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Sue Everson-Rose, PhD, MPH, APS President



Dear APS Colleagues,

I am continually astonished at just how quickly the weeks fly by. Here we are in March 2020, with our much-anticipated annual meeting nearly upon us. We are so pleased to offer this special annual meeting edition of the newsletter. We hope you will use the newsletter to help plan your meeting attendance, maximizing learnings from the wonderful science that will be presented as well as opportunities to network with potential new colleagues, reconnect with old friends, and enjoy some of the many unique attractions of Long Beach, California.

So take a peek at our [schedule-at-a-glance](#) and hear from the Program

Committee about some of the meeting highlights we have planned for you. We have had a record-setting number of abstracts this year (677) and are on-pace to a record-setting number of attendees as well. I have heard several people express particular enthusiasm about this year's theme, "Achieving Health Equity: Opportunities for Psychosomatic Science" – an enthusiasm that I share. I really believe this will be a special meeting and will open our collective eyes to the impact our work can and does have in understanding and addressing health disparities and promoting equitable health outcomes for all.

As mentioned in the last newsletter, and under the leadership of Dr. Dianne Lattemann and Dr. Vanessa Hux, co-chairs of the Professional Education Committee (PEC), we have developed a [survey](#) to evaluate the current educational and professional development needs of APS members. I ask all members to complete this very brief online survey, results of which will help us develop and prioritize PEC activities and programming. And I also draw your attention to our column in this newsletter that features the PEC Co-Chairs, so that you can learn more about Dianne and Vanessa, what draws them to APS and ideas they have for the PEC and promoting psychosomatic science and clinical implications of our work.

I wish to extend my congratulations to Dr. Anna Marsland, Dr. Karen Matthews, Dr. Nim Tottenham, Dr. Ben Lee and Dr. Chris Fagundes, who are this year's recipients of the Patricia Barchas Award, Distinguished Scientist Award, Paul D. MacLean Award, Donald Oken Fellowship and Herbert Weiner Early Career Award, respectively. I think you will enjoy the interviews with Anna, Karen, Nim, Ben and Chris in this newsletter. They are such excellent scholars who enrich our Society with their work and I am so pleased to see each of them honored for their contributions.

The annual meeting also represents the time when we transition leadership in APS. Dr. Paige Greene from the National Cancer Institute, will take over the reins as Society President. It has been a pleasure working with her on Council this past year in her role as President-elect, witnessing her thoughtful and inclusive approach to leadership and governance. The Society will definitely be in good hands with her at the helm. We will honor our outgoing Council members and welcome our new Council members and recognize our APS committees at the annual Business Meeting on the last day of the conference. I do want to take this moment, however, to thank this year's Council – namely, Drs. Gail Ironson, Anna Whittaker, Bruce Rollman, Jeff Huffman, Lisa Christian, Kristen Salomon, Paige Greene, and Tara Gruenewald, as well as Sarah Shiffert and Laura Degnon from Degnon Associates for their leadership, their hard work, their thoughtful participation in Council meetings and activities, and their relentless dedication to our Society. I feel fortunate to have had the opportunity to be APS President, and to work with this team of great people.

See you in Long Beach!

Sincerely,

Sue Everson-Rose, PhD, MPH, APS President, 2019-2020

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From the Editor's Desk

Annie Ginty, PhD, APS Newsletter Editor



Welcome to the Special Issue newsletter featuring the upcoming American Psychosomatic Society Conference. This year's conference promises to be filled with innovative and interdisciplinary science, as we celebrate the meeting's theme, Achieving Health Equity: Opportunities for Psychosomatic Science.

This year's program contains a jam-packed schedule of excellent science and many exciting opportunities to meet with colleagues to discuss the latest research in the field. With this special edition, we hope to provide a 'sneak peek' into some highlights of the upcoming conference and share what makes this annual event so special for so many.

Be sure to check out the Getting to Know You articles, which include interviews with the major award winners. You will not want to miss these interviews, which will allow you to get to know these amazing scientists before their award talks at the conference. See Dr. Everson-Rose's Presidential Column for important updates and thoughtful reflections. You will also get a glimpse into the roles of our Co-Chairs of the APS Professional Education Committee within APS and their goals for the future of the Professional Education Committee. Meet Dianne Lattemann, PhD, and Vanessa Hux, MD, and find out how you can share your own views on members' needs and ideas for professional education and career development opportunities through our Society by completing their brief survey.

A special thank you to the Program Committee Chair, Dr. Ruiz, and the full Committee, for their tireless work on creating an outstanding program. Further thank yous to Drs. Richard Lane, Janice Kiecolt-Glaser, Susan Everson-Rose, Keely Muscatell and Pete Gianaros for joining me in conducting the interviews of our fellow colleagues. As always, thank you to the team at Degnon for all of their hard work and for making this newsletter possible.

Looking forward to seeing everyone in Long Beach!

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Getting to Know You...*Tottenham*

An interview with the 2020 Paul D. MacLean Award Recipient

Interview by: Richard Lane, MD, PhD

Dr. Nim Tottenham is a Professor in the Department of Psychology at Columbia University and director of the Developmental Affective Neuroscience Laboratory. She is the recipient of this year's Paul D. MacLean Award. The Paul D. MacLean Award is awarded for Outstanding Neuroscience examining emotion, the brain and physical disease. Trained in both Developmental Psychology and Neuroscience, Tottenham's research focuses on the developmental construction of neurobiology underlying the large changes in emotional behaviors from infancy through young adulthood. In particular, her research has incorporated the caregiving ecology into our understanding of human brain development – asking questions about how parents scaffold affective brain development and how adverse caregiving experiences interferes with this species-expected process.



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

NT: My research has been very influenced by the behaviors of children who experience chronic poor caregiving. There have been two things that struck me. The first is the constellation of self-regulatory behavioral challenges that can emerge during development. Poor caregiving is a leading risk factor for mental health problems, and yet, unlike many other causes, this is one that could, at least theoretically, be prevented. The second is the large number of individual differences that emerge following poor caregiving experiences – some children really exhibit struggles in some behavioral domains whereas others are thriving. It is these individual differences that are driving a lot of our lab's current investigations.

RL: What do you think is the most pressing research question in psychological stress or in early life stress? How do you see the field addressing this in the next decade?

NT: There have been so many exciting neuroscientific research innovations in the past few decades – so much so that it can be hard to stay on top of the literature at times! And, there has been much more appreciation of development in mental health and psychology research. However, there is still a long way to go for researchers, practitioners, and policy makers to better appreciate the importance of developmental processes and the importance of early life experiences. When we remove the implicit practice of treating children as comprising a “special population” and begin recognizing that adult phenotypes are the result of development, the science can move much faster. Alternatively, there can at times be the implicit assumption that children are either miniature or deficient adults. This is also a view that hinders progress – the brains of infants, children, and adolescents are perfectly adapted to the current needs and tasks at hand. It is through better understanding how the state of the brain at one given developmental window accomplishes its developmental tasks at that time that we will be better equipped to understand how the brain constructs itself over the first two decades of life to give rise to the adult form.

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



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NT: I have been very lucky in my career to have already had dinners with many luminaries, including my own advisors as well as colleagues. But, if I had the chance to time-travel, I would very much like to have dinner with John Bowlby, Mary Ainsworth and Jean Piaget. Their writings continue to be a source of inspiration for me. I would like to hear their conversation on how to innovate theories of affective development. Their ideas were highly novel when published, but they also strike me as highly prescient – some of the technological innovations that have come out since their time has served to confirm many of their predictions.

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Getting to Know You...Fagundes

An interview with the 2020 Herbert Weiner Early Career Award Recipient

Interview by: Janice Kiecolt-Glaser, PhD

Dr. Christopher Fagundes is this year's recipient of the Herbert Weiner Early Career Award. The award is "intended to identify individuals, who, early in their career, have contributed significantly to the field of psychosomatic medicine and show substantial promise of continued meritorious academic accomplishments in the field." Dr. Fagundes is currently an Association Professor at Rice University and the Director of the Behavioral Mechanisms Explaining Disparities Lab. He is a Principal Investigator on two R01 grants funded by the National Institute of Health and a clinical trial funded by the National Endowment of Arts. He has won the Robert Ader New Investigator Award from the Psychoneuroimmunology Research Society, the Neal E. Miller New Investigator Award from the Academy of Behavioral Medicine Research, and the Excellence in Health Psychology Research Award by an Early Career Professional from Division 38 of the American Psychological association.



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

CF: I have had extraordinary opportunities to meet, and even have dinner with some contemporary scientific heroes by being in academia. Rather than identify those whom I have yet to meet, I'm going to name make a posthumous dinner party list. I just finished a biography about Karen Horney and came away thinking she would be a fascinating person to get to know better. In my opinion, her theory of neuroses was ahead of its time. Charles Darwin would be on the list. His influence over so many fields cannot be overstated. More closely related to my line of research, I would select Robert Ader. I still get excited when I lecture about his taste aversion studies. His work was foundational to the field of psychoneuroimmunology.

JK-G: What do you see as remaining gaps in biobehavioral medicine literature? How do you see future researchers addressing these gaps?

CF: I have become convinced that precision medicine offers a promising approach to disease treatment and prevention. I think the field of biobehavioral medicine would benefit significantly from asking questions through this lens. Scientists, including many APS members, have conducted rigorous research to show that negative emotions have a powerful impact on biomarkers related to disease--and biobehavioral interventions can alleviate some of the negative consequences of stress. However, like most findings in medicine, there is considerable heterogeneity in the results of these studies. For precision medicine to be realized in biobehavioral medicine, we need to know "what works for whom" and "who is at risk under what condition (context)." Our basic science colleagues in psychology have taught us it is the interaction between "the person and the situation" that best predicts emotion and behavior. We now have powerful tools to evaluate dispositional traits (genomic and personality) and context. Toward this end, I am particularly excited about mobile sensor-based data acquisition because of its emerging ability to assess context and specific physiological indices passively.

JK-G: Any words of wisdom for those just starting in research as a grad student?

CF: At the graduate student level, my advice would be to stay away from negativity. Negativity is omnipresent in graduate school. Graduate school blogs, chatrooms, and career advice books are filled with horror stories and negative rants. It is easy to get sucked into negativity as a graduate student. Although there are undoubtedly many challenges in academia, we get to pursue ideas that interest us and hopefully have a positive impact on people's health and well-being. We have the opportunity to share what we learn with others through teaching, scientific conferences, and mentoring. We also have enormous autonomy.

JK-G: What is the hardest part of starting a lab?

CF: I think the hardest part of starting a lab is convincing yourself that you can do it. I remember when I had a blatant case of imposter syndrome, you (Kiecolt-Glaser) sat me down and said: "Chris, you can do this." When just starting, you have to convince yourself that it is true.

JK-G: How are you funding your research? Any advice on getting funded as an assistant professor?

CF: All of my significant funding has come from NIH. I received my first five year NIH R01 a little less than two years after I completed my post-doc from NHLBI. This grant aimed to elucidate the biobehavioral mechanisms underlying cardiovascular problems among spousally bereaved older adults. I am PI on another R01 from NIA that was recently awarded on dementia spousal caregivers. I am also a co-investigator on an R01 and U01. If I were going to give one piece of advice to anyone who wants to be NIH funded, it would be to work under an established NIH investigator. You learn grant writing mechanics and strategies that way. More importantly, you get the opportunity to observe work habits. Every well-funded investigator I know (a) reads much more than they write, (b) reads and writes every day, and (c) asks questions they are passionate about rather than what they think is "hot."

JK-G: How many pairs of red shoes do you have?

CF: I just counted 11 pairs. So, the story of the red shoes—when my primary appointment was in the medical center, I thought I was rebelling without breaking the dress code by wearing colorful socks. I decided that I needed to elevate my game when I moved over to arts and sciences. I read somewhere that most well-regarded classes are taught by professors who have a self-defining eccentric feature. Therefore, I decided to wear red shoes over those colorful socks. I also tried growing out my hair for a while but my post-doc and graduate students staged an intervention; they told me it looked horrible. Back to the shoes, I have big news—after much deliberation, I have decided to branch out to Oxblood, and Cordovan (think burgundy). It turns out, there are not many companies that sell quality red dress shoes for men, and cheap shoes hurt your feet after a while.

JK-G: What is your favorite aspect of the job?

CF: My favorite aspect of the job is mentoring eager trainees. I get significant satisfaction watching grad students, and post-docs grow intellectually. When trainees call me with news that their paper was accepted or that they received an NRSA, K award, or job offer---I am ecstatic for days.

JK-G: Where do you see your research going over the next 10 years?

CF: Mobile technology will play a much more significant role in my work. Our ability to assess and even intervene in real-time in the real world through mobile phones and sensor technology is exciting. Collaborating with engineers has given me new insights regarding what is possible through machine learning. I am also pursuing a line of research that integrates attachment theory with work on self-compassion and health.

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Getting to Know You...*Matthews*

An interview with the 2020 Distinguished Scientist Award Recipient

Interview by: Susan Everson-Rose, PhD, MPH

The American Psychosomatic Society is pleased to announce Dr. Karen Matthews as the recipient of the Distinguished Scientist Award for 2020. Dr. Matthews has had a truly remarkable career. She is a Distinguished Professor of Psychiatry, Psychology, and Epidemiology at the University of Pittsburgh, and has been at the forefront of psychosomatic medicine, health psychology, and behavioral medicine for nearly 40 years. She has mentored more than 60 graduate students and post-doctoral fellows, sponsored or co-sponsored 12 NIH Career Development awards, and been continuously funded by NIH for her research since 1980. Dr. Matthews is a Past President of APS (1990-91) and has been steadfastly committed to APS and served our Society with distinction for over 40 years. Among her many studies, she has examined the role of Type A behavior and its components in cardiovascular risk in children, adolescents and adults; investigated physiologic stress reactivity, inflammatory biomarkers and lipoprotein metabolism as pathways linking Type A components and CVD outcomes; studied the influences of behaviors, biologic risk factors, and sex hormones on women's cardiometabolic function; examined environmental exposures (from familial factors to early life adversities to the social environment to lead exposure) and their influences on health and well-being in men, women and children. Her work has included study of neuroendocrine responses to stress; the role of work in women's mental and physical health; social, psychological and biologic underpinnings of subclinical cardiovascular disease and related health outcomes in women; sex and racial/ethnic differences in CVD risk; socioeconomic factors and psychosocial resources; sleep and HPA activity and health outcomes in children and adults. Her work is broad-ranging and her contributions to psychosomatic science have been extensive. She is a terrific mentor, engaging colleague, thoughtful and inquisitive scientist, and, quite simply, a lovely human. Here, I pose a few questions to Karen, expecting we all can learn a bit more about the experiences that shaped her work and gain from her wisdom and experiences.



SE-R: What were the most meaningful events that shaped your research and career trajectory?

KM: I was fortunate to work with David Glass in graduate school at the University of Texas (UT), Austin at a time when he was beginning his work on conceptual approaches to the Type A behavior pattern. Through this experience, I was introduced to psychosomatic medicine and the emerging field of behavioral medicine, which both shaped opportunities for my research and funding, and gave me a sense of professional identity.

Also at UT Austin, I was part of a cohort of graduate students who were all excited about health psychology, although we did not call it that at the time. Our collective enthusiasm was a super motivator for me, and I learned a lot from my fellow graduate students, David Krantz, Jamie Pennebaker, Chuck Carver, Michael Scheier, and Audrey Burnam.

With Michael Scheier, I co-directed the Pittsburgh Mind-Body Center for 10 years. It was a wonderful opportunity to work with colleagues at both Carnegie Mellon University and the University of Pittsburgh and to grow the field both locally and (inter)nationally, the latter through summer institutes that the Center provided.



SE-R: What are you most proud of across your many years of work?

KM: Training talented young psychologists who have had outstanding academic careers and made their mark on the field.

SE-R: What has surprised you the most about your career?

KM: How long I have been doing science. I started out wondering if I really could make it as a scientist and academic psychologist. I decided after I graduated to suspend judgement about that issue and work hard for two years and see what happened. Well, I am still writing and enjoying the scientific process.

SE-R: With the benefits of four decades of experience, what words of advice would you give yourself if you could travel back in time to 1976 when you were a newly minted PhD?

KM: Be persistent in your efforts. Expect rejection – it is normal in our field. Be kind to yourself when the data don't "behave". Science requires the long-term perspective because it is ever changing.

SE-R: In what ways has your involvement with the American Psychosomatic Society influenced your research and/or your career?

KM: My first meeting of APS was in New Orleans when I was a graduate student. I did not present data, but I heard Jim Blumenthal's dissertation presentation on Type A behavior and coronary artery disease. I was inspired. Subsequently, I was active in the APS organizational leadership and met other members with whom we shared ideas (and fun). I highly value the social aspect of the organization.

SE-R: What do you think will be the most pressing research issue or question in psychosomatic science over the next decade?

KM: Demonstrations of clinical applications of our findings to improve health equity will be very important.

SE-R: And finally, just a fun question. What is one thing that APS members might be surprised to know about you?

KM: Between undergraduate and graduate school, I traveled for about a year and half on about \$5 a day in western Europe, behind the Iron Curtain, Turkey, Morocco, and Mexico.

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Getting to Know You...*Marsland*

An interview with the 2020 Patricia R. Barchas Award Recipient

Interview by: Keely Muscatell, PhD and Pete Gianaros, PhD

This year's recipient of the Patricia R. Barchas Award in Sociophysiology is Dr. Anna Marsland. Dr. Marsland is a Professor in the Department of Psychology at the University of Pittsburgh, where she conducts pioneering work on the links between psychological stress and the immune system and the implications of such for physical health. Dr. Marsland will give an award address at the 2020 Annual Meeting in Long Beach summarizing her important research; in this preview interview with Pete Gianaros and Keely Muscatell, she reflects on the award and Dr. Barchas's legacy in her own work.



KM & PG: Huge congratulations on being selected as the recipient of the 2020 Patricia R. Barchas Award in Sociophysiology! We are looking forward to your award address at the Annual Meeting in Long Beach. What was your reaction to learning you'd been selected for the Barchas Award? What does being selected for this award mean to you, personally and professionally?

AM: I was shocked, honored and overwhelmed! I never dreamed that I would rise to the ranks of the esteemed individuals who have received the Patricia R. Barchas award in the past. Personally, the knowledge that my peers nominated me for this award means a lot. I do not think I have done anything particularly remarkable in my career, just plugged away trying to understand physiological mechanisms that connect psychosocial processes to immune function and disease risk. This award makes me think that my work has made a difference and contributed to collective knowledge in the field. I am so grateful to those who nominated me and to APS for the award. Professionally, this external recognition is invaluable for me and for my trainees and reinforces my belief that the work that we do is important for understanding health.

KM & PG: Dr. Barchas's work focused on sociophysiology, or the study of reciprocal relationships that could lead to long-term change in both social behavior and physiology. What impact has Dr. Barchas's work and/or her overall research approach had on your own research to-date?

AM: In many ways, Dr. Barchas's work was ahead of its time. In particular, her focus on the interaction of social behavior with both central and peripheral physiological processes is inspirational. Her primary focus was on social processes and she was a pioneer of the field of sociophysiology, which describes interactions between social factors and biology. My own research program has followed in her footsteps. Although my primary focus has been on understanding the physiological impact of psychological stress, like Dr. Barchas, my research focuses on biological pathways. In particular, I have focused on pathways that connect psychological and social processes with immune parameters of relevance to physical health across the lifespan. This examination of pathways focuses on both peripheral and central mechanisms of immune modulation. Thus, I hope I have continued Dr. Barchas's legacy and furthered our understanding of the importance of psychosocial factors for health.

KM & PG: Is there a particular paper you've written or line of work you've conducted that you think most exemplifies Dr. Barchas's legacy?



AM: Recent work from my laboratory has focused on the physiological impact of being the mother of a child newly-diagnosed with cancer. We have demonstrated that this new onset, chronic stress is associated with a number of biological changes that may increase physical health risk. For example, across the year following diagnosis, mothers show an increase in both circulating and stimulated levels of the inflammatory mediator, interleukin (IL)-6, which is a known biomarker of health risk. Interestingly, when compared with their counterparts who show declining levels of stress, mothers who show high levels of psychological stress across the 12-month follow-up also show: (1) larger increases in markers of inflammation, (2) a decrease in peripheral levels of cortisol, and (3) an increase in cellular resistance to glucocorticoids. Mothers in this high biological risk group were characterized by a history of childhood trauma, and endorsed higher levels of distress, poorer sleep quality and efficiency, less social support and poorer self-reported health when first assessed approximately one month after their child's diagnosis. This line of work is best reflected in a paper authored by Catie Walsh, one of my graduate students (Walsh, Ewing, Cleary, Vaisleib, Farrell, Wright, Gray, & Marsland (2018). Development of glucocorticoid resistance over one year among mothers of children newly diagnosed with cancer. *Brain, Behavior and Immunity* 69:364-373). This work examining biological pathways of health risk exemplifies Dr. Barchas's legacy and will be the focus of my award address at the Annual Meeting of APS in Long Beach.

KM & PG: In your nomination letter, we wrote: "Like Dr. Barchas before her, Anna is a strong, female role model for many scientists, junior and senior alike, who are striving to further our understanding of links between social and physiological processes." Do you have any comments on your experience being a woman in science and serving as a role model to the next generation of researchers in this area?

AM: There are many challenges for women to succeed in science and I am happy to hear that my supporters recognize my mentoring work in this regard. In the United States, balancing an academic career and family remains an obstacle to the success of many women. This impacts the willingness of our trainees to embark on and remain in a traditional academic career, resulting in the loss of many talented scientists. Although things are slowly changing and funding agencies are beginning to focus on incentives to help women succeed in academia, I believe there is still a need for role models that have been able to succeed and are able to provide support and encouragement to women at all stages of their career. I still value my mentors and turn to them when I self-doubt in leadership roles. Having been the recipient of support from outstanding senior female scientists and leaders in our field, much like Dr. Barchas, it is now my turn to be a mentor to the next generation of researchers and to do everything that is in my power to support their success.

KM & PM: Anything else you'd like to add?

AM: THANK-YOU!!!!!!

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Hochang Ben Lee, MD

An interview with the Donald Oken Fellowship recipient, 2020

Interview by: APS Newsletter Editor Annie Ginty, PhD

Dr. Ben Lee is the John Romano Professor and Chair of the Department of Psychiatry at the University of Rochester School of Medicine and Dentistry, Chief of Psychiatry at Strong Memorial Hospital in Rochester, and Regional Chief of Psychiatry for the University of Rochester Medical Center. Dr. Lee completed his BS (triple major in Biology, Philosophy, and Psychology) at Cornell University and his MD at Jefferson Medical College of Thomas Jefferson University. He has received substantial research funding from the National Institutes of Health and has over 70 peer-reviewed research articles.

Dr. Lee is the 2020 recipient of the Donald Oken Fellowship. The Donald Oken Fellowship is awarded to a non-member Consultation-Liaison psychiatrist or internist who holds a senior leadership position, is involved in research, and demonstrates effectiveness in teaching. Dr. Lee will host a Grand Rounds session at the 2020 APS Annual Meeting (Thursday, March 12, 10:30 to 11:30am).



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

BL: The most important career event was my departure from Johns Hopkins to Yale in 2011. At that time, I was a successful junior investigator who was well-funded and was just promoted to be an Associate Professor at Johns Hopkins. When Yale recruited me to lead a struggling consultation-liaison psychiatry service at Yale New Haven Hospital, I didn't know that I was embarking on an administrative career that would lead to my current position as Chair of Psychiatry at University of Rochester. At Yale, I developed the Psychological Medicine Service that oversaw behavioral health of all medico-surgical patients at Yale New Haven Hospital. During that transition, I learned that I enjoyed helping other people's career than my own.

APS: One of your main areas of research is developing innovative models for delivery for behavioral health service for medical and surgical patients. What area of behavioral services have improved the most over the past decade?

BL: The concept of integrated care and collaborative care model pioneered by Wayne Katon and Jurgen Unutzer at UW has had a tremendous impact in our field, particularly in the ambulatory primary care settings. My work on the proactive consultation model that began at Yale in 2011 was about integrating behavioral health in the acute inpatient settings. The proactive model has been now adopted by nearly 30 medical centers around the country. I hope the proactive consultation model will also have a large impact in our field.

APS: What aspect for delivering behavioral health services for medical and surgical patients is in the most need of improvement?

BL: Application of biopsychosocial model in care of our patients is the most need of improvement. Clinicians need to focus less on the disease and focus more on the person, and healthcare should be



provided through a multidisciplinary team to meet the varying needs of an individual patient both in body and mind.

APS: What are you most looking forward to about the upcoming American Psychosomatic Society conference?

BL: Last time I attended an APS conference was in 2008 when I presented my research in Baltimore. I am looking forward to finding out how the APS conference has evolved since. I also look forward to re-connecting with my old friends and making new friends at APS. University of Rochester used to have a large presence at APS. For example, former faculty members such as George Engel, Bob Ader and Franz Reichsman were past Presidents of APS. However, very few faculty members in my department are involved with APS, and, perhaps, my presence at the 2020 APS conference would stimulate more participation

APS: Any words of wisdom for those just starting out in their career?

BL: When I was a second year resident at Johns Hopkins and was thinking about having an academic career, my attending psychiatrist, Godfrey Pearlson gave me advice: An academic career is more about persistence than brilliance. I took that advice to my heart. Early failures build you up for a successful career.

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

BL: I would like to have a dinner with John Romano, George Engel, and Paul McHugh. John Romano was the founding Chairman of Department of Psychiatry at University of Rochester, and I currently hold the John Romano Professorship. His intellectual partner was George Engel, an internist, who developed the Biopsychosocial Model. I didn't have the opportunity to meet them, and I wish I did. Time to time I wonder if they would approve of how I lead the department they founded together. Paul McHugh was the Chair of Psychiatry at Johns Hopkins when I was a resident. He was a consummate teacher who taught me to be a psychiatrist. He is now 88 years old, but I still turn to him every couple of years for advice and encouragement. I would love to overhear their conversation and even get their advice about my job.

APS: You will be doing a Grand Rounds session at the APS Annual Meeting. Can you give members a brief "taster" of what of what this will cover?

BL: I would like to talk about the relationship between scientific merit and impact on the field and how they might not correlate with each other based on my past research works. I had three distinct lines of research: post-operative cognitive dysfunction, restless legs syndrome, and proactive consultation model. Each of them had a varying degree of scientific merits and impact. As I look back on my career," I hope the audience can relate to my own struggle to find "meaning" and future direction.

President's Message

From the Editor

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Professor Karen Matthews as Mentor and Collaborator

Professor Karen Matthews, winner of this year's Distinguished Scientist Award, has a long history of mentoring graduate students and postdoctoral fellows who have gone on to make substantial impacts in the field of Psychosomatic Medicine. We asked some of her former trainees to reflect on Professor Matthews as a mentor and collaborator.

"Although it has been 22 years since my 3 years as a post-doc with Karen, I still feel my research is informed and improved by those years of mentorship. If I were to highlight her mentorship with a word, it would be generosity. From paper feedback (the dreaded – but much appreciated – "see me"), to introductions and invitations to interact with leaders in the field, to continued mentorship since my post-doc, Karen has always taken the time to offer support and guidance. This approach is not only kind, but also the best model for science – the creation and encouragement of a supportive community of scientists. Given Karen's influence both scientifically and personally within the American Psychosomatic Society, I don't think it is overreaching to give her most of the credit for what many of us believe is professionally a "good home".



Brooks B. Gump, PhD, MPH
Falk Family Endowed Professor
Syracuse University



me about doing rigorous science, about childhood health disparities, and about life more generally."

"Among Karen Matthews' many, many impacts on the field, the one that is most personally meaningful to me is the way in which she has highlighted the importance of development to the field of health psychology. When I was a post-doc in her lab, very few health psychologists were studying children (except those with chronic illnesses). Karen opened my eyes to the idea that understanding developmental processes in healthy children can help us understand the antecedents to many chronic diseases, and this idea has remained with me in all the research that I do. In addition, I learned from Karen a tremendous amount about running a large lab of staff, grad students, and post-docs effectively. Karen was a role model who exhibited the perfect combination of grace and authority, inspiring respect, admiration, and loyalty amongst all who were part of her team. I am grateful to Karen for the many things she taught

Edith Chen, PhD
John D. and Catherine T. MacArthur Professor of Psychology
Northwestern University

"Karen's work and mentorship have impacted my personal and professional life in a myriad of enduring ways. First, Karen is the epitome of grit in the research world as she has a way of efficiently and skillfully showing trainees that the small snags that inevitably arise in the research process are not as insurmountable as trainees may think. I left every meeting with her amazed by her problem-solving skills and insight and better equipped in these areas. Further, I left every meeting with her more confident that my research was worthy and feasible and more clearly seeing how the research was progressing. I now strive to do the same thing for my own trainees. As important, Karen's research has been on many a forefront of developments in psychosomatic medicine as evidenced by the fact that many of the topics I cover in my health psychology course were highly influenced by Karen's work and the work of those that she's mentored over the years. Clearly, she is one of the great minds of our field. I am grateful to be able to call her a mentor. "



Nataria T. Joseph, PhD
Associate Professor
Pepperdine University



"I am honored and privileged to have had Karen Matthews as my graduate school mentor. She taught me the value of thinking independently and not being afraid to pursue novel ideas. She created a culture of support and loyalty within her lab, where we celebrated each other's professional and personal accomplishments, including grants awarded and papers accepted, as well as engagements, weddings, and baby showers (including two for me in the course of my graduate school career!). I am grateful for the support and encouragement she has provided me throughout my career."

Wendy Troxel, PhD
Senior Behavioral and Social Scientist
RAND Corporation



"Karen could teach a master class on being a leader. She is kind, fair, honest, curious, and approaches her work and interactions with incredible thoughtfulness. After working with her for the past seven years, I am still stunned by the amount of care and preparation she puts into everything she does – each meeting, paper, talk, lecture. I am deeply thankful that I can call myself a trainee of Karen's. Her influence on my professional identity is unparalleled and the example she has set as a woman in academia will guide me throughout my career. Karen's impact goes beyond the field of behavioral medicine. She cares strongly about the people she works with, and one example of this is how she consistently takes time to eat lunch with her students, staff, and colleagues. These impromptu gatherings have allowed for many fun conversations spanning books, current events, travel, and of course, the



Pittsburgh Steelers, and have made her lab a place that people truly enjoy working. Looking back, I think it will be those interactions that have made the strongest impression on my career.”

Karen Jakubowski, PhD
Postdoctoral Fellow
University of Pittsburgh

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“I studied with Karen as a postdoc and she’s been incredibly important for my career and my development as an academic. She has an uncanny way of seeing the big picture while also being extremely conscientious about the details. She has trained half of APS so we all know she’s busy, but she was always (and still is) gracious with her time and patient with my education.”

Jenny Cundiff, PhD
Assistant Professor
The University of Alabama

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“Karen is a thoughtful mentor who is always gracious with her time.”

Matthew Cribbet
Assistant Professor
The University of Alabama



.....



“I am very grateful for Karen’s mentorship during my postdoc. I can’t imagine a more thoughtful or supportive advisor. Karen provided an excellent example for how to cultivate an engaging academic environment and always tailored research opportunities and career advice based on the specific interests and goals of her trainees. One of my favorite memories of my time at Pitt is the holiday white elephant gift exchange at Karen’s house where Jenny Cundiff and I battled hard to win a Dick Jennings original painting.”

Jennifer Morozink Boylan
Assistant Professor
University of Colorado – Denver



"When I interviewed with Karen for graduate school, she asked me, "Why do you think you would be a good researcher?". I wasn't sure what to say then, and I reflect on that question often now. Through her mentorship and example throughout my PhD training, she taught me what it means to be a good researcher--among other things, to be curious, thoughtful, and diligent; to recognize and pursue the important questions; to acknowledge and address your professional growth areas; to present ideas and findings clearly; to foster collaborations and consult early and often; and to build and support a strong team. It was a privilege to be part of her team, and I strive to live up to her example."



Carrie Gibson, PhD, MPH
Clinical Research Psychologist, San Francisco VA Health Care System
Assistant Professor, Department of Psychiatry, University of California San Francisco

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Meet the Professional Education Committee Co-Chairs



Dr. Dianne Lattemann, PhD, is a VA Senior Research Career Scientist and Research Professor in the Department of Psychiatry & Behavioral Sciences at the University of Washington. She is a basic scientist using animal models to investigate modulation and regulation of the central nervous system (CNS) by metabolic hormones (leptin, insulin) and metabolic status, with experimental approaches that range from molecular to behavioral. Dianne was introduced to APS through the 2013 mid-year meeting on Diabetes, Obesity and the Brain when she was one of our invited speakers.

Dr. Vanessa Hux, MD, is an Assistant Professor in the Department of Obstetrics and Gynecology at the University of South Florida. She is a practicing physician and scientist who studies stress, allostatic load and pregnancy outcomes. She has also recently expanded her work to include work in discrimination and in health disparities. Vanessa was first introduced to APS in 2014 while a medical student when she was recipient of an APS Medical Student Travel Award and became an in-training member. Once she completed her residency training and joined USF as a faculty member, she joined APS as a full member.



As co-chairs of APS' Professional Education Committee, Dianne & Vanessa bring unique perspectives to this committee. For this special issue of the newsletter associated with our March annual meeting, we have included a [membership survey](#) asking about members' needs and ideas for professional education and career development opportunities through our Society. Here, we ask Dianne and Vanessa a few questions about their roles in APS and about their goals for the Professional Education Committee.

What prompted you to get involved in the Professional Education Committee? How long have you been involved with the committee?

DL: I've been involved with PEC since 2017. As a person coming from a basic research background, I have really gained awareness of how important it is to be able to communicate about our work and its larger health relevance to close colleagues, other researchers and practitioners, and the public at large. This includes, of course, being able to expand the knowledge base of APS members themselves. I love having the opportunity to do that, because I always learn new things, myself, in the process. But my involvement really goes back to my first interactions with APS in 2013 and 2015, as an invited panel speaker at a 'specialty' conference and then at a symposium at the main APS meeting. I was so impressed with how well put together those panels were, and how enjoyable it was for me to participate. Particularly the 2013 meeting—there was a tiny group of us, speakers and audience, together for one full day. The science was so good! I've been going to meetings since 1976 (no kidding) and I will always rate that meeting as being in the top ten of my meeting experiences. When you have a special experience like that, it makes you more enthusiastic about helping to keep that going.

VH: I joined PEC in 2019. I have always loved how APS brings together clinicians and researchers to address complex issues through multidisciplinary, collaborative approaches. The programming at the

annual meetings is always impressive and draws a diverse group of attendees, and I am very interested in bringing those very different groups of people together. I was first approached by a Council member to consider getting involved in PEC. Once I learned more about the committee I was enthusiastic to participate and to also bring in my perspective as a practicing physician and as a more junior member of APS.

As a basic scientist and clinician co-chairing the Professional Education Committee, in what ways do your respective approaches inform your work on the committee?

DL: I feel that I'm in a good position to be able to 'translate' many kinds of basic research to groups with many types of background in biomedical science. My own personal research has encompassed in vitro, in vivo, and behavioral studies; studies of basic metabolic physiology; and the connections between metabolic physiology and behavior. I have a fairly good grasp of a wide range of technical approaches. I was trained closely with medical students, I helped teach some med student labs and discussion groups, throughout my career, so I understand that world and I feel there can never be too many opportunities for us to sit in a room together and learn what's new. But also, I just think analytically about pretty much everything—hard to turn that scientist-brain off completely. So that means I look at any kind of committee work in terms of, what are the goals, do I belong here, what am I going to contribute. I do leave committees, usually when I reach the point where I feel I have nothing more that's unique to contribute—which is okay.

VH: I think we make a good team. Having us co-chair the Professional Education Committee is very reflective of the diversity of our membership. I am fortunate to have received formal research training in addition to my clinical training, so that helps me to investigate problems in a methodical way that advances science. As a clinician, I interact with patients daily and in very real terms, experience with patients what is seen in the lab. As a clinician, my question always will go back to "How can I apply what we are learning in the labs to how we treat and provide care for patients?" At the same time, experiences with patients can also generate new ideas. I think clinicians have curiosity, ideas, and a unique perspective due to our intimate interaction with patients. In our committee work, I'd like to see more clinicians engaged in the work of APS and to also promote collaboration.

What are your main goals for the committee and how do you see the committee growing or evolving to meet our Society's needs? Can you share with us some of the ideas you've been discussing for achieving the committee goals?

DL: It seems like a good juncture to find out what APS members want, and what the right tools are for providing that. Here, I count on Vanessa for her great ideas! I should point out that not only are we basic- vs. clinical in our work orientation, but of very different generations—I just got my Medicare Card in January. In my work life I have really enjoyed interacting with the younger generations and it has been fantastic working with Vanessa. She is so smart, organized and thoughtful. We have just started to discuss new opportunities for members, including possible webinars or webinar series, being systematic about making 'classic' psychosomatic medicine papers and research available. As a very senior researcher, I also look forward to getting some input about where I can contribute some mentoring help. I do a lot of that in my regular work, helping with grant review and strategies, and professional advancement strategies, for which some aspects are applicable to anyone in the biomedical world.

Finally, I'd like to push forward a conversation about how to get psychosomatic medicine out to our colleagues in our workplace. I don't know if this would be a PEC 'thing' but it's important. At my VA in Seattle, I've teamed up with a geriatrician, medical endocrinologists, and health services psychologists who administer diet and exercise programs for the veterans. We have a transdisciplinary group called "Weight Matters", with monthly meetings where we educate ourselves about everything going on at our

facility, that touches upon body weight regulation and feeding behavior—from research in mice, to studies of the good vs. bad influences of partnering for help in adherence to behavioral change programs. Our discussions definitely get into psychosomatic issues. I tried to encourage colleagues to get to last year's meeting and this year's meeting, on the West Coast and a little more manageable. I intend to keep trying!

VH: I completely agree with Dianne that we are at a juncture. Over the past year, we have shifted our thinking from what APS has done in the past to how we can help APS members grow professionally and continue to grow APS as a society. We have some great ideas, but if we do not have support from our membership, then it will be difficult to succeed. We've put out some of our ideas in the PEC survey, which I hope that everyone will be able to complete. Input from our membership will be very informative in directing our efforts. As an organization, I would like to see APS seen in the wider medical community as a driver of work in psychosomatic science, and I think PEC could be a part of that by providing curated resources and development opportunities. I am excited to see PEC develop and promote regular educational opportunities outside of the annual meetings. If we can keep members engaged throughout the year, it will only strengthen APS in the future. We would also like to promote more collaboration between clinicians and researchers. We are hoping to be able to work on having events and networking activities to really get people talking about their work and interests and to help them find research collaborators.

Finally, what are you most looking forward to at the annual meeting this year?

DL: I'm really looking forward to the pre-conference workshop on Dataset Diversity. It should be fantastic. Dr. Manisha Sawhney has shown terrific leadership in organizing the workshop last year, and this year. And of course I'm looking forward to seeing my friends, and making some new ones.

VH: I have to first say that I'm genuinely excited for this year's theme. The theme of "Achieving Health Equity" is very near and dear to my heart. I think it is going to be a fantastic meeting that will draw a lot of people to APS. This year, I was also selected to participate in the Young Investigator Colloquium, so I am really excited for the opportunity to have a research-focused experience as a junior faculty member. It really is a great opportunity that I think will really help me in growing my research career, and I feel very fortunate to have been selected.

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Why I am excited about attending the APS Annual Meeting

I am from Berlin, Germany and I am very much looking forward to an exciting conference in beautiful California directly on the Pacific, with exciting topics such as health disparities and with international researches on site!

PD Dr. med. Cora Weber

Gastwissenschaftlerin
Medizinische Klinik mit Schwerpunkt
Psychosomatik
Stressphysiologisches Labor
Charité Universitätsmedizin



I am undoubtedly looking forward to the Generations symposia. To me, generations of a lab are like a microcosm of psychosomatic medicine's growth as a field. I am excited to see how ideas have developed over time as well as the future directions of the labs that will be presenting!

Nataria T. Joseph, Ph.D.

Associate Professor
Pepperdine University

I always enjoy attending APS for its rigorous and innovative science, but this year I am particularly excited to participate in the open science pre-conference so I can learn concrete ways to make my own research more transparent.

Julia K. Boehm, Ph.D.

Assistant Professor
Department of Psychology
Chapman University



I'm really looking forward to attending the APS annual meeting in Long Beach! To me, APS and its meetings represent academia at its best: cutting-edge rigorous science from leading investigators committed to mentoring and broader impacts. Can't wait to be inspired at APS 2020!"

Misty A.W. Hawkins, PhD

Assistant Professor
Oklahoma State University

This year, like every year, I look forward to award recipient addresses. I always find it inspiring to learn more about how the research programs and careers of our society's leaders have unfolded over time and to hear about the exciting new directions that our rising stars are taking our field.

Peggy Zoccola, PhD

Associate Professor
Ohio University

My mind is still blown, not only from this year's theme, but also from the amazing and innovative sessions planned for this year's meeting. See you in Long Beach!

LaBarron K. Hill, PhD

Assistant Professor
Duke University

It is hard to pick what I am looking forward to most with such a great slate, but the keynotes by Drs. Wizdom Powell and Robert Kaplan are sure to impress and the symposium on the NASA twin study provides a unique chance to learn about such an ambitious and novel project. And cannot wait to continue my career development attending the preconference on open science and mid-career happy hours.



Matthew Zawadzki, PhD

Assistant Professor
University of California, Merced

The whole program is really great this year! I'm especially excited to hear from the keynote speakers, many of whom I've never had an opportunity to hear from before.

Jenny Cundiff, PhD

Assistant Professor
The University of Alabama



I'm looking forward to the Speed Networking Event where APS attendees can meet with experts including Drs. Robert Kaplan, Karen Matthews, Elizabeth Brondolo, and Christopher Fagundes.

Brooke Jenkins, PhD

Assistant Professor
Chapman University

After reading Robert Kaplan's "More than Medicine: The Broken Promise of American Health," I'm very excited for his APS 2020 keynote and his timely take on how health care resources could be better allocated to address social and behavioral determinants of health.

Carissa Low, PhD

Assistant Professor
University of Pittsburgh

APS is my favorite conference every year. I look forward to seeing mentors and colleagues and being in a room full of people from around the globe, who do cutting edge, top of the line research. I feel blessed to have the opportunity to learn and grow in such a supportive and stimulating environment.

Johanna Czamanski, PhD

Lecturer
University of Haifa



I can't wait to drink a Southern California IPA in the SoCal sunshine while talking with friends and collaborators about science! I'm also looking forward to the session on environmental influences on health, as this seems like an innovative and important issue for APS folks to be thinking about.

Keely A. Muscatell, PhD

Assistant Professor
UNC Chapel Hill

I'm most excited to hear the plenary addresses and engage with various ways that APS members can leverage their rigorous mechanistic research toward achieving health equity.

Jennifer M. Boylan, PhD

Assistant Professor
University of Colorado - Denver

I'm looking forward to the mid career happy hours (there are three!). As I head into this phase of my career, I'm eager to get perspectives from others, strengthen my academic network, and figure out what on earth to do in my post-tenure life!

A. Janet Tomiyama, PhD

Associate Professor
UCLA

I'm so excited for the mentor-mentee reception. It's a great opportunity to network with your research idols in a relaxed environment.

Jackie O'Brien, BA

University of Oregon

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***Dianne Latteman, PhD and Vanessa Hux, MD, Professional Education
Committee Co-Chairs***

If you missed completing the APS Member Survey of professional education/professional development needs that was mentioned in the President's column and the Meet the PEC Co-chairs article, you can complete it here: https://baylor.qualtrics.com/jfe/form/SV_5hjbmb6lked4Bg1

President's Message	APS Diversity Initiative Special Interest Group <i>Danielle L. Beatty Moody, PhD, Chair and LaBarron K. Hill, PhD, Co-Chair</i>
From the Editor	We look forward to welcoming you to the 78th Annual Scientific Meeting of the American Psychosomatic Society , " Achieving Health Equity: Opportunities for Psychosomatic Science. "
Getting to Know You... <i>Tottenham</i>	First, we would like to introduce ourselves – we are Danielle L. Beatty Moody and LaBarron K. Hill, the new Chair and Co-Chair, respectively, of the APS Diversity Initiative. Broadly, the mission of the Diversity Initiative Special Interest Group (SIG) is to promote and sustain success in the conduct of psychosomatic scholarship and our research community through inclusion.
Getting to Know You... <i>Fagundes</i>	We would like to share a little information with you about our SIGs recent achievements. At the 2019 APS meeting, we held an innovative session <i>A Call to Action: Embracing Culturally Inclusive Biobehavioral Research</i> to identify and begin to generate solutions to common challenges faced by the current and emerging generation of biobehavioral health disparities scholars. Importantly, this year's meeting will feature a Pre-Conference Workshop, <i>Dataset Diversity</i> , specifically targeting one of the primary barriers identified in that 2019 session: access to publicly-available datasets which may yield valuable insights for novel health disparities research.
Getting to Know You... <i>Matthews</i>	At this years' meeting, we invite you to please join us for the panel session titled, <u>From Ideas to Initiatives: Sustaining the APS Commitment to Culturally Inclusive Biobehavioral Research</u> , a follow-up to the 2019 session. In this session, Drs. Elizabeth Brondolo and Wizdom Powell, will discuss their development of innovative methods in their respective biobehavioral health disparities-oriented research programs and how they have responded to related barriers in publishing and grantsmanship. They will also lead a discussion on how we can strengthen the future of biobehavioral health disparities research.
Getting to Know You... <i>Marsland</i>	Also, we welcome you to attend the Diversity Initiative SIG meeting on Friday, March 13 from 7:15-8:15am. Finally, expect more information to be forthcoming about our SIGs activities in the upcoming months at https://psychosomatic.org/group/diversity-initiative/ . See you in Long Beach!
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