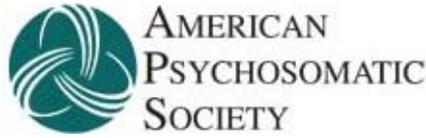


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## President's Message

**Suzanne C. Segerstrom, PhD, APS President**



This is my last Presidential column for APS, and so I begin by thanking you for the honor of serving as your President. It has been a rewarding and, I hope, productive year. The members of APS's Council and Committees have done such good work and, as always, Degnon Associates provided essential support and institutional memory. One of our major initiatives this year was revising our Diversity and MD Travel Awards to enrich those experiences, and Ollie Cameron, David Krantz, Julian Thayer, and Harald Gündel pitched in to help. Thank you all.

The recent anniversary of the Women's March has this 10th female President of APS thinking about #metoo in the scientific community. You don't need to look far to find cases of harassment in an academic setting. For example, I personally know:

An undergraduate woman whose male professor interrupted his lecture to comment on her clothing.

A graduate student woman who was followed to her hotel room at a conference by a senior male faculty member from another institution.

A junior faculty woman whose buttocks were grabbed by a senior man during a group picture at a conference.

A junior faculty woman who was propositioned by a senior man at a conference and threatened with career ruination if she didn't comply.

The Annual Meeting is our most important Society event. As much as we would all like to believe that sexual harassment doesn't occur there, it seems unlikely given the overall prevalence. A survey of members of the American Political Science Association found that 42% of women (and 22% of men) had been put down or condescended to at their meeting; 30% of women (and 10%) of men had been verbally sexually harassed; and 11% of women (and 3% of men) had been physically sexually harassed. Threats of professional retaliation or bribes of professional rewards sometimes accompanied physical harassment. Junior faculty were the group most likely to be harassed.

There are many reasons to care about harassment – let me just enumerate a few. First, as Joan Williams and Kate Massinger from UC Berkeley's Hastings College of Law wrote, "One

reason the [STEM] pipeline leaks is that women are harassed out of science.” Harassment is demeaning if not dangerous and has the potential to drive women out of academia and scientific careers. A thriving science depends on nurturing our best talent regardless of the kind of body it is housed in. Second, it is illegal. US Title IX dictates that any activity receiving federal financial assistance (including the APS Annual Meeting) should protect participants from discrimination, sexual harassment, and sexual violence. Third, and this we should all know too well, inequality is unhealthy. To the degree that APS’s goal is improvement of the public health, words and actions that reinforce inequality – whether based on gender, race, ethnicity, seniority, or something else – are contrary to our ethos.

Why, then, does harassment occur? And why does it happen so often at conferences? As the examples above illustrate, there are several factors at play. Often, harassment is the consequence of synergy between a person prone to harassment and a permissive situation. First, harassment often occurs in the context of a power imbalance. Academia, with its rigid hierarchy, has abundant dominance and power cues. Men who are prone to harassment have strong cognitive links between social dominance or power and sexuality. Social power also decreases inhibitory processes, yielding greater likelihood of acting on inappropriate impulses. Second, there is the situation. At a hotel, a harasser can follow you to your room, with all that that action implies. Alcohol can be part and parcel of the social aspect of a conference, but like power, it can also disinhibit.<sup>5</sup> Unlike the university setting, conferences often do not have an administrative structure for reporting or pursuing complaints.

In the face of these facilitating circumstances, how can we prevent harassment? The evidence suggests that anti-harassment social norms and cues and strong positions by leadership suppress it.<sup>4</sup> Social norms and cues might even make disinhibited people act *better*.<sup>5</sup> Hence, our new code of conduct for APS events, which will be posted on the website, included in the meeting app, and distributed to attendees before the meeting. I suspect that the “what” of that code will be familiar to many if not all of you, but I encourage you to read it. I hope that the “how” of the code will ensure that the Annual Meeting is a place where all participants, at all levels of seniority, can focus on psychosomatic science without worrying about harassment. That hope can be realized if we all commit to a harassment-free environment. *If you see something, say something.* If you hear language that could be construed as harassment, it may be enough to intervene with, “That’s not an appropriate thing to say.” The speaker may not have intended to harass, and an apology could set things right. If you experience harassment and are not comfortable saying something directly, please let someone else know. The code of conduct will include channels for informing APS, and you can communicate anonymously if you wish. Take inspiration from “The Notorious RBG”, who was harassed herself as a law student:

It’s about time. For so long women were silent, thinking there was nothing you could do about it, but now the law is on the side of women or men who encounter harassment.

APS is on their side as well. I look forward to seeing you all at the Annual Meeting in Louisville for an inspirational and collegial event.

“Harassment at Annual Meetings”, *Inside Higher Ed*, 1/2/18.

<https://www.insidehighered.com/news/2018/01/02/political-science-group-finds-significant-minority-members-have-experienced>

“How Women Are Harassed Out of Science”, *The Atlantic*, 7/25/2016.

<https://www.theatlantic.com/science/archive/2016/07/how-women-are-harassed-out-of-science/492521/>

<https://grants.nih.gov/grants/guide/notice-files/not-od-15-152.html>

Pryor, J. B., LaVite, C. M., & Stoller, L. M. (1993). A social psychological analysis of sexual harassment: The person/situation interaction. *Journal of Vocational Behavior*, 42(1), 68-83.

Hirsh, J. B., Galinsky, A. D., & Zhong, C. B. (2011). Drunk, powerful, and in the dark: How general processes of disinhibition produce both prosocial and antisocial behavior. *Perspectives on Psychological Science*, 6(5), 415-427.

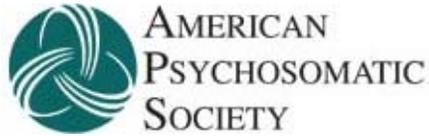
Special thanks to Council member Kristen Salomon for her work on the new APS harassment policy.

"[US Supreme Court] Justice Ruth Bader Ginsberg Reflects on the #metoo Movement", NPR *Morning Edition*, 1/22/18. <https://www.npr.org/2018/01/22/579595727/justice-ginsburg-shares-her-own-metoo-story-and-says-it-s-about-time>

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From the Editor's Desk

**Aric A. Prather, PhD, APS Newsletter Editor**

With 2018 in full swing and the Winter months starting their downward descent into Spring, I am pleased to offer up to you the most recent addition of the APS Newsletter. As it happens, this is my last Newsletter as your Editor (where has the time gone!?), so I am extra excited to share with you the content. First, I am thrilled to include another column from our esteemed President, Dr. Suzanne Segerstrom. I am indebted to all of the APS Presidents who have been so very generous with their time in preparing high caliber columns during my tenure as Editor. In these particularly trying times, I have found the messages of our Presidents thoughtful voices of hope and resolve. In this issue you will also find our traditional "Getting to Know" section. This time I was honored to chat with the incomparable Dr. Karina Davidson from Columbia University Medical Center who provide a candid and poignant perspective on her career and what matters in academia. Please check it out.

The annual meeting is right around the corner. Can you believe it? Are you ready? Many of you will be giving talks or presenting posters, but all of you are in store for an incredible program. Many thanks again to Dr. Sarah Pressman for her strong leadership in shaping this year's program. From the looks of it, it will be an enlightening, scholarly extravaganza. It will also be the culmination of a yearlong celebration of 75 years of APS. There will be lots of opportunities to be a part of history throughout the meeting as well as learn, in impressive detail, history making moments for APS and the field of Psychosomatic Medicine. What do I mean? Read on and you will find an engaging contribution from Drs. Rebecca Reed and Johanna Czamanski-Cohen about what is in store at the meeting and a historical perspective.

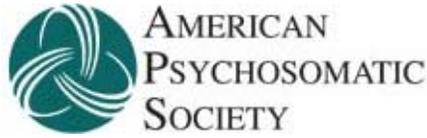
APS has always been a special place for early stage scientists like graduate students and postdoctoral fellows. Personally, I can only speak for the years 2003 and onward but I dare say that mentoring and fostering the next cohort of biobehavioral scientists is strongly engrained in the APS ethos. With that in mind, I am grateful to two outstanding trainees who serve on the APS program committee, Marie Cross and Ian Boggero, who provide a personal take on what you can get out of the meeting and what they are most excited for you to see. If you haven't yet booked your ticket to Louisville, KY, there is still time!

It has been an honor to serve as the Newsletter Editor over the past 3 years. But I leave you in very capable hands. Dr. Annie Ginty, from Baylor University and APS regular, has agreed to take over the helm. I have no doubt that she will continue to improve upon the Newsletter, which serves as a stalwart medium for connecting our membership. Please see the special "Getting to know the new editor" section to learn more about Dr. Ginty.

Thank you to all who have taken the time to read this newsletter over the years. I continue to

be impressed by the strong work of Degnon Associates and, in particular, Sarah Shiffert, and *Psychosomatic Medicine's* Vicki White who have both been invaluable to ensuring the timely publication of this Newsletter. I would also be remiss if I didn't formally thank the many contributors over the years, including all who participated in the "Meet the Lab" and "Getting to Know" sections. Moreover, I want to thank Dr. Wijo Kop for providing such thorough summaries of the *Journal*. In this regard, please be sure to see what Dr. Kop has to say in this issue. Any comments about this Newsletter, feel free to reach out ([aric.prather@ucsf.edu](mailto:aric.prather@ucsf.edu)). Ideas for topics we should cover? Please contact Dr. Annie Ginty ([annie\\_ginty@baylor.edu](mailto:annie_ginty@baylor.edu)).

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## Getting to Know Your New APS Newsletter Editor... **Annie T. Ginty, PhD**



Dr. Annie Ginty is an Assistant Professor in Psychology and Neuroscience at Baylor University. She completed her Ph.D. in Behavioral Medicine at University of Birmingham (UK). She was then awarded a two-year AXA Postdoctoral Research Fellowship to continue her work examining diminished cardiovascular responses to stress at University of Birmingham. Following this, she completed a T32 Fellowship in Cardiovascular Behavioral Medicine at the University of Pittsburgh. Annie joined the Baylor Faculty in Fall 2016.

APS: Thank you for your willingness to lead the charge as our new APS newsletter editor! Before we launch into short discussion on your goals for the newsletter, perhaps you could tell us a bit about the work you are conducting at Baylor University?

AG: Thank you for the opportunity! My research aims to understand how the brain links psychological experiences, such as stress, with cognitive, biological and behavioral changes that matter for health. My particular focus is on the neurobiology of peripheral nervous system and cardiovascular responses to stress and their relationship with unhealthy behaviors and future disease. Research in my lab involves a combination of psychophysiological, neuroimaging, neuroendocrine, and epidemiological methods.

APS: Well, you sound like just the right person to head up the newsletter. Are there any changes you are thinking about making or areas for that will receive greater emphasis?

AG: As a wise man once said (you in the Fall 2014 issue) "if it ain't broke, why fix it?" I have always been a big fan of the newsletter and have found it to be informative, interesting, and entertaining throughout your tenure. I enjoyed how you expanded the "Getting to Know You..." section to encompass APS members from around the world. I plan to continue to expand the "Getting to Know You..." section of the newsletter to include more interviews with early-career researchers. My hope is this will provide a platform for new connections and collaborations among members of different career stages.

APS: When you think about APS, where do you want to see it in 5 years and how will the newsletter help it get there?

AG: I hope to see APS continuing to flourish as a society in the next 5 years and continue to have members who use cutting-edge interdisciplinary research designs to answer some of the most important questions related to health and well-being. I hope the newsletter will provide a platform for members to connect and learn about special initiatives from the society.

APS: What else do you think our readers should know about you?

AG: I consider surviving my first full summer living in Central Texas to be one of my biggest life accomplishments. This northeast Ohio native found herself saying “*that wasn’t too bad*” after a run in 100+ degrees.

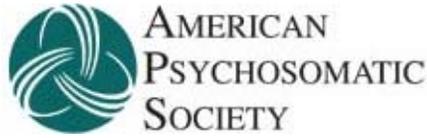
APS: Just a word of advice. You’ll be working regularly with Sarah Shiffert (SS), and while she is responsible for much of what works right with APS and the newsletter, she can be a tough reviewer and a stickler for deadlines. Do you think you can handle her?

AG: Sarah is one of the very first people I remember interacting with at APS and because of that she will always be one of the first people I think of when I think of APS. I’ve had the opportunity to work with Sarah on the Program Committee and look forward to working with her in this capacity. I am always thankful for Sarah and her deadlines – no one keeps all of us in check quite like Sarah!

SS: That’s enough Aric, just leave already.

APS: Best of luck, Prather out.

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## Getting to Know You... **Dr. Karina W. Davidson**



Dr. Davidson is a Professor of Behavioral Medicine in Medicine, Cardiology, and Psychiatry at Columbia College of Physicians and Surgeons. She also serves as the Executive Director of the Center for Behavioral & Cardiovascular Health, Vice Dean of Organizational Effectiveness at the College of Physicians and Surgeons, and Chief Academic Officer at NewYork-Presbyterian Hospital.

APS: Thank you for taking the time to chat. I know our readers are keen to hear what you have to say. First, can you tell us a bit about your career trajectory. Were there any important decision points or moments that shaped where and

who you are now in your career?

KD: I have always focused on following my intellectual passions, and supporting others to do the same, and these two forces have usually shaped my decision points. As you will hear from many other successful scientists, I also had important decision points in my career that were forced on me by circumstance, happenstance, and outside influences. Various factors led me to decide to take new jobs, or seek new opportunities -- I wanted my children to be near their father (in the U.S), or the fishing industry died in Nova Scotia while I was seeking tenure there. These cumulative experiences and decisions shaped who I am, and what I care about, but for each of us it is a unique journey. Many mentors helped me steer towards the intersection of what I was passionate about, and what I was able to accomplish. I had some terrific mentors, and I wish I could thank them all for what they did to help me in my career.

APS: You have run a lot of studies and written a bunch of papers. Is there one that stands out to you as particularly meaningful?

KD: I had a bet with a statistician and a psychoanalytic supervisor of mine that defense mechanisms could not be reliably assessed. I must have run 15 studies and wasted almost 10 years on that bet. I lost, as we did (eventually) assess them reliably. Proving, once again, that one should never try and prove the null hypothesis. But seriously, I'm particularly proud of my team for managing not one, but two successfully conducted randomized clinical trials of depression management in patients with an acute coronary syndrome. Dr. Nancy Frasure-Smith once said to me "Design and conduct any depression trial with great care. If you have any sense, you will only do one." She was right, as usual. The inside joke for our team was that these were a 'bear' to run. So, we called the second trial, affectionately of course, 'CODIAC'. I have a nurse manager, Joan Duer-Hefeles who in particular deserves sainthood/knighthood for getting us through that second, bear of a trial. Needless to say, we are running our third trial as we converse.

Davidson, K., & MacGregor, M. W. (1998). A Critical Appraisal of Self-Report Defense

Mechanism Measures. *Journal of Personality*, 66(6), 965-992.

Davidson KW, Rieckmann N, Clemow L, Schwartz JE, Shimbo D, Medina V, Albanese G, Kronish I, Hegel M, Burg MM. Enhanced Depression Care for Patients With Acute Coronary Syndrome and Persistent Depressive Symptoms: Coronary Psychosocial Evaluation Studies Randomized Controlled Trial. *Arch Intern Med*. 2010;170(7):600–608. doi:10.1001/archinternmed.2010.29

Davidson KW, Bigger JT, Burg MM, Carney RM, Chaplin WF, Czajkowski S, Dornelas E, Duer-Hefele J, Frasure-Smith N, Freedland KE, Haas DC, Jaffe AS, Ladapo JA, Lespérance F, Medina V, Newman JD, Osorio GA, Parsons F, Schwartz JE, Shaffer JA, Shapiro PA, Sheps DS, Vaccarino V, Whang W, Ye S. Centralized, Stepped, Patient Preference–Based Treatment for Patients With Post–Acute Coronary Syndrome Depression: CODIACS Vanguard Randomized Controlled Trial. *JAMA Intern Med*. 2013;173(11):997–1004. doi:10.1001/jamainternmed.2013.915

APS: Many may not know that you serve on the U.S. Preventive Services Task Force ([www.uspreventiveservicestaskforce.org](http://www.uspreventiveservicestaskforce.org)). Can you tell us about your experience and what it has meant to you?

KD: This has been professionally and personally a transformative experience for me. I was told that it was up to 20 hours a week of work, and those warning me of this were not wrong. I have loved this volunteer position—I suspect it will be the most important contribution in my career to improving the health and well-being of the public. I have learned so much, and have such terrific colleagues on the task force. I'm indebted to those who contribute to the evidence-base we review, and to the countless staff and volunteers who help us ensure we review all the evidence before coming to a final statement recommendation.

APS: Another important initiative you play a central role in is the NIH Science of Behavior Change. Can you tell us a little bit about your involvement and why researchers should be paying attention?

KD: Science of Behavior Change (SOBC) aims to improve our understanding of human behavior change across a broad range of health-related behaviors. The consortium supports research that integrates basic and translational science and cuts across many disciplines including cognitive and affective neuroscience, neuroeconomics, behavioral genetics, and behavioral economics. SOBC establishes the groundwork for a unified science of behavior change that capitalizes on both the emerging basic science and the progress that can be made by creating a multidisciplinary team to tackle this large problem. SOBC is applying a rigorous experimental medicine approach to identify the mechanisms that drive behavior change, at the same time, setting the standard for how basic behavioral research can be done.

Researchers should pay attention to this endeavor because it is exciting discovery research, and a method that we believe should permeate our scientific approach to behavior change. I'm awe struck by the importance of the SOBC mission, and the pleasure our team at CBCH has in supporting the basic behavioral scientists in the consortium who are using an experimental medicine approach to discover the more fundamental, underlying mechanisms that drive our health behavior. Drs. Donald Edmondson and Jennifer Sumner have been critical in ensuring that this research keeps moving collaboratively and briskly along.

APS: Despite all of your administrative positions, you are a tremendously active researcher. What are you working on now that gets you most excited?

KD: I'm completely jazzed by our new high-risk, high reward Transformative R01 on precision therapeutics. Our team intends to tackle a transformation needed in the clinical

encounter to aid in the advancement of precision medicine. Basically, we are going to build a digital healthcare platform so that N-of-1 trials can be ordered by clinicians and patients, to test best individualized treatments for blood pressure, depressive symptoms, and insomnia. And, this research really does take a team to tackle this ambitious goal. Drs. Ian Kronish and James Peacock are my partners in crime for this endeavor.

I'm also quite excited by the opportunities we have had to craft a bespoke executive physician leadership program with our hospital system, NewYork Presbyterian. This 18-month training program provides LEAD physicians with the highest-yield components of an MBA and MHA, all led by experts from nationally renowned educational institutions. Working with Dr. Lauren Wasson, we have had a great time developing and delivering innovative curriculum and education content. And, in our extensive interviewing process to identify ideal applicants, I was able to re-invoke my behavioral coding system for defense mechanisms. You never know when a few tricks of the clinical psychology trade will come in handy.

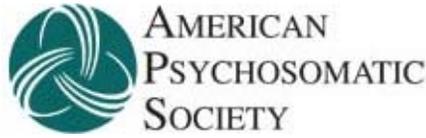
APS: I will readily admit that you have given me great advice over the years, so I'm wondering if there are any tidbits of insight you've gained over your career that you wish to pass on to graduate students, post docs, or junior faculty?

KD: Don't compromise on your integrity. I've had times in my life when I did not speak up when I saw something was wrong, or someone was treated poorly. I live with regret for those moments. We live in a time when respect and civility are hard to come by in many situations. Speak up. Stand your ground. Thank those around you who do the same. It is hard in the moment, but you will sleep better at night.

APS: When you are not leading a cardiovascular behavioral medicine empire, what are you doing? Like, for fun?

KD: I'm afraid I'll make someone jealous if I answer this honestly. Among other things, my fiancée and I have a bucket list of exotic destinations, and we have the goal of getting to two destinations a year. I'm off to bike in Quito and kayak around the Galapagos islands next week. In July, we were deep sea diving on the Great Barrier reef, and 'ice snorkeling' down a glacier-fed mountain stream in Northern Australia. We are committed to enjoying everything that New York has to offer, so we spend time at the Met Opera, and exploring the wilderness that is shockingly close to Manhattan (who knew cider tasting was only an hour away?). I have found—albeit a little later in life—that the more fun you have in your personal life, the more fun you have at work. Finally, I have to say I have the privilege to work with a stellar set of faculty, postdocs, managers, and staff members. Seeing them every day, and seeing all the ways they are succeeding in their careers, makes work and life pretty amazing.

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## APS Annual Meeting: A Look Ahead

The annual meeting, being held in Louisville, Kentucky, March 7-10, 2018 is just around the corner. To learn more about what is on the program, we turn to two standout trainee program committee members, Marie Cross and Ian Boggero, for the inside scoop. But first, who are these trainees?



Marie Cross is a health psychology graduate student at the University of California, Irvine. She completed her B.A. in Psychology at UCLA. Her research interests focus on the connections between smiling and physical health, including whether and how smiling can buffer physical pain. Marie is also a certified yoga instructor who enjoys both teaching and practicing yoga.

Ian Boggero is a clinical psychology graduate student at the University of Kentucky, but is originally from Los Angeles and did his undergraduate studies at UCLA. His research interests involve the biopsychosocial factors that promote adaptive responses to pain. Clinically, he has worked with orofacial pain, chronic lower back pain, phantom limb pain, and fibromyalgia populations, among others. Aside from pain, Ian enjoys hiking, cooking, playing soccer and chess, but most of all, spending time with his son and his wonderful wife (who also shares his clinical and research interest in pain management).



APS: Where and when was the first APS meeting that you attended?

IB: It was in 2014, in San Francisco.

MC: Same for me!

APS: What is going to make this year's APS special?

MC: One of my favorite things about APS is that there are many unique things every year that make it special. I love that the theme this year is focused on optimizing health and resilience, and am really looking forward to all of the excellent discussion we will create around these topics at the conference. I've also heard that there might be a bourbon tasting at one of the poster sessions, so that's a plus!

IB: We have a great program this year! On top of having a fantastic lineup of symposia and plenary/keynote addresses, the meeting is particularly special as it finalizes APS meeting's 75th anniversary year. As a Kentucky resident for the last 7 years, I also think that the

location will contribute to making the social aspect of the meeting particularly memorable.

APS: Tell us a little bit about the program?

MC and IB: The program was designed to have something for everyone. This is evidenced in the wide breadth of topics represented in symposia and keynote/plenary addresses, the expanded focus on trainee-specific events, and the inclusion of new sunrise sessions and roundtables.

APS: Can you tell us a bit about what is in store for the trainees at the meeting?

IB: There will be several trainee events, including the Young Investigator Colloquium, a mentor-mentee reception, and several roundtables, morning sessions, and workshops designed specifically for trainees, among other events. The program committee has been diligent in listening to trainee needs and incorporating events throughout the meeting to address them, and I think it will show loud and clear in the final program.

MC: We used feedback from trainees in APS in order to design our programming, and tried to focus on topics that trainees expressed the most interest in. For example, our sunrise session this year will be focused on the job market and techniques for getting a job, and our lunch round table topic revolves around publishing strategies at different stages of your career.

APS: Who are you most looking forward to hearing at the meeting and why?

MC: I'm most looking forward to listening to Dr. Sheldon Cohen speak as the winner of the Distinguished Scientist Award. He's my academic grandfather (the advisor of my advisor) and I'm so proud that he won this award!

IB: I am particularly looking forward to hearing Mary Dozier speak, because I think her body of work exemplifies how science can be both rigorous and clinically relevant. While the adverse effects of early adversity continue to be investigated, I feel that her focus on intervention adds a critically important piece to the literature.

APS: If you could have the meeting anywhere in the world, where would it be?

IB: This is a tough one! I think Reykjavik, Iceland would be my final answer, but other great places would be Buenos Aires, Copenhagen, or San Jose (Costa Rica).

MC: Iceland sounds like it could get pretty cold in March! I would vote for either Australia or New Zealand.

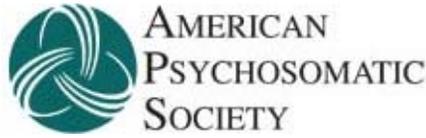
APS: What keeps you coming back to the APS meeting year after year?

MC: The people. It's always incredible how welcoming everyone at APS is and how interested they are in connecting with you and exchanging ideas.

IB: Definitely the people and the networking! The scientific sessions and programming is usually great, but it is ultimately all the great people that keep me coming back.

APS: Thanks for sharing. Marie and Ian are sure to be out and about making the most of their time at the meeting. If you see them, say hello!

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## Celebrating the Past and Charting the Future: The APS 75th Anniversary in Louisville, KY



Rebecca G. Reed, PhD & Johanna Czamanski-Cohen, PhD

The 2018 Annual Meeting in Louisville, KY will be the culminating celebration of the 75th year of the American Psychosomatic Society. In this Winter 2018 Edition of the Anniversary Newsletter Article series, we highlight anniversary features that you can look forward to at the annual meeting in March and provide a sampling of some historical themes and future perspectives of the Society (with more to come at the 2018 meeting!).

### Anniversary Features at the 2018 Meeting

Several Anniversary features were on display at the 2017 meeting in Spain, including pictures and biographies of a handful of early APS Past Presidents. This year at the 2018 meeting we will showcase pictures and biographies of *all* Past Presidents. (As you're reading these biographies, consider how your current research and clinical interests may have grown out of those who came before us!) Additionally, we will feature new anniversary materials provided by the archives of the Oskar Diethelm Library, the DeWitt Wallace Institute for the History of Psychiatry, and the Weill Cornell Medical College in New York City. Personal documents from George Engel, correspondence about our Journal from prospective Editors, and other interesting communications between members of the Society will be on display.

At the 2017 meeting we showcased our Anniversary Video Series with scholars including Redford Williams and Karen Matthews. At the 2018 meeting, we'll showcase from 12 video interviews. This year, we're also excited to invite you to record your own videos onsite at the meeting! Our goal is to preserve and share APS members' stories, memories, and experiences using video. Recording your interview at the annual meeting couldn't be easier: invite a colleague, mentor, trainee, or anyone else you choose to sit down with you in our recording area and share a ~5 minute conversation with each other. We'll have a list of prepared questions that you can use, or you can ask your own. We look forward to seeing (and sharing) your videos!

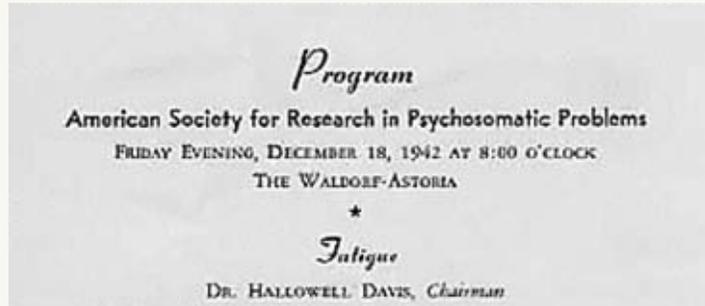
Last, certain posters, paper sessions, and symposia will be featured as "historically relevant" and will be highlighted in the 2018 program booklet and



displayed on the posters themselves with a special 75th Anniversary icon (see right). Be sure to look through the programming and attend those sessions; learning about the historical themes and future orientation of biobehavioral science might generate a new idea!

### Highlighting Historical Themes and Future Perspectives

Our Society has seen shifts in the way research interests are defined. Different tools, technology, social norms, and theoretical frameworks guide our research while keeping true to the



biopsychosocial perspective. Our point of view, which was once somewhat marginalized, is becoming part of mainstream medicine with, for example, the emergence of the personalized medicine trend. Early APS members studied Type A personality while some of our current members focus on the study of hostility. Stress-related peptic ulcers as a result of hormonal exposure were once the focus of studies, and now current members focus on the microbiome. Our Society was formed while the world was recovering from WWII, and the study of war fatigue was at the forefront; current members study PTSD and resilience factors that lead to post-traumatic growth. Our founding Society members provided Classical Psychoanalysis (and some current members still do), using clinical observations and physiological measurements in the lab, whereas new third wave interventions such as mindfulness and meditation are being studied, and “ecological momentary assessment” and “just in time” interventions are at the forefront of investigation. Last, in honor of the inaugural meeting of APS in 1942 that focused on “fatigue” (see Program, right), the theme for this year’s meeting is oriented towards vitality and resilience.

You may notice that many of the historical materials on display at the 2018 meeting feature mainly men (largely due to the nature of the field at the time). Therefore, we want to highlight in this article some of the women that have made APS what it is today. Most likely many of you are familiar with Helen Flanders Dunbar (pictured left) who founded APS in 1942 and was the first Editor-in-Chief of our journal, *Psychosomatic Medicine*. An interesting tidbit: by the 1930s, Helen Flanders Dunbar discontinued use of her first name “Helen” and assumed



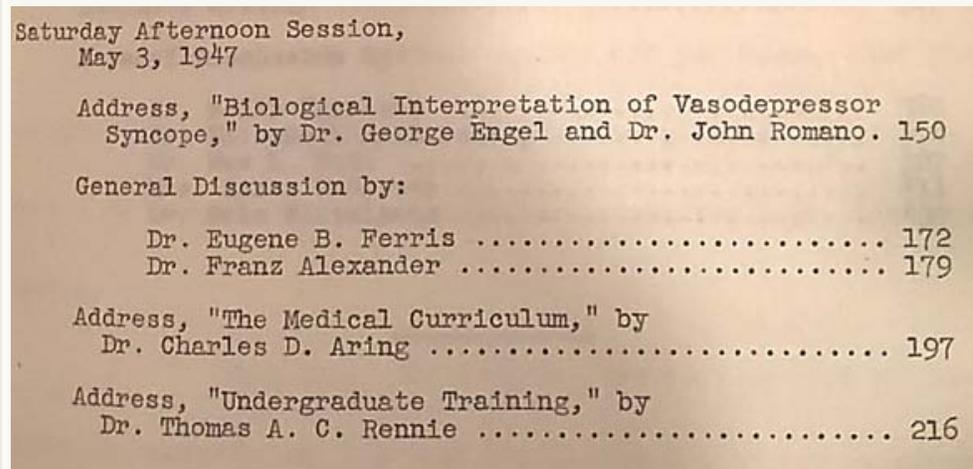
the name “Dr. Flanders Dunbar”; letters addressed to her as “Dear Sir” appear throughout a collection of APS historical documents by the Oskar Diethelm Library. Following Dr. Flanders Dunbar, the next woman who held a leadership position in APS was Dr. Margaret Singer (pictured right), who was President from 1972-1973. Dr. Singer was also the

first PhD-holding President of APS. Another interesting tidbit: Dr. Karen Weihs (APS President 2014-2015) was the first female President with an MD degree. Last, be sure to check out the Anniversary Video Series at the 2018 meeting, which features an interview with

Margaret Chesney discussing her early experiences of gender discrimination in graduate school and an interview with Janice Kiecolt-Glaser discussing her experiences as an early career scientist and a pioneering woman in psychoneuroimmunology.

Reflecting on the Society's future orientations and its goals of Scientific Excellence, Clinical Relevance, and a Vibrant and Diverse Membership, we are reminded of the importance of integrating and balancing mechanistic research and clinical science perspectives to promote the translational science into clinical care practices. Furthermore, APS members are taking a more active role in activism and attempting to affect policy as it relates to science and health care. Many APS members joined the March for Science last year. Efforts are underway to integrate these issues into the annual meeting in Louisville. Additionally, we will have an altruism activity at this year's meeting in which each poster session will include a silent auction on a wide range of local goods, with proceeds going to selected Louisville resiliency-oriented non-profit organizations.

As we look towards the future, we're also reminded of the importance of mentoring and growing a cadre of vibrant and diverse emerging leaders in the field. On a personal note, the authors of this article want to highlight the esteem mentoring they have received by scholars in APS, and we're sure that many other members share our sentiment "whether through formal mentoring received in graduate school, postdoctoral positions, the Young Investigator Colloquium, or more informal methods, such as lasting mentoring relationships formed by the Mentor Mentee event at the annual meetings. APS has been and continues to be committed to meeting the needs of its early career investigators. For example, see the image below, which shows a snippet of the APS Program from the 1947 annual conference; formal addresses were made regarding the Medical Curriculum and Undergraduate Training (in addition to Drs. Engel and Romano's work on the most common type of fainting!).



Saturday Afternoon Session,  
May 3, 1947

Address, "Biological Interpretation of Vasodepressor  
Syncope," by Dr. George Engel and Dr. John Romano. 150

General Discussion by:

Dr. Eugene B. Ferris ..... 172  
Dr. Franz Alexander ..... 179

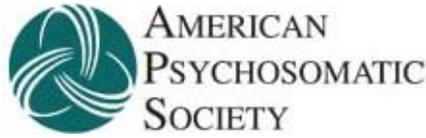
Address, "The Medical Curriculum," by  
Dr. Charles D. Aring ..... 197

Address, "Undergraduate Training," by  
Dr. Thomas A. C. Rennie ..... 216

Some recent changes in APS and a new group exemplify this future orientation of APS to promote the professional development and success of its members. Specifically, recipients of the APS Diversity Travel Award and MD Travel Award will now receive tailored mentoring and advice on their current or planned research, in addition to their travel stipend to attend the annual meeting. Additionally, if you are an early career investigator (e.g., Assistant Professor) or associate member (e.g., student or post-doctoral scholar), we invite you to explore (and, if interested, become a member of) the *Emerging Leaders Special Interest Group*. Earlier in December 2017, associate and early career APS members received an invitation to complete an Early Career Needs Survey. The Emerging Leaders group will be analyzing these responses and working to incorporate your feedback into APS website changes and future APS conference programming. Please also consider joining the Emerging Leaders at their inaugural Roundtable during the 2018 meeting on *Publishing Pros, Practices, and Pitfalls Across Your Career*.

As we celebrate APS' 75th year, we are proud of its history and focused on the future. The Society's mission to advance and integrate the scientific study of biological, psychological, behavioral and social factors in health and disease continues to be as important today as it was in its founding year, 75 years ago. We look forward to seeing you in Louisville!

Members Only



# Newsletter

Winter 2018

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President's Message

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

From the Editor

*Psychosomatic Medicine* receives approximately 600 manuscripts each year. The peer review process is essential to the journal and we are very fortunate to have a large group of colleagues providing expert evaluations of the papers we receive. Each year, all reviewers who contributed to the peer review process are listed in the journal's January issue. The Associate Editors and I rely on these reviews in making our editorial decisions and we have now been able to reduce the average turn-around time below 30 days.



Getting to Know Your New APS Newsletter Editor... **Ginty**

Getting to Know You... **Davidson**

APS Annual Meeting: A Look Ahead

APS Anniversary Meeting

Journal Highlights

Newsletter PDF

We are very pleased to welcome Dr. Andreana Haley as Associate Editor of *Psychosomatic Medicine*. Dr. Haley is Associate Professor in the Department of Psychology at The University of Texas at Austin. She received her Ph.D. from the University of Virginia, Charlottesville, and has developed an impressive research line in neuroscience combined with experiences in applied neuropsychology. She is the author and co-author of over 65 articles in prestigious peer-reviewed journals, such as *Archives of General Psychiatry*, *Neurology*, *Behavioral Brain Research*, several neuroimaging journals, and of course *Psychosomatic Medicine*. Her expertise in various aspects of neuroscience as related to health and disease will be an important asset to the journal.

I also would like to take this opportunity to thank Dr. Peter Gianaros for his services as Associate Editor to the journal. Dr. Gianaros played an essential role in promoting the neuroscience perspective of the journal, starting with the Special Series on "Neuroscience in Health and Disease" that he coordinated in 2012. His scholarly approach to the integration of biobehavioral processes, neuroscience, and psychosomatic medicine is impressive, and it was a pleasure and honor to have him as part of our team of Associate Editors. We have relied on his thoughtful insights and perspectives over the past years and are very pleased that he will continue to serve on the journal's Editorial Board.

The journal is now compiling the upcoming Special Issue on the Neuroscience of Pain, with Dr. Lauren Atlas and Dr. Mustafa al'Absi as guest editors. This promises to be a very interesting and important selection of articles that are published on-line when the papers are accepted for publication (as publish-ahead-of-print) and we expect the issue to come out in print in the Fall of this year.

Several impressive papers have been published over the past few months, a few of them are listed here as they reflect the innovative nature of our field:

- 1: Picard M, McEwen BS. Psychological Stress and Mitochondria: A Systematic Review. *Psychosom Med.* 2018 Feb/Mar;80(2):141-153. doi: [10.1097/PSY.0000000000000545](https://doi.org/10.1097/PSY.0000000000000545). and accompanying article outlining the conceptual model that provides a biobehavioral perspective on this systematic review.
- 2: Wolf EJ, Logue MW, Stoop TB, Schichman SA, Stone A, Sadeh N, Hayes JP, Miller MW. Accelerated DNA Methylation Age: Associations With Posttraumatic Stress Disorder and Mortality. *Psychosom Med.* 2018 Jan;80(1):42-48. doi: [10.1097/PSY.0000000000000506](https://doi.org/10.1097/PSY.0000000000000506).
- 3: Hackman DA, Kuan DC, Manuck SB, Gianaros PJ. Socioeconomic position and age-related disparities in regional cerebral blood flow within the prefrontal cortex. *Psychosom Med.* 2018 Feb 6. doi: [10.1097/PSY.0000000000000566](https://doi.org/10.1097/PSY.0000000000000566).
- 4: Boylan JM, Cundiff JM, Matthews KA. Socioeconomic Status and Cardiovascular Responses to Standardized Stressors: A Systematic Review and Meta-Analysis. *Psychosom Med.* 2018 Jan 29. doi: [10.1097/PSY.0000000000000561](https://doi.org/10.1097/PSY.0000000000000561).
- 5: Normann MC, McNeal N, Dagner A, Ihm E, Woodbury M, Grippo AJ. The Influence of Environmental Enrichment on Cardiovascular and Behavioral Responses to Social stress. *Psychosom Med.* 2018 Jan 23. doi: [10.1097/PSY.0000000000000558](https://doi.org/10.1097/PSY.0000000000000558).
- 6: van Zon SKR, Reijneveld SA, van der Most PJ, Swertz MA, Bültmann U, Snieder H. The interaction of genetic predisposition and socioeconomic position with type 2 diabetes mellitus: cross-sectional and longitudinal analyses from the Lifelines Cohort and Biobank Study. *Psychosom Med.* 2018 Jan 29. doi: [10.1097/PSY.0000000000000562](https://doi.org/10.1097/PSY.0000000000000562).
- 7: Haljas K, Amare AT, Alizadeh BZ, Hsu YH, Mosley T, Newman A, Murabito J, Tiemeier H, Tanaka T, van Duijn C, Ding J, Llewellyn DJ, Bennett DA, Terracciano A, Launer L, Ladwig KH, Cornelis MC, Teumer A, Grabe H, Kardina SLR, Ware EB, Smith JA, Snieder H, Eriksson JG, Groop L, Rääkkönen K, Lahti J. Bivariate Genome-Wide Association Study of Depressive Symptoms with Type 2 Diabetes and Quantitative Glycemic Traits. *Psychosom Med.* 2017 Dec 27. doi: [10.1097/PSY.0000000000000555](https://doi.org/10.1097/PSY.0000000000000555).
- 8: Coppens E, Kempke S, Van Wambeke P, Claes S, Morlion B, Luyten P, Van Oudenhove L. Cortisol and subjective stress responses to acute psychosocial stress in fibromyalgia patients and control participants. *Psychosom Med.* 2017 Dec 11. doi: [10.1097/PSY.0000000000000551](https://doi.org/10.1097/PSY.0000000000000551). Coppens E, Kempke S, Van Wambeke P, Claes S, Morlion B, Luyten P, Van Oudenhove L. Cortisol and subjective stress responses to acute psychosocial stress in fibromyalgia patients and control participants. *Psychosom Med.* 2017 Dec 11. doi: [10.1097/PSY.0000000000000551](https://doi.org/10.1097/PSY.0000000000000551).
- 9: Wilkins SS, Bourke P, Salam A, Akhtar N, D'Souza A, Kamran S, Bhutta Z, Shuaib A. Functional Stroke Mimics: Incidence and Characteristics at a Primary Stroke Center in the Middle East. *Psychosom Med.* 2018 Feb 1. doi: [10.1097/PSY.0000000000000563](https://doi.org/10.1097/PSY.0000000000000563).
- 10: Hill LK, Sherwood A, McNeilly M, Anderson NB, Blumenthal JA, Hinderliter AL. Impact of Racial Discrimination and Hostility on Adrenergic Receptor Responsiveness in African American Adults. *Psychosom Med.* 2018 Feb/Mar;80(2):208-215. doi: [10.1097/PSY.0000000000000547](https://doi.org/10.1097/PSY.0000000000000547).
- 11: Brody GH, Yu T, Miller GE, Ehrlich KB, Chen E. John Henryism Coping and Metabolic Syndrome Among Young Black Adults. *Psychosom Med.* 2018 Feb/Mar;80(2):216-221. doi: [10.1097/PSY.0000000000000540](https://doi.org/10.1097/PSY.0000000000000540).
- 12: Slavich GM, Shields GS. Assessing Lifetime Stress Exposure Using the Stress and Adversity Inventory for Adults (Adult STRAIN): An Overview and Initial Validation. *Psychosom Med.* 2018 Jan;80(1):17-27. doi: [10.1097/PSY.0000000000000534](https://doi.org/10.1097/PSY.0000000000000534).

This selection is intended to present some of the excellent science published in the journal. The Article Summaries, at the [beginning of each issue](#) of the journal are an efficient way to keep up to date with recent developments in our field. This is an open access page, and if you open the pdf that goes with these summaries, you will find links that directly access the articles to which the summary refers.

*Psychosomatic Medicine* is promoting new initiatives on Social Media. The journal is looking for volunteers who will work with us to send out Facebook messages, instagrams and tweets about cutting-edge articles and new initiatives. If you are interested in promoting our science, please contact Vicki White, Editorial Assistant at our editorial office: [EditorialOffice@psychosomaticmedicine.org](mailto:EditorialOffice@psychosomaticmedicine.org). This is a good opportunity to make a difference, contribute to the impact of psychosomatic medicine, and network with prominent scientists and clinicians in our field.

This update highlights the exciting science published in our 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*