

Newsletter

Summer 2019

[Home](#) > [News](#) > Current Newsletter

President's Message
From the Editor
Journal Update
APS 2020 Update
Meet the Lab...SHARRP
Meet the Lab...SASH
Meet the Scientist...Dr. Anna Marsland
Behavioral Medicine Research Council
Newsletter PDF

President's Message

Sue Everson-Rose, PhD, MPH, APS President



The American Psychosomatic Society has been my professional home for more than 20 years. It is where I find inspiration for my work, am enriched by a diverse professional network, continually gain new knowledge, and feel both pride and hope for our ever-expanding science, contributions and impact. So, it is with gratitude for all that I reap from this organization, its annual meeting and its journal, that I serve as your President for 2019-2020.

The work of APS is guided by five core values, namely, *Scientific Rigor; Clinical Relevance; Multidisciplinary*

Collaboration; Membership Diversity; and Nurturing Community. These core values, articulated in the prior strategic planning process that occurred in late 2015 remain relevant today, and underlie the Society's primary goals, which are to 1) promote and sustain scientific excellence in psychosomatic medicine; 2) translate our scientific findings for clinical application and relevance; 3) grow and nurture a vibrant, diverse membership; and 4) ensure sustainability of the Society. Under my leadership this year, the Council is updating the strategic plan, outlining new strategies that can propel our goals forward. We will have more information about the updated plan in the coming months. You should know that there is particular energy amongst our team to bring recognition and opportunities forward for mid-career members of APS, building on the many successes of past initiatives that have developed many welcomed and strong activities for early career members. Additionally, with a Council-approved Communications Plan that is enhancing our website and will bring to fruition an interactive APS app for smartphones and devices to be utilized year-round, we anticipate more opportunities to enhance the dissemination, translation and impact of our work.

In my work at the University of Minnesota, I am immersed in the issues and challenges related to healthy equity, diversity and inclusion. I bring this lens to my role as APS President, and thus, I am particularly excited that the theme for the 2020 APS Annual Meeting is "Achieving Health Equity: Opportunities for Psychosomatic Science." For some, this theme may come as a surprise, as you may not have previously identified your work as health equity-focused. However, know that nearly all of the leading causes of death and the chronic health conditions that we in APS study disproportionately affect low income, socioeconomically disadvantaged, and/or racial/ethnic minorities in the US and across the globe. The reasons for these health disparities are complex, of course. But the science of psychosomatic medicine can bring unique knowledge and skills to understanding and, importantly, mitigating disparities in health and promoting health equity. John Ruiz, our Program Chair for the 2020 meeting, has provided an update in this newsletter on the meeting planning process to date and also announced some of the featured Keynote speakers. He and his organizing committee are putting together what promises to be a vibrant meeting with nationally and internationally regarded leaders in health disparities research. The abstract

submission website is [open](#), with abstracts due on **Friday, October 11th**. I strongly urge you to attend the meeting and also to invite your colleagues who may be doing work relevant to health equity issues but who are not APS members to consider joining us in Long Beach. We aim to have our highest attendance yet (can we get to 700 attendees?!) and welcome multi-disciplinary diversity to the conversation.

Please feel free to contact me with any questions or ideas for Council, your interest in serving on one of our many committees, or if there is any other APS issue you wish to discuss.

[Home](#) | [About APS](#) | [APS Events](#) | [Educational Resources](#) | [Awards & Scholarships](#) | [Membership Information](#) | [Job Opportunities](#) | [Newsletter & Media](#) | [Privacy Policy](#)

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Newsletter

Summer 2019

[Home](#) > [News](#) > Current Newsletter

President's Message

From the Editor

Journal Update

APS 2020 Update

Meet the Lab...*SHARRP*

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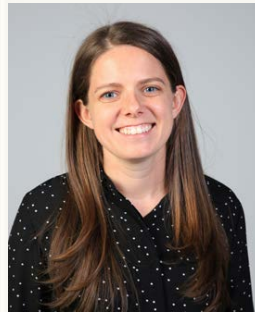
Meet the Scientist...*Dr. Anna Marsland*

Behavioral Medicine Research Council

Newsletter PDF

From the Editor's Desk

Annie Ginty, PhD, APS Newsletter Editor



Welcome to our Late Summer Edition of the APS Newsletter. I hope everyone is feeling refreshed and ready for the new academic year. If you are like me, you are wondering how it is possible that summer is over and how the favorite local coffee shops are suddenly swarmed with students. If your plans didn't permit for a vacation this summer, you may want to consider planning one soon. A recent article by APS members [Drs. Brooks Gump and Sarah Pressman](#) suggest vacationing has benefits for physical health. Spoiler alert, vacation time may protect against metabolic syndrome (Cliff's Notes version: vacations = good). I

was fortunate enough to attend the Stress and Anxiety Research (STAR) conference in Palma, Mallorca and the Pan American Congress of Physiological Sciences in Havana, Cuba this summer -- I wonder what the research says about the impact of work conferences in great locations on health?

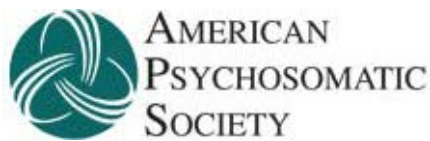
This is also a great transition (and shameless plug) for the 2020 American Psychosomatic Society Conference in Long Beach, California. Check out the [New York Times](#) article describing the best way to spend 36 hours in Long Beach and start scheming your conference travel agenda. The Program Committee already has an impressive list of keynote speakers, like Dr. Eliseo Pérez-Stable and Dr. Robert Kaplan. In addition, they have planned an incredibly relevant theme of "*Achieving Health Equity: Opportunities for Psychosomatic Science.*"

Please take note of the fast approaching [abstract deadline](#) of October 11 and [award nominations](#) deadline of October 7. For more information on the conference, including an exciting announcement about the new *Generations Symposia*, please see the "Conference Update" section by Program Chair, Dr. John Ruiz.

In the "President's Message", APS President, Dr. Susan Everson-Rose, provides an insightful overview of how APS will continue to address the society's primary goals and the relevance of the 2020 American Psychosomatic Society conference theme to all of our work. For information on the recently formed Behavioral Medicine Research Council, see the write-up from Drs. Karina Davidson and Kenneth Freedland. As always, Professor Wijo Kop's "From the Editor" section highlights important work published in *Psychosomatic Medicine*. We have an exciting lineup for the "Meet the Lab" and "Getting to Know You" sections in this issue, which includes interviews with Dr. Anna Marsland (University of Pittsburgh), Dr. Stephen Gallagher (University of Limerick), and Dr. Susan Girdler (University of North Carolina - Chapel Hill).

I hope everyone enjoys reading this issue. A special thank you to Degnon Associates for all of their assistance in making this newsletter possible. We will be aiming for a December/January issue, so if there is something you want to see or if you would like to be featured in the "Meet the Lab Section," please do not hesitate to contact me. Additionally, if you have any comments or

questions, please contact me Annie_Ginty@baylor.edu.



Newsletter

Summer 2019

[Home](#) > [News](#) > Current Newsletter

President's Message
From the Editor
Journal Update
APS 2020 Update
Meet the Lab...SHARRP
Meet the Lab...SASH
Meet the Scientist...Dr. Anna Marsland
Behavioral Medicine Research Council
Newsletter PDF

Highlights from *Psychosomatic Medicine* Willem (Wijo) Kop, PhD, Editor-in-Chief

Psychosomatic Medicine is doing very well and we are pleased to continue receiving and publishing high-quality papers in our field. Our impact factor is now 3.968, improved from last year, and among the highest in psychosomatic medicine, health psychology and behavioral medicine. We are currently working with the publisher and the Society to further increase the impact of the journal, not only in terms of the typical "impact factor", but also in areas such as social media influence (e.g., altmetrics statistics) and relevance to the APS membership. If you have ideas for new initiatives, don't hesitate to contact the journal's [Editorial Office](#).



We have launched a **Special Series on Clinical Applications in Psychosomatic Medicine** under the editorship of Drs. Boland, Weihs and Gündel (see "Introducing a New Special Series: Clinical Applications in Psychosomatic Medicine" for details: [Psychosomatic Medicine. 2019 Feb/Mar;81\(2\):112-113](#)). Articles in this Special Series provide a comprehensive overview of the assessment, epidemiology and treatment of psychosomatic disorders in clinical settings. We are planning to have one article in each of the journal's issues to be a Special Series topic. Articles in this Special Series are typically organized around a case with the goal to increase its practical value. The case is used as an example of a disorder or problem that is common in the clinical psychosomatic or behavioral medicine setting, which is then followed by a brief review of what is known about that disorder, and the evidence for various treatment options. Articles in the Special Series typically have the following structure: (1) Case Report; (2) Clinical Features; (3) Assessment Tools; (4) Epidemiology; (5) Biological and Behavioral Mechanisms regarding etiology and clinical consequences; (6) Evidence-Based Interventions, (7) Author's Perspective; and (8) Conclusions. The articles in this Special Series aim to provide clinicians and other health care providers with a solid knowledge base to better address the complex task of integrative health care. We also hope that articles in this series will inspire basic research to target clinically pressing problems. Please refer to the introductory article mentioned above for more details about this Special Series. To date, we have published the following papers:

[Lumley MA, Schubiner H. Psychological Therapy for Centralized Pain: An Integrative Assessment and Treatment Model. Psychosom Med. 2019 Feb/Mar;81\(2\):114-124](#)

[Thom R, Silbersweig DA, Boland RJ. Major Depressive Disorder in Medical Illness: A Review of Assessment, Prevalence, and Treatment Options. Psychosom Med. 2019 Apr;81\(3\):246-255](#)

[Scarella TM, Boland RJ, Barsky AJ. Illness Anxiety Disorder: Psychopathology, Epidemiology, Clinical Characteristics, and Treatment. Psychosom Med. 2019 Jun;81\(5\):398-407](#)

[Doering S. Borderline personality disorder in patients with medical illness: A review of assessment, prevalence, and treatment options. Psychosom Med. 2019;81\(7\):584-594](#)

We invite the APS members and other colleagues to submit papers for this series. Feel free to contact the series editors or the [journal's office](#) if you have questions about suitability of a paper or ideas on how to expand the Special Series.

We are also looking forward to the publication of a **Special Issue** around the theme: “**Emotions in Social Relationships and their Implications for Health and Disease**” under Guest Editorship of Dr. Naomi Eisenberger and Dr. Bert Uchino, which will come out in the Fall of this year. The articles in this issue are based on the APS Mid Year Meeting entitled "Emotions in Social Relationships: Implications for Health and Disease" co-sponsored by the Society for Affective Science held in Berkeley, CA, in October 2017. The issue provides an impressive selection of cutting-edge research in this area.

In addition to the Special Series and upcoming Special Issue, several important articles have been published over the past few months, a few of them are listed here as they reflect the innovative nature of our field. You will see that many of them are at the “publish ahead of print” stage, so you can already access them online and they will appear in one of the upcoming printed journal issues:

[Kim SM, Hong JS, Min KJ, Han DH. Brain Functional Connectivity in Patients With Somatic Symptom Disorder. Psychosom Med. 2019 Apr;81\(3\):313-318](#)

[Birk JL, Cornelius T, Edmondson D, Schwartz JE. Duration of Perseverative Thinking as Related to Perceived Stress and Blood Pressure: An Ambulatory Monitoring Study. Psychosom Med. 2019 Jul 3](#)

[Hanley AW, Garland EL. Mapping the Affective Dimension of Embodiment with the Sensation Manikin: Validation Among Chronic Pain Patients and Modification by Mindfulness-Oriented Recovery Enhancement. Psychosom Med. 2019 Jun 25](#)

[Brown L, Ospina JP, Celano CM, Huffman JC. The Effects of Positive Psychological Interventions on Medical Patients' Anxiety: A Meta-Analysis. Psychosom Med. 2019 Jul 10](#)

[Mausbach BT, Decastro G, Vara-Garcia C, Bos TC, von Känel R, Ziegler MG, Dimsdale J, Allison MA, Mills PJ, Patterson TL, Ancoli-Israel S, Pruitt C, Grant I. The Relationship Between Circulating Interleukin-6 Levels and Future Health Service Use in Dementia Caregivers. Psychosom Med. 2019 May 28](#)

[Tharmaraja T, Stahl D, Hopkins CWP, Persaud SJ, Jones PM, Ismail K, Moulton CD. The association between selective serotonin reuptake inhibitors and glycemia: a systematic review and meta-analysis of randomized controlled trials. Psychosom Med. 2019 May 6](#)

[Herbeck Belnap B, Anderson A, Abebe KZ, Ramani R, Muldoon MF, Karp JF, Rollman BL. Blended Collaborative Care to Treat Heart Failure and Comorbid Depression: Rationale and Study Design of the Hopeful Heart Trial. Psychosom Med. 2019 Jul/Aug;81\(6\):495-505](#)

[Mehta PK, Thobani A, Vaccarino V. Coronary Artery Spasm, Coronary Reactivity, and Their Psychological Context. Psychosom Med. 2019 Apr;81\(3\):233-236](#)

[Zhen YF, Liu XY, Li YK, Fang H, Cassidy RM, Zhang XY. Association of Brain-Derived Neurotrophic Factor With Cognitive Function: An Investigation of Sex Differences in Patients With Type 2 Diabetes. Psychosom Med. 2019 Jul/Aug;81\(6\):488-494](#)

[Knowles LM, Ruiz JM, O'Connor MF. A Systematic Review of the Association Between Bereavement and Biomarkers of Immune Function. Psychosom Med. 2019 Jun;81\(5\):415-433](#)

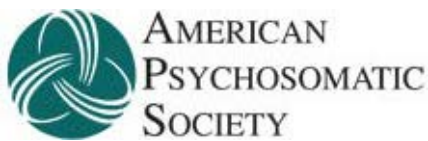
These are just a few of the many excellent papers we have published recently in the journal.

Please continue to send your work to *Psychosomatic Medicine* at:
<http://www.editorialmanager.com/psymed/default.aspx>

With very best wishes,
Willem J. (Wijo) Kop
Editor-in-Chief, *Psychosomatic Medicine*

[Home](#) | [About APS](#) | [APS Events](#) | [Educational Resources](#) | [Awards & Scholarships](#) | [Membership Information](#) | [Job Opportunities](#) | [Newsletter & Media](#) | [Privacy Policy](#)

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Newsletter

Summer 2019

[Home](#) > [News](#) > Current Newsletter

President's Message
From the Editor
Journal Update
APS 2020 Update
Meet the Lab...SHARRP
Meet the Lab...SASH
Meet the Scientist...Dr. Anna Marsland
Behavioral Medicine Research Council
Newsletter PDF

Annual Meeting 2020: Surf and Science in the Land of Stars *John M. Ruiz PhD, Program Chair*

There's something about a meeting in California that is special. With its perfect weather, golden beaches, laid-back attitude, iconic food scene, and concentration of excellent entertainment opportunities, California is a conference site out of the movies. To have the one conference I have the honor of organizing be in Long Beach, California is akin to winning the conference location lottery! The program committee is now deep in planning an outstanding APS meeting that that we hope thematically resonates and captures the cultural and experiential buffet of this amazing setting.



A Strategic Theme. Understanding and reducing health disparities is a long-standing national health priority as outlined in Healthy People 2010 and 2020. The elimination of health disparities is critical to achieving the broader international health goal of *health equity*; optimal health for every individual. With its focus on mechanisms, the American Psychosomatic Society has the potential to make significant contributions towards achieving health equity. The 2020 theme, ***Achieving Health Equity: Opportunities for Psychosomatic Science*** aims to highlight the extensive work being done by APS members on this topic, to challenge others to consider the application of their work to this theme, and to build collaborative bridges to non-APS researchers and stakeholders with interests in reducing disparities and achieving health equity.

In keeping with the theme, this year we have four confirmed keynotes. **Dr. Eliseo J. Pérez-Stable** is the Director of the National Institute on Minority Health and Health Disparities (NIMHD). **Dr. Wizdom Powell**, UConn, brings expertise in the social determinants of health inequalities including the intersection of gender and discrimination. **Dr. Robert M. Kaplan**, Stanford University, is an expert in the role of socioeconomic status on health and raises questions about sociocultural targets vs. biomarkers as key leverage points to health equity. Finally, **Dr. Steve Horvath**, UCLA, will speak on molecular biomarkers of aging including the epigenetic clock and its application to phenomenon such as the Latino Mortality Paradox.

The theme is further supported by invited symposia including sessions on LGBTQ health equity, pain disparities, and the emerging science of environmental health disparities. Together, these speakers and symposia frame a contemporary health equity conference that we hope highlights the work of APS members, draws new scientists to our society, and advances the goal of health equity.

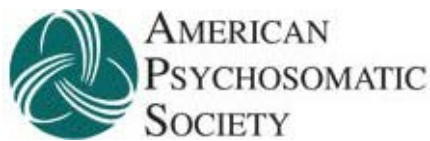
Quintessential APS. Beyond the theme, the 2020 meeting will be an "APS conference" in the truest sense. Ask any APSeer what they love about the meeting and they are likely to describe the warm/affiliative almost "familial" social nature of the meeting. We look to emphasize this

experience through social hours, group-level events, and through cohort events including targeted programming for MDs, mid-career folks, trainees, and others. In addition, we have added the *Generations Symposia* that is intended to highlight a lab's broad program of work over multiple generations of mentees. These submissions should include a senior investigator and 2 to 3 generations of mentees to describe the program of work and a discussant to comment on the lab's impact. Please consider getting together your academic family members and submitting a proposal.

Of course, the heart of the meeting lies in the science you all are passionate about including work in social relationships, individual differences, aging, physiological pathways, contemporary biomarkers, and disease indicators and outcomes. The strength of any APS conference is in the submissions and so we encourage you and your colleagues to submit your abstracts. The abstract submission portal is open until October 11th so please spread the word!

Over the coming months we will share details of other meeting features including our two amazing preconference workshops, an out-of-this-world symposia on the NASA Twin Study, panels on professional development issues such as managing bandwidth limitations and staying fresh through developing new skills and lines of work, and many others. And while in Southern California make plans to visit the beach, Disneyland, or Universal Studios Hollywood, go whale watching, drive the PCH, spot celebrities, try goat-yoga, eat some fresh fish tacos, star in a movie...it's California!

We hope you attend, contribute, and leave exhausted yet motivated like never before to advance the science to which we all are so dedicated. *California Dreamin* indeed.



Newsletter

Summer 2019

[Home](#) > [News](#) > Current Newsletter

President's Message	Meet the Lab...<i>The Stress, Health and Reproduction Research Program Laboratory (SHARRP)</i>
From the Editor	For the "Meet the Lab" we travel to the University of North Carolina – Chapel Hill to meet the SHARRP Laboratory. Dr. Susan Girdler has been directing a laboratory at the University of North Carolina – Chapel Hill since 1993 and studies a diverse range of topics related to stress and health. We were fortunate enough to interview Dr. Girdler. Please read below to see the diverse and innovative research the SHARRP Laboratory is currently working on.
Journal Update	APS: Can you tell us a little about yourself and what you study in your lab?
APS 2020 Update	SG: I am a Professor in the UNC Department of Psychiatry and member of our department's Center for Women's Mood Disorders. I received my PhD from UNC in Experimental Psychology in 1991, where I was incredibly fortunate to have had Kathy Light, Ph.D. as my mentor. Kathy provided me great training in cardiovascular psychophysiology and set the stage for my interest in the role of reproductive hormones in gender differences in cardiovascular risk. I then completed my postdoc with Larry Jamner, Ph.D. in the University of California system where I received excellent training in cardiovascular-somatic relationships. This training set me up to later study racial differences in endogenous pain regulatory mechanisms. I was fortunate to return to UNC as a faculty member in 1993. My blood bleeds Carolina Blue!
Meet the Lab...<i>SHARRP</i>	Currently, my lab is focused largely on studying the role of stress and neuroendocrine physiology in women's reproductive mood disorders, particularly peripubertal depression, premenstrual dysphoric disorder, and perimenopausal depression. We have also recently completed a study on the impact of adding different flavorings to e-cigarettes to study their addiction potential, indexed by both objective analgesia and self-report rewarding properties.
Meet the Lab...<i>SASH</i>	APS: The Stress, Health and Reproduction Research Program (SHARRP) lab tackles diverse topics ranging from examining the adrenergic and neuroendocrine basis of reproductive mood disorders to ethnic disparities in endogenous pain regulation to e-cigarette research. How do you as a lab work to cover such diverse topics so successfully?
Meet the Scientist...<i>Dr. Anna Marsland</i>	SG: For me, personally, I find that working in diverse areas is most interesting. I am comfortable with the trade-off associated with not spending my entire career studying one system, or one disease, and therefore never being "the" expert in a particular area. Instead, over my 25+ years as a psychophysiological clinical researcher, I've learned a little about a lot of things.
Behavioral Medicine Research Council	I also must credit former graduate students and former and current postdocs for leading me in scientific directions that I might not otherwise have gone. Trainees often have much more innovative research questions and ideas and each brings a unique skill and experience to my lab. I have learned an incredible amount from my trainees for which I am grateful.
Newsletter PDF	APS: How is the lab structured?

SG: Although I am the director of the lab, the day-to-day leadership in the lab falls on the lead study coordinator, currently Rachel Kozik, B.S. We have a varying number of research assistants who bring a unique but complementary skill set to our projects, currently these include Megan Gooding, B.S., Hafsa Tauseef, M.S., and Tara Rana, B.A. I also rely very heavily on the expertise of Joe Hodges, who is the medical technologist who has worked with me for years now and oversees our human specimen collection and processing lab. He has tremendous expertise in neuroendocrine assay techniques and provides a very high level of quality control for the neuroendocrine assessments that are such a critical focus of my research.

Then...there are the postdocs! Currently, these include Elizabeth Andersen, Ph.D. and Paul Geiger, Ph.D. They are each NIH-T32 funded postdoctoral fellows, having met a very high bar to be selected into the program. This T32, which I co-direct along with David Rubinow, M.D., was the first and remains the only NIH-postdoctoral training program in reproductive mood disorders in the U.S. The focus of the training is on the pathophysiology of reproductive mood disorders. Drs. Andersen and Geiger are really leading the 'new directions' in my lab, described below.

APS: Are there any unique aspects to the Girdler lab?

SG: My lab tends to be a clinical research experience stepping stone for research assistants and study coordinators who ultimately want to pursue an advanced degree, usually an M.D. or PhD in clinical psychology. I encourage and support these individuals in analyzing data from my studies, in presenting at national meetings, and in being involved in manuscript development and publication. This sets the stage for a lot of informal peer mentoring in my lab involving postdocs, research staff, as well as undergraduate students.

APS: Can you give us a sneak peek on the types of questions your lab is tackling in the near future?

SG: Dr. Geiger's research is extending our work in depression during the menopause transition (perimenopause) into new and exciting directions. He will be studying the role of circadian rhythm dysregulation, specifically cortisol and melatonin rhythms, in the relationship of sleep impairment to depression in perimenopausal women.

Dr. Andersen's research is focused on the pubertal transition and risk for depression in adolescent girls. She is examining the role of endocrine hormone instability during this reproductive phase, particularly estradiol instability, in regulating frontal-limbic cognitive and affective control as a mechanism of risk for depression in vulnerable adolescent girls. Dr. Andersen is examining recent interpersonal peer stress as a moderator of those relationships.

Just this month I received an NIH-U01 grant award to conduct experimentally controlled mentoring research in racially and ethnically underrepresented early career biomedical researchers. We will be using a randomized controlled trial design to compare two different facilitated peer group mentoring models for their impact on both short-term personal gains (e.g., research self-efficacy, belonging, career satisfaction) and longer-term objective outcomes (e.g., grants funded, publications, citations). I am extremely excited about this work because it is part of a national effort to move the scholarship of mentoring into the realm of more rigorous, scientific work and to use evidence based research to ultimately increase the diversity of the biomedical workforce.

APS: You are an accomplished mentor, for example you co-lead your department's junior faculty mentoring program, led the School of Medicine's Mentoring Task force, and founded the UNC Women in Science Deserve Opportunities and Mentoring (WISDOM) program. You are now also an NIH – funded investigator conducting mentoring research. Do you have any advice for junior faculty about the "dos and don'ts" for mentoring graduate students?

SG: I would want all junior faculty to know that while mentoring graduate students is a longer-term commitment, mentoring can provide the most rewarding experiences of your professional career.

Moreover, we know from mentoring scholarship, that there are documented benefits associated with the mentoring relationship not just for mentees, but for mentors as well as such as increased career satisfaction and on-going professional development.

The other good news for mentors is that there are not an infinite number of skills you have to have to be a good mentor. Mostly, you just have to care about the individual person you are mentoring. Your availability, approachability, and the psychosocial support and encouragement that you provide your mentee is much, much more important and more predictive of their career success than your expertise in a subject matter.



From left to right in the photograph:

Paul Geiger holds a PhD in clinical psychology from the University of Kentucky and completed his clinical internship at Duke University Medical Center. He is currently an NIH T32 postdoctoral fellow in reproductive mood disorders in UNC's Department of Psychiatry. Clinically, Paul is a DBT-trained therapist treating transdiagnostic emotion dysregulation during the perinatal and perimenopausal periods. His research in the SHARRP lab examines the mechanisms by which fluctuations in reproductive hormones impact women's health in the menopause transition. He research has been funded by the NIH-CTSA, the Foundation for Hope, and the UNC Sleep Science Consortium. Dr. Geiger can be reached at Paul_Geiger@med.unc.edu.

Aalanah Valentine is a native of North Carolina, she received her B.A. in Sociology from North Carolina State University. Before joining UNC she worked in research with women and children from underrepresented backgrounds that provided intervention strategies and look at the impact environment plays in health. She is study coordinator on the new NIH-funded collaborative U01 research study on facilitated peer mentoring for racially underrepresented postdocs and assistant professors.

Ryan Lonagan earned his Eagle Scout rank in the Winter of 2018 and has completed his freshman year of undergraduate studies at the University of the South with a focus on Economics and Chinese. Ryan is completing his second summer research experience in the SHARRP program. His primary responsibilities include collecting the cardiovascular data during stress testing protocols, processing blood samples, and entering/updating research data.

Susan Girdler, Ph.D., FAMBR, Professor of Psychiatry and Director of the SHARRP lab.

Joe J. Hodges, MT(ASCP) SBB, PBTcm received his B.S. degree in Medical Technology from the University of Arkansas for Medical Sciences in 1987. After 2 decades Managing Hospital Blood Banks in Arkansas and North Carolina, he joined the UNC SHARRP lab in 2010 to contribute

toward translational research. He currently manages the biospecimen processing, storage and logistics for several Principle Investigators and the UNC Psychiatry Core Lab. Joe is also a certified phlebotomy instructor.

Megan Gooding received her B.S. in Public Health with a concentration in clinical science from George Mason University in 2018. During her time at GMU, Megan was a Division I student-athlete and competed all four years on the women's rowing team. Since graduating she has co-authored two articles, which provide comprehensive overview of three different neuropathies during pregnancy. She is now a research assistant on the perimenopausal research in the SHARRP lab. In her free time, Megan enjoys hiking and acrylic painting.

Rachel Kozik is Research Coordinator for the NIMH-funded perimenopausal depression study. Additionally, she coordinates two pilot studies examining sleep and cognition in the menopause transition. Rachel also contributes to other projects including: "Ovarian hormone variability and mood symptoms in girls during the pubertal transition;" "Menstrually Related Mood Disorders Screening Protocol: Women's Mood Disorders Program: Modeling Affective State Dysregulation;" and "Childhood Maltreatment and the Transition to Parenting: A Psychobiological Model." In her free time, Rachel is preparing graduate school applications for doctorate programs in Clinical Psychology, and enjoys cooking, crossword puzzles, and quality time with her dog, Nigel.

Tara Rana, graduated from Dickinson College in 2013 with a BA in International Studies, concentrating in Latin America and went on to work in Washington, DC for a number of years before changing tracks to pursue psychology. Tara received a post-baccalaureate certificate in psychology from Columbia University and is now at the SHARRP Lab as the coordinator for the Premenstrual Dysphoric Disorder diagnostic study.

Not pictured:

Elizabeth Andersen holds a Ph.D. in Neuroscience from the University of North Carolina, and is currently a postdoctoral fellow in NIH-funded T32 fellowship program reproductive mood disorders in the UNC Department of Psychiatry. Her research in SHARRP lab focuses on elucidating the neurophysiological mechanisms by which ovarian hormone variability increases the risk for depression in girls during the pubertal transition. Dr. Andersen is using a novel multimodal approach involving precise measures of hormone fluctuations and neurophysiological responses to acute challenge (cortisol stress response and brain activity involved in cognitive and emotional processing) to provide insight on the neurobiological basis of depression. Her research has been funded by the NIH-CTSA, the Foundation of Hope, and private donor support. For more information on the UNC EVOLVE study, please visit evolvestudy.web.unc.edu. Dr. Andersen can be contacted at elizabeth_andersen@med.unc.edu

Hafsah Tauseef, M.A. holds a Master's degree in Clinical Rehabilitation and Mental Health Counseling from UNC. She is a research assistant in the SHARRP program, where she predominantly works on the perimenopausal research study aimed at characterizing the effects of fluctuating estradiol and stress on affective symptoms during the menopause transition. She is interested in pursuing a PhD in Clinical Psychology and studying how racial status, sex differences, and their intersectionality impact the expression, treatment, and assessment of psychopathology. Outside of research, Hafsah loves photography, makeup, and to travel.



Newsletter

Summer 2019

[Home](#) > [News](#) > Current Newsletter

- [President's Message](#)
- [From the Editor](#)
- [Journal Update](#)
- [APS 2020 Update](#)
- [Meet the Lab...SHARRP](#)
- [Meet the Lab...SASH](#)
- [Meet the Scientist...Dr. Anna Marsland](#)
- [Behavioral Medicine Research Council](#)
- [Newsletter PDF](#)

Meet the Lab...*Study of Anxiety, Stress, and Health Laboratory (SASH Lab)*

For the "Meet the Lab: Up and Coming" we travel to Limerick, Ireland to meet the SASH Lab. The SASH Lab is a collaborative research group between the University of Limerick and Mary Immaculate College. We were fortunate enough to interview lab founder, Dr. Stephen Gallagher. Please read below to see the exciting and interdisciplinary research the SASH Lab is currently pursuing.



SASHLab at the University of Limerick, Limerick, Ireland

APS: Can you tell us a little about yourself and what you study in the Study of Anxiety, Stress and Health (SASH) Laboratory?

SG: I am Associate Professor at the Department of Psychology at the University of Limerick, Ireland and the founder of the Study of Anxiety and Health laboratory (SASHLab). I have a background in health psychology with a particular focus on examining the psychophysiological pathways in which stress can get inside the body; I did my PhD at the University of Birmingham in the UK, on the influence of psychosocial factors on the antibody response to vaccination in students and caregivers. After taking up a junior academic post at the University of Limerick in 2010, I was fortunate to be given a lab space which is at a premium in most Universities, and with several research grants and studentships, SASHLab (sashlab.com) came into being in 2014. Our lab group has gone from strength to strength with



several significant staff appointments in the area of cardiovascular reactivity research making the group one of the largest clusters internationally - the future is looking bright for us.

Personally, along with studying individual differences in psychophysiological processes associated with acute stress, I am particularly interested in chronic stress. For example, my early work on parental caregivers showed that they have a poorer immune response to vaccination relative to age-gender matched controls. While my most recent work has showed that, the dysregulation of immune and hormonal outcomes in caregivers is moderated and mediated by several psychological factors suggesting that is it not caregiving *per se* that is stressful but more the contextual factors around caregiving. A similar line of enquiry was conducted with those who are unemployed and just like the caregiving example, I believe that the context of where stress is situated is key to understanding when it becomes damaging for health. In that work we were aiming to see whether the cortisol and DHEA patterns across the day in the long-term unemployed would differ from short-term unemployed and whether these would be the same for those working full-time and those in precarious employment. This work on contextual factors surrounding chronic stress is important as it helps in our development of sound theoretical models, which are the cornerstone of all scientific practice sessions.

The overarching research mission of SASHLab (1) To understand how factors such as stress, personality and social support influence health and disease through both behavioural and biological processes, and (2) To employ, test and develop sound theoretical models as well as experimental manipulations to develop a better understanding of how these factors influence health. Moreover, there are several research questions on the go at SASHLab including empirical, theoretical and methodological ones, which our group is trying to answer. To give you an idea of what we are doing right now, these are some key words: caregiving and chronic stress; pathways underlying the association between 1) social support 2) loneliness 3) Type D and 4) Depression and cardiovascular reactivity to stress; guidelines for conducting cardiovascular reactivity studies.

Our research group is also keen to develop international links, so feel free to [get in touch](#) if you are interested in visiting our group, passing through Ireland on vacation and would like to visit our lab or give a talk, interested in doing a PhD or spend your sabbatical with us.

APS: *How is the lab structured?*

SG: We have a very collegial approach to our Lab Structure, partly based on my own PhD training at the Behavioural Medicine Group at the University of Birmingham and being a member of the Centre for Social Issues Research here in Limerick <https://www.ul.ie/csi-r/>. We have a very collaborative approach to leadership, mentoring, supervising and training with staff pursuing their own, but often overlapping, research areas which would still be in the group's broad mission, the departments and other research centres and health research institute <https://www.ul.ie/hri/>. In terms of structure, the Director of the lab is currently Dr. Ann-Marie Creaven. The directorship rotates every other year, which helps develop leadership skills within our research group. The director is the key person for oversight of the group and will liaise with other staff members, in leading specialist training workshops (e.g. writing for publication, methods training), as well as mentoring junior staff and sharing experiences with PhD doctoral candidates through collaborative learning via our bi-monthly journal clubs. The journal club is led by our PhD students and can take the form of reading and discussing relevant papers or reading drafts of manuscripts, discussion of big ideas to conference practice sessions.

SASHLab is equipped with several cardiovascular monitoring devices as well as having a small wet-lab on site. We also have internal collaborations with access to several University laboratories for further biological assessments (e.g., life sciences) so that a broad array of biomarkers can be assessed within and outside the lab. For instance, several Dinamaps and portable ambulatory monitor blood pressure, as well as beat to beat measurement with our Finometer Pro equipment. Our wet-lab is well-equipped for assessing salivary biomarkers (e.g, S-IgA, cortisol, DHEA) with

training made available annually for Departmental and non-departmental staff and students to encourage collaborations within and beyond our group.

APS: *Wow, the structure and level of collaboration among the faculty in the laboratory is very unique. Can you tell us a little bit more about the process of working together to tackle the bigger questions related to stress and health?*

SG: Yes, I suppose it is. This is a likely consequence of several things in common: 1) while our research focus varies, *everyone* has training in cardiovascular psychophysiology thus allowing a similar language to be spoken, not only making collaboration easier, but also strengthening expertise; 2) the ethos of the group is shared learning among and between researchers so that the research project, the big idea, or training workshop that is being conducted is the whole and sum of its parts. This can go from the initial planning, study design, to final write up or delivery; 3) the research and academic environment can be very competitive in terms of resources, publications, careers and promotions. While we do not ignore these, we tend to think as a collective when it comes to SASHLab research projects and supervision of trainees and doctoral students so that individual projects can be honed and made better as a consequence; 4) further, our faculty has a policy of two doctoral supervisors per student so this allows greater collaboration among the staff so that we can help build collegiality, and mentor junior researchers to develop their leadership skills; 5) although we appoint two supervisors per PhD candidate, we operate a strong apprenticeship model within the SASHLab group, both in our research and our teaching activities. PhD candidates in SASHLab truly experience the academic life, with multiple faculty members on-hand to work with, both in research and teaching; 6) finally, while research is important, it is equally important to take time away from it. Thus, we encourage our group members to engage in self-care; practice what we preach if you like, so that we don't get burnt out!!

APS: *Are there any unique aspects of the SASHLab?*

SG: I suppose yes! While I am Irish, I did my doctoral training under Prof Doug Carroll and Prof Anna Whittaker (formerly Phillips) in the University of Birmingham, UK while my colleagues Drs. Ann-Marie Creaven, Niamh Higgins, Páraic Ó Súilleabháin and Siobhán Howard did their training with Prof Brian Hughes, in NUI Galway, Ireland. Thus, you could say that we are raising the cardiovascular reactivity (CVR) grandchildren of Doug, Anna and Brian; all key players in CVR world. Also, we have a lab blog that showcases our latest research efforts (see SASHlab.com) as well as having a twitter handle [@SASHLab](https://twitter.com/SASHLab) that allows us to engage with the wider research world. Our lab also spans two sites; here at UL, but also in the cardiovascular psychophysiology laboratory at Mary Immaculate College (MIC), which was set up by Siobhán when she was a faculty member there, before we poached her for the UL site! Niamh is the laboratory manager at MIC now. It's also a real strength that NUI Galway is just one hour away from us, also with a prolific cardiovascular psychophysiology group, led by Prof Brian Hughes. So, SASHLab effectively spans three sites on the Western Seaboard of Ireland; that sounds very grand when I write it like that!

APS: *#SASHlabontour can frequently be seen on the SASHLab's twitter page which is representative of the many conferences the lab attends. What is your favorite aspect about the American Psychosomatic Society annual conference?*

SG: Indeed, yes! We usually attend in a large group and have recently adopted a similar colour scheme (orange and cream) for our posters- something we seen at APS in Seville where Nina Kupper's group, CoRPS group in the Netherlands were doing this - again, this helps with building a collective identity! APS is one of the main conferences for our lab group and we see it as essential not only for senior members but also for our young researchers where they can place their own research in the wider context, as well developing networking skills. I would love APS to visit Ireland!



Dr. Ann-Marie Creaven is a Lecturer in Psychology at the Department of Psychology, University of Limerick. Ann-Marie completed her undergraduate and postgraduate studies in the School of Psychology, National University of Ireland, Galway (NUI Galway). Her research examines how social relationships influences health and well-being, with a particular focus on coping with stress, including cardiovascular responses to stress. Ann-Marie's programme of research is currently focused on methodological issues relating to cardiovascular reactivity measurement, and replication research evaluating associations between psychosocial variables and stress reactivity using large-scale datasets. Another strand of her research examines the role of social relationships in coping for individuals with chronic illness.

Ann-Marie has a keen interest in open science practices and is a member of the Berkeley Initiative for Transparency in Social Sciences (BITSS) Catalyst network. In 2018 she was awarded funding from Ireland's National Forum for the Enhancement of Teaching and Learning in Higher Education, to facilitate supervisor (advisor) training in promoting open science for bachelors researchers. Besides traditional forms of research dissemination, Ann-Marie also writes blogposts on her research, and regularly contributes to a national radio programme discussing topics related to health and well-being.

Dr. Siobhán Howard is a Senior Lecturer in Psychology at the Department of Psychology, University of Limerick. Siobhán's research examines how psychosocial variables influence a person's cardiovascular response to stress. A large body of Siobhán's work has outlined how the combination of neuroticism and introversion (i.e., Type D personality) is associated with a blunted cardiovascular response to asocial stress in young adults. Her programme of research is currently examining how different psychosocial variables influence a person's ability to show successful cardiovascular habituation to recurrent stress. Siobhán's work has been funded by the Irish Health Research Board, the Irish Research Council, and the Royal Irish Academy.



Siobhán completed her undergraduate and postgraduate studies in the School of Psychology, National University of Ireland, Galway (NUI Galway). She worked as a postdoctoral researcher at NUI Galway in the Centre for Research on Occupational and Life Stress ([CROLS](#)) and the School of Psychology (2008-2011) and as lecturer in psychology at the Department of Psychology, Mary Immaculate College (2011-2017), where she established the first cardiovascular psychophysiology laboratory at MIC. In September 2017, Siobhán took up the position of Senior Lecturer in Psychology in the Department of Psychology at the University of Limerick. She is the past holder of an Irish Research Council New Horizons Research Project Award, and in 2015 and was joint National Co-Ordinator of the European Social Survey in Ireland (with Dr. Brendan O'Keeffe, Mary Immaculate College) from 2016-2018.



Dr. Níamh Higgins is a Lecturer in Psychology at Mary Immaculate College, Limerick. She completed her PhD in Psychology at the National University of Ireland, Galway. Her thesis examined the effect of threat-related attentional bias on anxiety responses to stress. Her research focuses on the influence of psychosocial variables, including personality and cognition, on cardiovascular reactivity to stress. Together with colleagues in the SASHLab she is currently examining associations between psychosocial and behavioural factors and cardiovascular reactions to acute psychological stress, working from the cardiovascular psychophysiology laboratory at Mary Immaculate College.

Dr. Páraic Ó Súilleabháin is a Lecturer in Psychology at the Department of Psychology, University of Limerick, Ireland and Research Coordinator on the Clinical Psychology Doctorate Programme. Prior to this appointment, Páraic was employed as Lecturer in Psychology (part-time) at the National University of Ireland, Galway. He has also held several appointments as Postdoctoral Researcher on a variety of projects; examining the role of the genome, environment, microbiome and metabolome in the development of autism; building an integrated understanding, classification, and monitoring of cardiovascular and immune system responsivity to stress; and a randomised controlled trial seeking to improve symptoms of Multiple Sclerosis. Páraic completed his PhD in Psychology, Post Graduate Certificate in Teaching and Learning, and BA (Hons) in Psychology (1.1) at the National University of Ireland, Galway. Prior to beginning his third level education, he worked for several years in medtech and information technology industries.



Páraic's research is primarily focused on the biobehavioural processes underlying disease and mortality. Páraic examines the associations between biobehavioural factors (such as personality traits, loneliness, stress) on the accumulative lifespan development and progression of disease (such as cardiovascular disease) and resulting mortality trajectories across the lifespan. Following his successful attainment of a Royal Irish Academy Grant for his research in this area, he now holds a Visiting Research Fellow position at Florida State University. Páraic also conducts research on the interaction between humans and domestic dogs (*canis familiaris*). He has received several awards, and both national and international recognition for his research.



Grace McMahon: Grace first became a member of SASHLab during her undergraduate programme in 2014. During her BA in Psychology and Sociology at UL, she undertook a research placement in the Health and Physiology Lab and became part of the SASHLab family! After completing her undergraduate thesis on life event stress and cardiovascular reactivity in 2016, she started a PhD under the supervision of Prof Gallagher and Dr. Creaven. She is now in the fourth (and final!) year of the PhD. Grace's research looks at the impact of stress on the health of adolescents and young adults. As such, her PhD is focused on examining the role of social relationships (perceived social support, relationship quality and attachment bonds) as a mechanism for reducing the damaging effects of stress on the psychological and physiological (cardiovascular and cortisol responses to stress) health of adolescents and young adults. When she is not working on her research, she loves playing and teaching music, particularly Trad & Folk. Grace plays the concertina (small squeeze box!), the tin whistle, and classical piano!

Eoin Brown has recently submitted his PhD thesis (supervised by Prof. Gallagher and Dr. Creaven) at the University of Limerick, which he will defend in the coming weeks. He received his BA in Psychology and Sociology (first class honours) from the University of Limerick. His research focuses on loneliness. His thesis examined the relationship between loneliness and cardiovascular responses to acute stress in both younger and older adults. It also investigated if this relationship was the same across different types of stress, highlighting the role of socially relevant stressors. Eoin was awarded a postgraduate scholarship from the Irish Research Council to undertake this work. This research has given rise to several recent publications.



Siobhán Griffin is a final year PhD student at the University of Limerick. She completed the BEd in Education and Psychology program in Mary Immaculate College in 2015, and subsequently began a PhD under the



supervision of Dr. Howard. Siobhán is particularly interested in how psychological factors, such as emotion regulation style, affect physical health. Her research focuses on individual differences in emotion regulation and how this may influence cardiovascular reactivity to stress. Outside of her research she works as a substitute primary school teacher and volunteers with different community groups. She loves to travel, read novels, bake, and take part in kettlebell and TRX classes.

Adam O’Riordain: After graduating from the University of Limerick with a BA in Psychology and Sociology, Adam was employed as a research assistant in SASHLab at the Department of Psychology for several months. Adam is currently in the second year of his PhD at the University of Limerick, under the supervision of Prof. Stephen Gallagher and Dr. Siobhán Howard. His research primarily examines how individuals with Type D personality (a cardio-toxic personality trait) physiologically respond to acute psychological stressors. More specifically, Adam’s research investigates negative social relationships and perceived social support as potential mediators, facilitating the relationship between Type D personality and physiological responses to stress. Finally, Adams research aims to design a social support intervention for individuals with Type D personality, to promote healthier physiological and psychological responses to stress. In his spare time, Adam enjoys going to the gym and playing traditional Irish music.



Aisling Costello: Aisling joined SASHLab as a research assistant during her undergraduate placement under the supervision of Dr Creaven. This motivated Aisling to pursue a PhD as part of the SASHLab team, under the supervision of Dr. Ann-Marie Creaven and Dr Siobhán Howard. Aisling is currently in her second year of her studies, of which cardiovascular *recovery* from acute stress (rather than *reactivity*) is the primary focus of her research. Aisling is interested in how the total duration of physiological activation (anticipatory stress, recovery from stress, recurrent activity related to past stress) rather than the acute magnitude of the stress response contributes to disease development. Investigating methodological issues relating to the operationalisation of recovery is the starting point of her research. Aisling’s research also aims to evaluate psychological factors, specifically rumination and how this personality trait pre-disposes a person to demonstrate poor cardiovascular recovery from stress, and therefore a vulnerability to stress-related disease. Outside of research, Aisling loves to spend her weekends at home in Mayo. She enjoys anything that involves being active outdoors, particularly climbing Croagh Patrick; known locally as “The Reek”.

Tracey Keogh: Tracey is a 1st year PhD student in SASHLab. She earned her BSc in Psychology at the University of Limerick, after which she continued into a PhD under the joint supervision of Prof. Gallagher and Dr. Howard. Through pursuing a PhD, she now has the opportunity to conduct research she is passionate about. Tracey’s research focuses on the potential mediators and moderators of the association between depression and cardiovascular reactivity to acute psychological stress. Specifically, she is interested in examining motivational style as a potential mediator and early childhood adversity as a potential moderator of this relationship. Broadly, her research interest lies in stress, mental health and wellbeing.

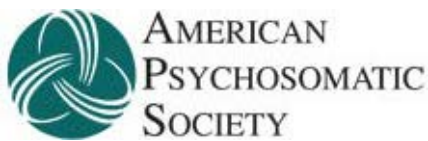


Katie Andrews: Katie Andrews is a final year PhD student. She



completed a MSc in Psychology at the University of Limerick and subsequently began a PhD under the supervision of Prof Stephen Gallagher and Drs Siobhán Howard (SASHLab) and Matthew Herring (Department of Physical Activity and Sport Sciences at the University of Limerick). Katie's research is focused on how psychological and physiological stressors impact firefighters during a fire emergency. Her research has involved designing, implementing, and validating a simulated emergency task (SET). The SET is designed to encapsulate the stressors experienced by firefighters during an emergency while psychological and physiological responses are measured.

Want to know more about the SASHLab? Check out the website:<https://www.sashlab.com/>



Newsletter

Summer 2019

[Home](#) > [News](#) > Current Newsletter

- [President's Message](#)
- [From the Editor](#)
- [Journal Update](#)
- [APS 2020 Update](#)
- [Meet the Lab...SHARRP](#)
- [Meet the Lab...SASH](#)
- [Meet the Scientist...Dr. Anna Marsland](#)
- [Behavioral Medicine Research Council](#)
- [Newsletter PDF](#)

Meet the Scientist...Dr. Anna Marsland

Dr. Anna Marsland is a Professor of Psychology at University of Pittsburgh in Pittsburgh, Pennsylvania. Dr. Marsland received her RN in nursing from the John Radcliffe School of Nursing, a BS in Psychology from University College London, and both her MS and PhD in Clinical Health Psychology at University of Pittsburgh. Dr. Marsland has over 100 published pieces of work and is currently involved with 14 active NIH grant funded projects. Even more impressive, Dr. Marsland has been conducting research in psychoneuroimmunology for over twenty years. She has served on the Editorial Board for some of the best journals in the field (*Brain, Behavior, and Immunity, Health Psychology*; and our very own *Psychosomatic Medicine*) and on the Executive Council of the Academy of Behavioral Medicine. Further, Dr. Marsland is an active member on the Board of Directors for the Psychoneuroimmunology Research Society, was awarded American Psychological Society Fellow status, and is the current President Elect for the Academy of Behavioral Medicine Research. Please read below to find out more about Dr. Marsland's unique path into the world of Psychoneuroimmunology.



Dr. Marsland has been conducting research in psychoneuroimmunology for over twenty years. She has served on the Editorial Board for some of the best journals in the field (*Brain, Behavior, and Immunity, Health Psychology*; and our very own *Psychosomatic Medicine*) and on the Executive Council of the Academy of Behavioral Medicine. Further, Dr. Marsland is an active member on the Board of Directors for the Psychoneuroimmunology Research Society, was awarded American Psychological Society Fellow status, and is the current President Elect for the Academy of Behavioral Medicine Research. Please read below to find out more about Dr. Marsland's unique path into the world of Psychoneuroimmunology.

APS: Your career started off in nursing and you have both an RN and PhD. What was the transition like from nursing to academic psychology?

AM: I was a charge nurse on an acute stay trauma unit when I decided to explore further education in psychology. During my years as a nurse, I became intrigued by individual differences in the course of recovery from similar physical injuries. It appeared that socioeconomic factors, psychological adjustment and the availability of social support impacted rate of recovery and risk for complications. Fascinated by these observations, I took a night class in psychology to try and understand how this was possible. I was hooked and particularly interested in the newly emerging field of health psychology. My growing interest inspired me to go back to school and I was accepted into University College London to take an undergraduate degree in psychology. At UCL, I conducted an undergraduate research thesis in Dr. Peter Salmon's laboratory, examining the effects of beta-blockade on nor-adrenergic response to non-reward in a rat model. I also took a health psychology course and was introduced to early work in the field, including findings published by Steve Manuck, PhD in cardiovascular psychophysiology and Jan Kiecolt-Glaser and Ron Glaser in the field of psychoneuroimmunology (PNI). I was fascinated by the possibility that biological pathways may contribute to the individual differences in health outcomes that I had observed. At the time, there were no graduate courses in health psychology in the UK, so I decided to move the US to pursue a PhD My undergraduate mentors did not encourage this step,

concerned that the field was too new and would not last! However, I was determined! So, in answer to your question it was a lengthy transition from nursing, taking a total of 11 years! But, it was a decision that I have never regretted.

APS: *In what ways have you been able to incorporate your nursing background into your psychological research?*

AM: I use the knowledge that I derived from nursing school and clinical practice most days. My research focuses on how psychological and social processes impact biology and thus contribute to health risk and resilience. My knowledge of systems physiology, disease processes, and the experience of symptoms and illness all derive from my years as a nurse. I also benefit from practical skills, such as being able to draw blood, administer vaccinations and conduct medical histories.

APS: *Were there any meaningful events that shaped your research and career trajectory?*

AM: Probably the most meaningful event was my acceptance into graduate school at the University of Pittsburgh to work with Dr. Steve Manuck, who has been my long-term mentor. At the time, Steve's research program focused on the impact of acute stress on cardiovascular physiology in the context of risk for cardiovascular disease. I was excited and eager to be a part of this work. However, after a year of hand-scoring impedance cardiography measures, I started thinking about other biological pathways that may link psychosocial factors to the pathogenesis and course of disease. Inspired by early work in the field of PNI, I became interested in the possibility that the same physiological pathways that modulate cardiovascular responses to stress may also impact immune processes. I approached Steve about this possibility and expressed my growing interest in this new field. To his credit, he fostered my diverging interests and introduced me to his colleagues, Dr. Bruce Rabin, a pathologist and expert in clinical immunopathology, and Dr. Sheldon Cohen, a social psychologist interested in immune function and susceptibility to viral infection. Thankfully, Bruce and Sheldon agreed to be my co-mentors and together this talented team provided me with the laboratory skills and research experiences necessary to start my own PNI research program. Bruce Rabin was one of the founding members of the PNI Research Society and I was fortunate to attend the inaugural meeting of the society in 1993.

APS: *Tell us a bit about your research.*

AM: My research focuses on immune mechanisms that contribute to the link between psychosocial processes and physical health. My early work focused on the impact of acute laboratory stress on a range of different immune measures and the possible health significance of individual differences in magnitude of stress-related immune reactivity. Later, I broadened my studies to include an examination of the impact of chronic stress on immune parameters and the possible health benefits of stress management interventions. More recently, my work has focused on the impact of inflammatory processes on brain structure and function and the contribution of socioeconomic, psychosocial, cardiometabolic and inflammatory factors to the prediction of neurocognitive decline across midlife. I am also starting an exciting new project examining the impact of psychological stress on mitochondria.

APS: *What do you think is the most pressing research question in psychoneuroimmunology?*

AM: I think we need to move away from non-specific markers of the immune system that are of unclear biological significance towards a more focused look at immune pathways of known relevance in the context of the pathogenesis of specific diseases.

APS: *How do you see the field addressing this in the next decade?*

AM: I would love to see more collaboration between immunologists, physiologists and health psychologists and the greater integration of research findings from human and non-human studies.

APS: *Do you have an academic idol -- someone whose work fascinates or inspires you?*

AM: I am fascinated by the work of so many scientists and cannot think of one person that stands out. Over my career, I have been inspired by the work of many, including Jan Kiecolt-Glaser, Ron Glaser, Bob Ader, George Soloman, John Sheridan, Sheldon Cohen, and Mike Irwin, among many others.

APS: *If you could have dinner with three scientists (alive or dead) who would they be and why?*

AM: I would like to have dinner with Charles Darwin and talk to him about his theory of evolution and the evidence that informed his thinking. I would also be interested in his thoughts about genetics and epigenetics. I would also enjoy talking to Rachel Carson whose work to conserve the environment was inspirational. Finally, it would be fascinating to talk to Jane Goodall about ethology, a field that has always fascinated me.

APS: *Word on the street is you are known for your good taste in music and chocolate. Who are your favorite musician(s) and what is the best chocolate bar?*

AM: My taste in music is quite eclectic and has mellowed with age! In my earlier years, I was a fan of Led Zeppelin, Rush, The Police, Thin Lizzy, UB40, U2, Rolling Stones... In fact, many years ago, I was a proud head-banger! Nowadays, I have less control over the music that plays in my house, but enjoy most of the newer tunes.

As for chocolate -- I am a Cadbury fan! I grew up in Bournville, a model village in Birmingham, England that was created to house workers at the Cadbury chocolate factory. I think growing up with the smell of chocolate on the wind fueled my "chocoholism!" My favorite is the Cadbury dark chocolate bar called "Bournville."

APS: *If there is ever an APS conference in Pittsburgh -- What are the cannot miss experiences?*

AM: Pittsburgh is a great city with a lot to share. I think the view of the city and Three Rivers from the top of Mount Washington should not be missed. Watching the Pirates play at PNC Park with the river and city in the background is also a lovely experience. But, the thing I like most about Pittsburgh is the parks. For me, nothing beats a hike in Frick Park with my dogs, Bailey and Cadbury!



Newsletter

Summer 2019

[Home](#) > [News](#) > Current Newsletter

President's Message	<p>Behavioral Medicine Research Council (BMRC) <i>Karina Davidson, PhD and Kenneth Freedland, PhD</i></p> <p>The Founding Conference of the Behavioral Medicine Research Council (BMRC) was held in Washington DC on December 10-11, 2018. The BMRC is an autonomous joint committee of the American Psychosomatic Society (APS), the Society for Health Psychology (SfHP), the Academy of Behavioral Medicine Research (ABMR), and the Society for Behavioral Medicine (SBM). The mission of the BMRC is to identify, prioritize, and promote strategic goals for behavioral medicine research. These are ambitious, long-term goals whose achievement will depend on the concerted and persistent efforts of well-organized multidisciplinary research networks. APS and the other three organizations agreed to form the BMRC in response to a growing awareness that stronger research evidence is needed to convince the gatekeepers of health care services to embrace evidence-based behavioral interventions.</p> <p>Earlier this year, the BMRC organized a Delphi poll and corresponding crowdsourcing survey to the field, collecting feedback on opportunities and barriers the BMRC could address. The group met in-person at the ABMR conference in Tucson, AZ, where the results of these surveys were discussed, the BMRC by-laws were ratified, budgetary needs were established, and an in-depth conversation took place about the committee's future focus and deliverables. In the next several years, the BMRC will work to publish and standardize a series of evidence-based review statements on behavioral medicine research needs in various areas including the need for standardization of terms in our field. The BMRC will also work to collaborate with innovation groups and recommend items to health policy bodies that enact clinical guidelines and future reimbursement. From these long-term goals, six possible 2020 deliverables were agreed upon at the inaugural BMRC in-person meeting, including:</p> <ol style="list-style-type: none"> 1. A published methods piece on the process proposed to create future BMRC evidence-based review statements. 2. The submission of a "Decade of Behavioral Medicine Science Accomplishments" review manuscript. 3. A planned debate on the value in declaring a decade of focus on a particular priority research area for behavioral medicine. (aka a moon shot initiative) 4. Commentary by the BMRC on the standardization of open-science and data deposit policies for behavioral medicine. 5. Commentary on how the BMRC will weave a disparities lens into all future projects. 6. The contribution of Delphi poll and crowdsourcing data results to diverse behavioral medicine and health psychology research organizations <p>The current BMRC is made up of two representatives from each of the 4 behavioral medicine</p>
From the Editor	
Journal Update	
APS 2020 Update	
Meet the Lab...SHARRP	
Meet the Lab...SASH	
Meet the Scientist...Dr. Anna Marsland	
Behavioral Medicine Research Council	
Newsletter PDF	

societies: Elissa Epel (APS), Suzanne Segerstrom (APS), Greg Miller (ABMR), Karen Matthews (ABMR), Michael Diefenbach (SBM), Tracey Revenson (SBM), John Ruiz (SfHP), and Karina Davidson (SfHP). Karina Davidson is the current Chair. For more information, please see <https://psycnet.apa.org/record/2019-15022-001>

[Home](#) | [About APS](#) | [APS Events](#) | [Educational Resources](#) | [Awards & Scholarships](#) | [Membership Information](#) | [Job Opportunities](#) | [Newsletter & Media](#) | [Privacy Policy](#)

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