport, and Health Research Group, University of Lethbridge. Audience: Knowledge Users.
- 2023 Mental Health in Agricultural and Rural Canada – Panel Discussion  
Canadian Rural Revitalization Foundation 2023 Conference. Audience: General Public.

## TEACHING EXPERIENCE

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### **Graduate Teaching Assistantships. University of Lethbridge (2021–2025)**

- 2021–2025 HLSC 1010: Personal Health and Wellness
- 2021–2025 PUBH 3100: Environmental Health
- 2021–2025 HLSC/PSYC 3450: Applied Statistics for Clinical Practice (taught ×4 semesters)
- 2021–2025 HLSC 3510: Program Planning and Evaluation

## STUDENT SUPERVISION

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### **Bachelor's Honours**

- 2025–2026 Salma Mohamed – York University (Co-Supervisor)  
Thesis: Artificial Intelligence Roles in Virtual Mobility Care: A Scoping Review

### **Master's Thesis**

- 2025–present Amardeep Kaur Chahal – University of New Brunswick (Co-Supervisor)  
Thesis: Association between Workplace Social Capital, Job Satisfaction, and Intention to Leave among Internationally Educated Nurses in Atlantic Canada's Long-Term Care Homes

## PEER REVIEW ACTIVITIES

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### **Journal Reviewing [20 Journals, 32 Manuscripts] – Initial assignment dates listed; service ongoing**

- 2026 European Review of Aging and Physical Activity (1 manuscript)
- 2026 Journal of Workplace Behavioral Health (1 manuscript)
- 2025 Canadian Journal on Aging, Cambridge University Press (1 manuscript)
- 2025 Journal of Public Health Research, SAGE (1 manuscript)
- 2025 Journal of Aging and Health, SAGE (1 manuscript)
- 2025 The Lancet Global Health, Elsevier (1 manuscript)
- 2024 Journal of International Medical Research, SAGE (1 manuscript)
- 2024 Bulletin of Faculty of Physical Therapy, Springer Nature (3 manuscripts)
- 2024 BMC Urology, Springer Nature (2 manuscripts)
- 2024 BMC Health Services Research, Springer Nature (2 manuscript)
- 2023 The Gerontologist, Oxford University Press (1 manuscript)
- 2023 BMC Medical Education, Springer Nature (2 manuscripts)
- 2023 BMC Musculoskeletal Disorders, Springer Nature (2 manuscripts)
- 2023 BMJ Open, BMJ (1 manuscript)
- 2022 Health Services Insights, SAGE Publications (1 manuscript)
- 2022 Physiotherapy Theory and Practice, Taylor & Francis (3 manuscripts)
- 2022 PLOS One (2 manuscripts)
- 2022 Psychogeriatrics, Wiley (1 manuscript)

- 2021 Nigerian Journal of Basic and Clinical Sciences, Medknow (2 manuscripts)  
 2021 Journal of Back and Musculoskeletal Rehabilitation, IOS Press (4 manuscripts)

### **Conference Reviewing**

- 2025 54th Annual Meeting, Canadian Association of Gerontology, Montreal (14 abstracts reviewed)  
 2024 53rd Annual Meeting, Canadian Association of Gerontology, Edmonton (10 abstracts reviewed)  
 2024 31st ISOQOL Annual Conference, Cologne, Germany (50 abstracts reviewed)  
 2020 4th Scientific Conference, ACAPN, Virtual (8 abstracts reviewed)  
 2019 3rd Scientific Conference, ACAPN, Port Harcourt, Nigeria (5 posters reviewed)

## **SERVICE AND PROFESSIONAL INVOLVEMENT**

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### **University Service**

- 2024–2025 Facilitator, Graduate Student Thesis Club, Faculty of Health Sciences, University of Lethbridge  
 2023–2025 Graduate Student Association Representative, Health and Safety Advisory Committee, University of Lethbridge  
 2022–2024 Independent Representative, Graduate Student Association, University of Lethbridge  
 2022–2023 Graduate Student Association Representative, Environmental Sustainability Advisory Committee, University of Lethbridge  
 2023 Graduate Student Representative, Dean of Faculty of Health Sciences Search Committee, University of Lethbridge  
 2023 Graduate Student Mentor, International Student Mentorship Program, University of Lethbridge  
 2021–2023 English Language Partner Tutor, International Student Program, University of Lethbridge

### **Community and Professional Service**

- 2017–2022 Coordinator, Inter-University Quiz, Association of Clinical and Academic Physiotherapists of Nigeria  
 2023 Volunteer, CHRISA Unconference 2023, Collaborative Health Research Institute of Southern Alberta

## **PROFESSIONAL MEMBERSHIPS**

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- 2024–present Canadian Association on Gerontology  
 2024–present Fellow, Consortium on Analytics for Data-Driven Decision-Making (CANd3)  
 2023–present Canadian Society for Exercise Physiology  
 2021–present International Society for Quality of Life Research  
 2020–present Emerging Researchers and Professionals in Ageing – African Network (ERPAAN)  
 2019–present National Association of Orthopedic Manual Therapists, Nigeria  
 2017–present Association of Clinical and Academic Physiotherapists of Nigeria

## **RELEVANT PROFESSIONAL CERTIFICATIONS**

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- 2025 CIHR-IPPH/CRISP Summer Institute: Intervention Research with Communities to Address Structural Determinants of Health  
 2023 Basic First Aid – Level A CPR and AED, St. John Ambulance  
 2021 Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans (TCPS 2: CORE)  
 2020 Introduction to Systematic Review and Meta-Analysis – Johns Hopkins University  
 2020 Introduction to Epidemiology for Global Health – University of Washington  
 2019 Certified Kinesio Taping Practitioner – Kinesio University

## **ANALYTIC AND PROGRAMMING SOFTWARE**

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Analysis Tools: SPSS, Stata, R, MPlus, IBM AMOS, NVivo. Programming: Python (intermediate).