

Accelerating the Pathway from Ideas to Efficacy: Developing More Effective Interventions for Lifestyle Behaviors Related to Chronic Diseases

Biographies

Rebecca Ashare, Ph.D.

Dr. Ashare is an Assistant Professor in the Department of Psychiatry at the Perelman School of Medicine at the University of Pennsylvania. She received her Ph.D. in clinical psychology from the State University of New York at Buffalo, where she worked on clinical trials for smoking cessation and human behavioral pharmacology studies. After completing her predoctoral clinical fellowship at the Yale University School of Medicine Division of Substance Abuse, she joined the Center for Interdisciplinary Research on Nicotine Addiction (CIRNA) at the University of Pennsylvania as a postdoctoral fellow and was appointed to the faculty in 2012. At CIRNA, she continued her research on identifying novel therapeutic targets with a focus on cognition that may represent risk factors for smoking relapse and evaluating novel treatments to improve abstinence rates. Her research utilizes tools from the fields of neuropharmacology and cognitive neuroscience to understand the mechanisms of efficacy of nicotine dependence treatments. She has a National Institute on Drug Abuse-funded K23 Early Career Development Award and an R21 grant, both of which are supporting evaluation of repurposed medications as novel treatments for smoking cessation. Dr. Ashare's research also focuses on individual differences in the effects of smoking abstinence on cognitive function, including sex differences, smokers with comorbid disorders (e.g., HIV/AIDS, ADHD, depression), and genetics. She recently was awarded an R01 grant to examine the role of cognitive dysfunction in smoking relapse among smokers with HIV. She serves as an Associate Editor for *Nicotine & Tobacco Research*, a Consulting Editor for *Psychology of Addictive Behaviors*, and a grant reviewer for the Prevent Cancer Foundation.

Warren Bickel, Ph.D.

Before joining the Virginia Tech Carilion Research Institute in Roanoke, Dr. Bickel was the Wilbur D. Mills Chair of Alcoholism and Drug Abuse Prevention and Director of the Center for Addiction Research and the Center for the Study of Tobacco Addiction at the University of Arkansas for Medical Sciences. While there, Bickel and his colleagues carried out studies showing that consideration and value of the future overlap with mental processes and brain regions associated with memory. The research team decided to test the possibility that increasing an individual's ability to remember would decrease the discounting of future events.

Dr. Bickel earned his undergraduate degree in psychology from the State University of New York at New Paltz before earning his master's and doctoral degrees in developmental child psychology from the University of Kansas. He then completed postdoctoral fellowships at the University of North Carolina and the John Hopkins School of Medicine before taking up his position at the University of Arkansas for Medical Sciences.

Leann Birch, Ph.D.

Dr. Birch is a William P. Flatt Professor in the Department of Foods and Nutrition at the University of Georgia. As a developmental psychologist, her research career has focused on individual and contextual factors that influence the developing controls of food intake and obesity risk among infants, children, and adolescents. Early research from Dr. Birch's laboratory on factors affecting the developing controls of food intake, including food preferences and responsiveness to portion size and energy density, has contributed to the evidence base on behavioral factors implicated in the development of childhood obesity. These findings have informed the design of recent randomized controlled trials focused on the

Accelerating the Pathway from Ideas to Efficacy: Developing More Effective Interventions for Lifestyle Behaviors Related to Chronic Diseases

Biographies

primary prevention of obesity in infancy. The author of more than 200 publications, Dr. Birch is internationally recognized for her research, which has been funded by the NIH for more than 30 years.

Josephine Boyington, Ph.D., M.P.H.

Dr. Boyington is a Program Director in the Clinical Applications and Prevention Branch, Division of Cardiovascular Sciences, at the National Heart, Lung, and Blood Institute (NHLBI). A multidiscipline-trained professional, Dr. Boyington received her undergraduate degree in biological sciences from Mount Holyoke College and a bachelor of nursing science degree from Johns Hopkins University School of Nursing. She subsequently earned a master of public health with an emphasis in international health/nutrition from Johns Hopkins University School of Hygiene and Public Health and later a doctorate in community nutrition from the Howard University Graduate School of Arts and Sciences.

Dr. Boyington's unique interdisciplinary training has afforded her a breadth of professional experiences that spans the international, federal, state, and community arenas. She has conducted translational research for the United Nations International Children's Emergency Fund; facilitated breastfeeding policy development at the North Carolina State Department of Health; taught at tertiary institutions in the United States and abroad; and developed and conducted community-based, obesity, and body image perceptions studies among minority populations. Since joining the NHLBI, she has served as the deputy project officer for three large NHLBI initiatives, including the Childhood Obesity Prevention and Treatment Research Consortium, the Centers for Population Health and Health Disparities, and the Obesity Related Behavioral Intervention Trials initiative. She presently leads and serves as the project officer for NHLBI's Programs to Increase Diversity Among Individuals Engaged In Health-Related Research, a research education and mentoring program for junior faculty, and also oversees a research grant portfolio covering the areas of physical activity, nutrition, and obesity.

Sandra Brown, Ph.D.

Dr. Brown, a professor of psychology and psychiatry, was named the Vice Chancellor for Research at the University of California, San Diego (UCSD) in December 2010. As such, she oversees the Office of Research Affairs, which is charged with creating opportunities, enhancing the research experience, developing tools and training to improve research administration, and supporting and promoting university innovations.

The office collaborates with or oversees the campus Organized Research Units, Office of Innovation and Commercialization, Animal Care, Animal Welfare, Contracts and Grants, Research Ethics, Government Research Relations, University-Industry Relations, Conflict of Interest, Stem Cell Research, Postdoctoral and Visiting Scholars programs, and Research Communications.

Under her leadership, UCSD has achieved yearly billion-dollar investments in research and has maintained the university's top-five ranking as one of the nation's premier public research universities. She also has designed a major transformation of research-related processes, saving researchers valuable resources and time in a competitive funding environment.

Accelerating the Pathway from Ideas to Efficacy: Developing More Effective Interventions for Lifestyle Behaviors Related to Chronic Diseases

Biographies

In 2015, she launched the Office of Innovation and Commercialization to accelerate UCSD-related start-up companies. She serves on the Board of Directors of BIOCOM and CleanTech San Diego and on the Association of Public and Land-Grant Universities' Council on Research.

Dr. Brown is a Distinguished Professor in two UCSD departments: Psychology and Psychiatry in the School of Medicine. Her pioneering studies of cognitive features of youth addiction and adolescent development have led to 26 federally funded grants, including the current National Consortium on Alcohol and Neurodevelopment in Adolescence and the Adolescent Brain Cognitive Development Study, which is the largest longitudinal study of youth brain development ever funded by the NIH. In addition to publishing more than 300 peer-reviewed publications and one book (*Adolescent Substance Abuse*, Oxford Press), she has served as President of the Society of Addiction Psychology and on the Board of Directors of the American Psychological Association and Research Society on Alcoholism. She also has directed the development of clinical, education, and research activities as the Chief of Psychology at the Veterans Affairs Healthcare System in San Diego.

She earned her Ph.D. in clinical psychology at Wayne State University in 1981 and is licensed as a psychologist by the California Board of Psychology.

Andy Burnett

Mr. Burnett is a recovering academic with a passion for creativity and technology. Over the years, he's run software companies, taught at various universities, and consulted for organizations both large and small. In other words, just like lots of other people, he has done stuff. Along the way, however, he was fortunate to discover that what really excites him is the potential to massively increase human creativity by harnessing the Internet to build networks of creative minds. Given half a chance, he will launch into long tirades about how amazing this will be when it finally comes together.

David Chambers, D.Phil.

Dr. Chambers is Deputy Director for Implementation Science of the Division of Cancer Control and Population Sciences of the NCI, where he manages a team focusing on efforts to build and advance the field of implementation science through funding opportunity announcements, training mechanisms, dissemination platforms, and enhancement of partnerships and networks to integrate research, practice, and policy. From 2006 to the fall of 2014, Dr. Chambers served as Associate Director for Dissemination and Implementation Research at the National Institute of Mental Health, leading NIH initiatives around the coordination of dissemination and implementation research in health, including a set of research announcements across 15 of the NIH Institutes and Centers, annual scientific conferences, and a summer training institute. Prior to his arrival at the NIH, Dr. Chambers worked as a member of a research team at Oxford University in the United Kingdom, where he studied national efforts to implement evidence-based practice within healthcare systems. He received his A.B. degree (with honors) in economics from Brown University in 1997, and M.Sc. and D.Phil. degrees in management studies (organizational behavior) in 1998 and 2001, respectively, from Oxford University.

Accelerating the Pathway from Ideas to Efficacy: Developing More Effective Interventions for Lifestyle Behaviors Related to Chronic Diseases

Biographies

Robert Croyle, Ph.D.

Dr. Croyle was appointed director of the Division of Cancer Control and Population Sciences (DCCPS) at the NCI in July 2003. In this role, he is responsible for overseeing a research portfolio and operating budget of nearly a half-billion dollars and serves on NCI's Scientific Program Leaders governance group. As a division, DCCPS covers a wide range of scientific domains and disciplines, including epidemiology, behavioral science, surveillance, cancer survivorship, and health services research. He previously served as the Division's Associate Director for the Behavioral Research Program, leading its development and expansion. Before coming to the NCI in 1998, he was Professor of Psychology and a member of the Huntsman Cancer Institute at the University of Utah in Salt Lake City. Prior to that, he was a visiting investigator at the Fred Hutchinson Cancer Research Center in Seattle, visiting Assistant Professor of Psychology at the University of Washington, and Assistant Professor of Psychology at Williams College in Massachusetts.

Dr. Croyle received his Ph.D. in social psychology from Princeton University in 1985, and graduated Phi Beta Kappa with a B.A. in psychology from the University of Washington in 1978. His research has examined how individuals process, evaluate, and respond to cancer risk information, including tests for inherited mutations in BRCA1 and BRCA2. His research has been published widely in professional journals in behavioral science, public health, and cancer, and he has edited two book volumes: *Mental Representation in Health and Illness* (1991) and *Psychosocial Effects of Screening for Disease Prevention and Detection* (1995). He is co-editor of the *Handbook of Cancer Control and Behavioral Science* (2009) and co-author of *Making Data Talk: Communicating Data to The Public, Policy Makers and The Press* (2009).

Dr. Croyle is a member of the Academy of Behavioral Medicine Research, a Fellow of the Society of Behavioral Medicine, a Fellow of the American Psychological Association, and a recipient of several awards for his research and professional service. His efforts on journal editorial boards include being associate editor for *Cancer Epidemiology, Biomarkers and Prevention*, and consulting editor for *Health Psychology* and the *British Journal of Health Psychology*. Dr. Croyle received the American Psychological Association (APA) Nathan Perry Career Service to Health Psychology Award in 2009 and an APA Presidential Citation for science and leadership in 2012. Dr. Croyle received the NIH Merit Award in 1999, 2002, and 2008. He received the NIH Director's Award in 2000 and 2015 and the NIH Office of the Director Honor Award in 2013. In 2014, he received the Distinguished Achievement Award from the American Society of Preventive Oncology.

Susan Czajkowski, Ph.D.

Dr. Czajkowski is Chief of the Health Behaviors Research Branch, Behavioral Research Program, Division of Cancer Control and Population Sciences, NCI. She is an expert on psychosocial and behavioral risk factors for disease, including the development and testing of interventions for behavioral risk factors, such as obesity, physical inactivity, adverse diets, and nonadherence to medical regimens; the roles of social support and depression in disease risk and recovery; and the assessment of health-related quality of life and psychosocial functioning in patients with chronic diseases. Prior to joining the NCI, Dr. Czajkowski was a Program Director at the National Heart, Lung, and Blood Institute, where she managed research initiatives testing interventions to improve adherence to lifestyle and medical

Accelerating the Pathway from Ideas to Efficacy: Developing More Effective Interventions for Lifestyle Behaviors Related to Chronic Diseases

Biographies

therapies in patient populations, including in minority patients and the medically underserved, and was Project Officer for the Enhancing Recovery in Coronary Heart Disease Patients Study, a large, multicenter randomized clinical trial to evaluate the effects of treating depression and low social support on survival and recurrent events in myocardial infarction patients.

Dr. Czajkowski was also the lead project officer for the NIH-funded Obesity Related Behavioral Intervention Trials (ORBIT) network, a cooperative agreement program supporting seven research sites across the United States with the goal of translating findings from basic research on human behavior into more effective interventions to alter obesity-related health behaviors (e.g., diet, physical activity). As part of the ORBIT consortium, Dr. Czajkowski led the development of the ORBIT model for designing and testing behavioral treatments for chronic diseases. Dr. Czajkowski is a fellow in the Society of Behavioral Medicine and recently served as President of the Academy of Behavioral Medicine Research from 2014 to 2015.

Karina Davidson, Ph.D.

Dr. Davidson is the Dean of Organizational Effectiveness and a professor of medicine and psychiatry at the Columbia University College of Physicians and Surgeons, Chief Academic Officer at New York-Presbyterian Hospital (NYP), and Executive Director of the Center for Behavioral Cardiovascular Health. Recently appointed as Chief Academic Officer at NYP, Dr. Davidson is responsible for creating physician leadership training programs, leading best educational practice implementation for NYP resident/fellow training, and implementing creative workplace initiatives to enhance teaching and learning in the clinical environment. In her role as Vice Dean of Organizational Effectiveness, she oversees the assessment and optimization of learning environments for medical students and improves faculty engagement, and she ensures the overall effectiveness of Columbia University Medical Center. In close collaboration with NYP, Dr. Davidson has worked on various quality improvement initiatives, including leading an effort to improve patient flow through the emergency department to medicine units at multiple hospital sites.

A clinical health psychologist by training, her program of research focuses on the relationship between psychosocial risk factors and their role in the course and outcome of cardiovascular disease. She has conducted randomized controlled trials of anger management and depression treatment for both hypertensive and post-myocardial infarction patients. Most recently, Dr. Davidson conducted an NIH-funded randomized controlled trial to test whether enhanced depression treatment versus current treatment improves health care costs and depression in acute coronary disease patients at sites across the United States. Dr. Davidson was recently awarded a New York State Department of Health program project to investigate novel hospital system interventions for improving 30-day readmissions for patients presenting with heart failure, chronic obstructive pulmonary disease, or myocardial infarction. Dr. Davidson received her Ph.D. in clinical psychology and her master's degree in industrial and organizational psychology from the University of Waterloo. She has published more than 200 peer-reviewed articles and book chapters, has been an NIH-funded principal investigator on more than 20 grants, and is an expert in behavior and system interventions.

Accelerating the Pathway from Ideas to Efficacy: Developing More Effective Interventions for Lifestyle Behaviors Related to Chronic Diseases

Biographies

Donald Edmondson, Ph.D.

Dr. Edmondson's research focuses on the potential for posttraumatic stress disorder (PTSD) due to cardiovascular disease events, as well as the behavioral and physiological mechanisms of the link between PTSD and cardiovascular outcomes. He also studies the impact of the hospitalization experience itself on patient stress, sleep, physical conditioning, and nutrition.

Dr. Edmondson received his M.P.H. in 2012 from Columbia University, his Ph.D. in 2009 in Psychology, Personality from the University of Connecticut, and his M.A. in 2007 in Psychology, Clinical from the University of Connecticut.

Leonard Epstein, Ph.D.

Dr. Epstein is a State University of New York System Distinguished Professor in the Departments of Pediatrics and Community Health and Health Behavior and the Chief of the Division of Behavioral Medicine at the University at Buffalo. Dr. Epstein's research interests focus on health behavior change and determinants of eating, physical activity, and drug self-administration. Dr. Epstein is an internationally recognized authority in the fields of childhood overweight, physical activity, weight control, and family intervention. For the past 25 years, Dr. Epstein has conducted research relevant to the prevention and treatment of childhood obesity, including mechanisms that regulate intake and energy expenditure in children. He is a fellow in numerous scientific organizations, including the American Association for the Advancement of Science, and has been the President of the Division of Health Psychology, American Psychological Association (APA), and a recipient of the APA Award for Outstanding Contributions to Health Psychology. Dr. Epstein chaired the Behavioral Medicine Study Section, NIH, and served on the Advisory Board for Center for Scientific Research, NIH. Dr. Epstein has published more than 400 scientific papers and three books.

Jeffrey Fisher, Ph.D.

Dr. Fisher is a Board of Trustees Distinguished Professor of Psychological Sciences at the University of Connecticut, and he is the founding Director of its Institute for Health, Intervention, and Policy. He has an extensive background in health behavior change research; health behavior change theory; and health behavior change intervention design, implementation, and evaluation, as well as relevant questionnaire construction, and has published extensively in these domains. He is the co-author of the Information-Motivation-Behavioral Skills Model of health behavior change, which has been widely adopted internationally in the context of conceptual and intervention work on health behavior change. He has designed, implemented, and evaluated effective health behavior change interventions in multiple populations, and in multiple health domains, with an emphasis on HIV prevention interventions in populations at risk for HIV. His work also has focused on increasing adherence to medications, an area in which he has published conceptual and intervention research, and he has been involved in increasing adherence in clinical trials. His interventions have been widely disseminated, and he is interested in the development of widely disseminatable interventions.

Kenneth Freedland, Ph.D.

Dr. Freedland is a Professor of Psychiatry and Psychology at Washington University School of Medicine in St. Louis. His research focuses on the role and treatment of depression, stress, and anxiety in patients

Accelerating the Pathway from Ideas to Efficacy: Developing More Effective Interventions for Lifestyle Behaviors Related to Chronic Diseases

Biographies

with heart disease. He also has been involved in clinical research on patients with other chronic medical conditions. He was a co-investigator and clinical supervisor for the Enhancing Recovery in Coronary Heart Disease trial and has been the principal investigator or a co-investigator of a number of single-site clinical trials, a dual-site trial of stress management for lung transplant candidates, and the Comparison of Depression Interventions after Acute Coronary Syndrome multicenter vanguard trial of stepped care for depression in patients with coronary heart disease. He has served as the clinical supervisor for the intervention arms of a number of depression treatment trials for patients with chronic medical conditions. He has served on several NIH study sections and NIH and Veterans Administration special emphasis panels and on the Clinical Trials Review Committee for the National Heart, Lung, and Blood Institute. Dr. Freedland was an Associate Editor of *Psychosomatic Medicine* for longer than 10 years, chaired the Publications and Communications Council of the Society of Behavioral Medicine, is the Associate Editor for Behavioral Medicine for the Hogrefe series on *Advances in Psychotherapy: Evidence-Based Practice*, and is the incoming Editor-in-Chief of *Health Psychology*. He is a fellow of the American Heart Association and of the Society of Behavioral Medicine, a founding fellow of the Academy of Cognitive Therapy (ACT) and an ACT-certified consultant/trainer, a former member of Council of the American Psychosomatic Society, and past President and Treasurer of the Academy of Behavioral Medicine Research.

Kara Hall, Ph.D.

Dr. Hall is the Director of the Science of Team Science (SciTS), the Director of the Theories Initiative, Health Scientist, and Program Director in the Behavioral Research Program of the Division of Cancer Control and Population Sciences at the NCI. During her career, Dr. Hall has participated in a variety of interdisciplinary clinical and research endeavors. Dr. Hall helped launch and build the SciTS field, through her leadership of empirical studies, conceptual work, special journal issues, the annual SciTS conference, and internationally visible reports. Notably, she served as a member of The National Academies Committee on the SciTS (2012–2015); the resulting report, *Enhancing the Effectiveness of Team Science*, was the third most downloaded National Academies Press report in 2015. Additionally, her work aims to build an evidence base for effective team science approaches and supporting the translation and dissemination of emerging knowledge and best practices into practical tools and resources. While at the NCI, Dr. Hall has also focused on advancing dissemination and implementation research; promoting the use, testing, and development of health behavior theory; and championing areas, including systems science approaches, research methods, and intervention development. Prior to arriving at the NCI, Dr. Hall's program of research included the development of behavioral science methodologies, such as the design of survey protocols, meta-analytic techniques for health behavior theory testing, applications of health behavior theory to multiple content areas, and the development of computerized tailored interventions to foster health promotion and disease prevention behaviors.

Larry Hawk, Jr., Ph.D.

Dr. Hawk is a Professor of Psychology at the University at Buffalo. He is driven to contribute to the full spectrum of clinical and translational science, but it did not start that way. His training and early career focused on psychophysiological approaches to studying basic affective and cognitive processes; the majority of his more-than 90 research articles reflect this grounding in basic science. "Translational" became more than a buzzword in his grant applications and discussion sections when he began working

Accelerating the Pathway from Ideas to Efficacy: Developing More Effective Interventions for Lifestyle Behaviors Related to Chronic Diseases

Biographies

with collaborators on both clinical trials and animal models of learning and reinforcement. He has increasingly applied his expertise in basic processes to evaluation of putative treatment mechanisms and harnessing those mechanisms to improve clinical outcome. In clinical trials that borrow heavily from preclinical work on extinction of learning, Dr. Hawk and his colleagues have demonstrated that extended prequit pharmacotherapy is a promising approach for extinguishing smoking behavior prior to a quit attempt and improving continuous abstinence. Their new large-scale trial (R01 CA206193) will determine whether extended run-in varenicline has greater long-term efficacy than standard varenicline therapy (the best-in-class treatment), employ laboratory paradigms and ecological momentary assessment to test the hypothesized extinction mechanism against competing alternatives, and gather data to inform subsequent dissemination and implementation.

Stephen Higgins, Ph.D.

Dr. Higgins is Director of the University of Vermont's Center on Behavior and Health and principal investigator on five NIH grants on the general topic of behavior and health, including two center grants, two research grants, and an institutional training award. He is the Virginia H. Donaldson Endowed Professor of Translational Science in the Departments of Psychiatry and Psychology and serves as Vice Chair of Psychiatry. He has held many national scientific leadership positions, including terms as President of the College on Problems of Drug Dependence and the American Psychological Association's Division on Psychopharmacology and Substance Abuse. He is the author of more than 300 journal articles and invited book chapters and editor of a dozen volumes and therapist manuals in the area of behavior and health.

Christine Hunter, Ph.D., ABPP

As Director of Behavioral Research, Dr. Hunter's responsibilities include managing a portfolio of behavioral research related to prevention and treatment of diabetes and obesity. This portfolio includes a broad range of research, including basic behavioral science in humans, translation of basic behavioral science findings into novel interventions, efficacy and effectiveness trials, evaluation of natural experiments in healthcare or other large scale policies, and dissemination and implementation research. She also manages the National Institute of Diabetes and Digestive and Kidney Disorders' Centers for Diabetes Translation Research. Examples of her research include studies on adherence to medication and diabetes self-management; behavioral approaches for weight management; individual, family, and community-based interventions; technological applications to improve health (mHealth, eHealth, health information technology); health disparities; health literacy; and health care delivery/systems research.

Dr. Hunter received her Ph.D. in 1997 from the University of Memphis.

Roger Kathol, M.D., C.P.E.

Dr. Kathol, President of Cartesian Solutions, Inc.™, is a health consultant who assists employers, government agencies, health plans, hospitals and clinics, and case management vendors to develop value-added integrated health-related programs for patients with health complexity, many of whom have concurrent general medical and behavioral health (BH) disorders. Dr. Kathol is board certified in internal medicine, psychiatry, and medical management, with extensive experience gained during 22 years as a physician, teacher, and researcher at the University of Iowa; 18 years as an international

Accelerating the Pathway from Ideas to Efficacy: Developing More Effective Interventions for Lifestyle Behaviors Related to Chronic Diseases

Biographies

health complexity and integrated care consultant; and 14 years as an integrated case management trainer and program deployment expert. Cartesian Solutions, Inc.™ consultants help clients achieve Triple Aim—that is, quality enhancing, cost saving, and outcome changing care—through assistance with the development and implementation of integrated medical and BH payment procedures, multidisciplinary clinical programs, and integrated physical and BH case management services.

Dr. Kathol currently serves as a health care advisor on its integrated care to the Robert Wood Johnson Foundation, Substance Abuse and Mental Health Services Administration, Health Resources and Services Administration, and the American Psychological Association. He also is on the Board of the Utilization Review Accreditation Commission. Since leaving academic medicine, he has assisted more than 100 clients to develop integrated physical and BH business practices.

Dr. Kathol is an adjunct professor at the University of Minnesota School of Medicine. He has published more than 170 peer-reviewed articles, 10 authored or edited books, and 25 book chapters.

Peter Kaufmann, Ph.D., FABMR

Dr. Kaufmann's research interests are in the design, conduct, and analysis of clinical trials, particularly with respect to prevention of cardiovascular diseases and behavioral or lifestyle interventions, such as Psychophysiological Investigations of Myocardial Ischemia, the Hypertension Intervention Pooling Project, the stress management arm of the Trials of Hypertension Prevention, the Raynauds Treatment Study, and the Enhancing Recovery in Coronary Heart Disease Patients trial. Other trials include the Trial of Physical Activity in Adolescent Girls, the Weight Loss Maintenance Trial and LookAHEAD, a trial to evaluate lifestyle change on cardiovascular events in Type 2 diabetes. He serves on the National Institute on Drug Abuse Clinical Trials Network Data and Safety Monitoring Board and as Chair for the trial of Rapid Testing for HIV. He conducts the Annual Summer Institute on Behavioral Randomized Clinical Trials, now in its 9th year. During his early career, he conducted research in neuroscience, including the organization of the visual system and studies of the effects of very high barometric pressure on neuronal excitability. He is Deputy Chief of the Clinical Applications and Prevention Branch, Division of Prevention and Population Sciences of the National Heart, Lung, and Blood Institute.

William Klein, Ph.D.

Dr. Klein was appointed Associate Director of the NCI's Behavioral Research Program in August 2009. His research interests fall largely under the areas of self-judgment, risk perception, and risk communication. He has been interested in how risk perception biases are related to the processing of health communications, to health decision-making, and to health behavior; how social processes (e.g., social comparison, self-affirmation, peer influence) influence responses to personalized feedback and risk communication; the influence of affective factors, such as worry on risk appraisal and health decisions; the effect of ambiguity on responses to feedback and risk messages; the role of optimism in health behavior and psychological functioning; and applications of theory to risk communication and health behavior intervention. Dr. Klein's work has appeared in more than 150 publications and has been supported by the NCI, the National Science Foundation, and several private foundations.

Accelerating the Pathway from Ideas to Efficacy: Developing More Effective Interventions for Lifestyle Behaviors Related to Chronic Diseases

Biographies

Dr. Klein completed his bachelor's degree in psychology and mathematical methods in the social sciences at Northwestern University (1987) and his Ph.D. in social psychology at Princeton University (1991). In 2002, he became a member of the graduate faculty at the University of Pittsburgh in the Social Psychology and Biological and Health Psychology programs. At the University of Pittsburgh, he was Director of Undergraduate Studies and a 2008 recipient of the Chancellor's Distinguished Teaching Award for his undergraduate and graduate teaching in the areas of social psychology, health psychology, and decision-making. Prior to 2002, he was on the faculty at Colby College, where he served as Chair of the Psychology Department.

Dr. Klein was an associate editor of *Psychology and Health* and has served on the editorial boards of several journals, including *Psychological Science and Personality* and *Social Psychology Bulletin*. He currently is adjunct faculty at the University of Pittsburgh and Johns Hopkins University and an adjunct investigator in the Social and Behavioral Research Branch at the National Human Genome Research Institute, where he collaborates on several projects involving genetic risk communication. He is a member of the Executive Committee of the joint NIH/Hopkins Genetic Counseling graduate program and teaches a graduate course on health judgment and decision-making. He co-chairs the Cognitive, Affective, and Social Processes in Health Research working group at the NCI and serves as Executive Secretary for the White House National Science and Technology Council's Social and Behavioral Sciences Subcommittee of the Committee on Science. Dr. Klein was a 2014 recipient of the American Psychological Association's Meritorious Research Service Commendation and has received two NIH Merit Awards.

Caryn Lerman, Ph.D.

Dr. Lerman is the John H. Glick Professor and Interim Chair of the Department of Psychiatry at the University of Pennsylvania, as well as Co-Director of the Penn Medicine Translational Neuroscience Center and Senior Deputy Director of the Abramson Cancer Center. Her novel research program harnesses advances in cognitive neuroscience to promote cancer risk behavior change and is represented in more than 360 peer-reviewed publications that, collectively, have been cited more than 20,000 times. Her honors include the American Psychological Association Award for Outstanding Contributions to Health Psychology, the Ochsner Award for Research Relating Tobacco and Health, and the NCI Outstanding Investigator Award. She is past President of the Society for Research on Nicotine and Tobacco and has served on the National Institute on Drug Abuse Advisory Council, the NCI Board of Scientific Advisors, and the National Advisory Council for Human Genome Research. She is an elected member of the National Academy of Medicine.

James Loughead, Ph.D.

Dr. Loughead is an Assistant Professor of Psychiatry at the University of Pennsylvania School of Medicine. Dr. Loughead is trained as a clinical neuropsychologist and has expertise in functional magnetic resonance imaging (fMRI) paradigm design, implementation, and analysis, with a track record in innovative translational fMRI projects.

Accelerating the Pathway from Ideas to Efficacy: Developing More Effective Interventions for Lifestyle Behaviors Related to Chronic Diseases

Biographies

Gregory Madden, Ph.D.

Dr. Madden received his training from the University of North Texas, West Virginia University, and the University of Vermont. Dr. Madden's research is largely focused on the behavioral economics of addiction and health decision-making. His early research documented extreme impulsivity in individuals addicted to illicit drugs and cigarettes. Later research revealed that impulsive decision-making predicted acquisition of cocaine self-administration in rats. His current work explores methods that may be used to therapeutically reduce impulsivity. Dr. Madden's second line of research explores game-based behavioral-economic approaches to influencing children's health decision-making. These research endeavors have been supported with more than \$4 million in grants from the National Institute on Drug Abuse, the *Eunice Kennedy Shriver* National Institute for Child Health and Human Development, and the U.S. Department of Agriculture. Dr. Madden frequently serves on NIH grant-review panels, he has published more than 75 papers in 25 different journals, and his peer-reviewed publications have been cited more than 5,000 times. From 2011 until 2015, he served as the editor of the *Journal of the Experimental Analysis of Behavior*. He also has edited two books, including the two-volume *APA Handbook of Behavior Analysis*. He currently is co-writing an introductory behavior analysis textbook, and in his free time, he skis, hikes, and annoys his teenage children.

Samuel McClure, Ph.D.

Dr. McClure is an Associate Professor in the Department of Psychology at Arizona State University. He received his Ph.D. in neuroscience from Baylor College of Medicine before completing postdoctoral training in psychology at Princeton University. Dr. McClure's research focuses on the brain's reward system, including midbrain dopamine nuclei and target structures in the midbrain and medial prefrontal cortex. This research combines computational models of brain function with functional magnetic resonance imaging to test predictions of these models. In addition, he investigates how the dopamine system is involved in decision-making, particularly in how reward-related brain responses interact with the prefrontal cortex to guide decisions about the delay of gratification.

Kasey Morris, Ph.D.

Dr. Morris is a Cancer Research Training Award Postdoctoral Fellow in the Health Behaviors Research Branch within the NCI's Behavioral Research Program. Kasey earned a master's degree and a Ph.D. in social psychology from the University of South Florida. She has a bachelor's degree in English literature from Florida State University.

Dr. Morris' research focuses on the role of self and identity in health behaviors. She uses social psychological theories to understand why people engage in risky behavior, despite knowing about the risk. Using these insights, she has developed interventions to promote positive behavior change.

In addition, she also is interested in studying why people engage in healthy behavior. A growing body of evidence suggests that health behaviors are motivated not by proximal motivation, such as maintaining good health, but rather by distal motivations such as maintaining and restoring self-esteem, self-integrity, and identity. In her most recent research, Kasey worked on a team that designed interventions that target the esteem or identity relevance of a behavior and found that it produces positive behavior changes such as increased exercise, sun protection, and smoking cessation.

Accelerating the Pathway from Ideas to Efficacy: Developing More Effective Interventions for Lifestyle Behaviors Related to Chronic Diseases

Biographies

Brendan O'Connor

Mr. O'Connor brings deep health-care consulting, project management, and advocacy experience to the Quantified Ventures team, as well as a demonstrated track record of developing and advancing strategic relationships among parties with differing priorities—a necessity in the world of impact investing. Prior to joining Quantified Ventures, he was an associate at Tauzin Consultants, where he supported a range of clients, from Fortune 500 to prerevenue startups, in the health-care, communications, and energy sectors through strategic advocacy, business development, fundraising, targeted marketing initiatives, and the implementation of lean principles. While at Tauzin Consultants, Brendan helped plan and design a spin-off business accelerator and fund that would support promising early stage health-care companies. Before joining Tauzin Consultants, Brendan advanced the legislative priorities for health-care clients at Capitol Hill Consulting Group. In 2012, Brendan co-founded Raise Your City, a social venture that raised significant funding for Washington, D.C. (DC)-based nonprofits by lowering barriers for young DC residents to engage directly in local philanthropic initiatives and events. A North Carolina native, Brendan earned his B.A. in international studies from Elon University.

Ian Paul, M.D.

Dr. Paul is a Professor of Pediatrics and Public Health Sciences at Penn State College of Medicine. He is also the Chief of the Division of Academic General Pediatrics and Vice Chair of Clinical Affairs in the Department of Pediatrics at Penn State Children's Hospital in Hershey, Pennsylvania.

Dr. Paul is a general pediatrician and clinical and health services researcher with principal interests in primary preventive interventions for newborns, infants, and families and clinical therapeutics for children. His research focuses on these two areas with the largest current NIH/National Institute of Diabetes and Digestive and Kidney Diseases-funded projects focusing on the prevention of childhood obesity through home-based interventions delivered to parents of infants. His work in this field includes the first-ever study to demonstrate that behavioral interventions delivered in the months after birth can lead to slower weight gain through the age of 1 year.

He has also been funded by the Health Resources and Services Administration and the Maternal and Child Health Bureau on projects related to newborn weight loss and breastfeeding, research that generated the first-ever nomograms depicting newborn weight loss for exclusively breastfed and exclusively formula-fed term neonates during the birth hospitalization (www.newbornweight.org).

Dr. Paul is and has been a co-investigator on numerous NIH-funded projects related to co-parenting, infant sleep, prevention of shaken baby syndrome, prevention of adverse pregnancy outcomes, and the treatment of asthma, the latter through participation as a co-investigator on the National Heart, Lung, and Blood Institute-funded network AsthmaNet.

Dr. Paul has held leadership positions with the American Academy of Pediatrics, including service on the Committee on Drugs (2010–2016). He also is a steering committee member for the NIH's Pediatric Trials Network, as well as a participant in the Centers for Disease Control and Prevention's PROTECT initiative, which seeks to prevent unintended ingestions and overdoses of medications by children. His role on these committees reflects his experience with pediatric clinical therapeutics and medications for children. In particular, Dr. Paul is an internationally recognized expert on the pediatric treatment of the

Accelerating the Pathway from Ideas to Efficacy: Developing More Effective Interventions for Lifestyle Behaviors Related to Chronic Diseases

Biographies

common cold and its symptoms, having led numerous investigations related to cough/cold medications and antipyretics.

A clinician as well, Dr. Paul has a thriving general pediatric practice where he provides medical care for children from birth through age 21 years. He has been recognized several times for superior patient satisfaction.

Dr. Paul received his bachelor's degree from Franklin and Marshall College (*cum laude*) with a major in chemistry (with honors), received both graduate degrees (M.D. and M.Sc.) from Penn State College of Medicine, and completed his pediatric residency at Duke University.

Lynda Powell, Ph.D., M.Ed.

Dr. Powell is the Charles J. and Margaret Roberts Professor of Preventive Medicine, Medicine (Cardiology), Behavioral Sciences, and Pharmacology and is Chairman of the Department of Preventive Medicine at Rush University Medical Center in Chicago. She is internationally recognized as an expert in the design and conduct of behavioral randomized clinical trials. She has been a past principal investigator of five major randomized behavioral trials and has served as a standing member of the National Heart, Lung, and Blood Institute (NHLBI) Clinical Trials Study Section. She currently is the principal investigator of an NHLBI-sponsored P50 center aimed at developing and testing behavioral treatments to reduce cardiopulmonary disparities and served as the first steering committee chair of the 10 P50 Health Disparities Centers. She is the principal investigator of the Chicago site of the NHLBI-sponsored Obesity Related Behavioral Intervention Trials (ORBIT) network, which is aimed at developing a multilevel behavioral treatment to prevent the menopause-related progression of visceral fat in women, and served as the first Steering Committee Chair of the seven ORBIT sites.

She was the Director of the Office of Behavioral and Social Sciences Research (OBSSR)-sponsored workshop, "Translating Ideas into Interventions: The Process of Developing Health-Related Behavioral Interventions," Director of the OBSSR-sponsored workshop on "Controversies in Behavioral Randomized Clinical Trials," and participant in the NIH National Center for Complementary and Alternative Medicine's "Workshop on Control Groups." She is a founding faculty member in the NIH/OBSSR-sponsored Summer Institute for Randomized Clinical Trials Involving Behavioral Interventions (since January 2001), and served as Co-Director of the Institute (January 2008 to July 2013.) In that capacity, she has trained approximately 525 past graduates. She has or currently mentors approximately 65 junior faculty in behavioral clinical trial methodology. She has been invited to present on behavioral trial methodology at the annual meetings of the American Heart Association, American College of Cardiology, American Psychosomatic Society, the Society for Behavioral Medicine, the Society for Clinical Trials, and the International Society for Behavioral Medicine. She was an invited member of the NIH National Advisory Council for Complementary and Integrative Health (2011–2015), and fellow, Stanford Center for Advanced Studies in Behavioral Sciences (2015–2016.) She currently is in the process of writing the first book on the strategy of behavioral randomized clinical trial methodology.

Accelerating the Pathway from Ideas to Efficacy: Developing More Effective Interventions for Lifestyle Behaviors Related to Chronic Diseases

Biographies

William Riley, Ph.D.

Dr. Riley was appointed Director of the NIH Office of Behavioral and Social Sciences Research and Associate Director of NIH for Behavioral and Social Sciences in August 2015. He also serves as a Professorial Lecturer in the School of Public Health at George Washington University.

Dr. Riley's research interests include behavioral assessment, psychosocial health risk factors, tobacco use/cessation, and the application of technology to preventive health behaviors and chronic disease management. He has been interested in applying new technologies, particularly mobile and wireless technologies, in behavioral measurement and intervention, and the potential of these technologies to assess and intervene adaptively, in the context of the behavior, and with broad reach and scalability. His research has included the use of mobile phones and other mobile computer devices to assess and intervene on tobacco use, dietary intake, physical activity, sleep, and medication adherence. He also is interested in the application of engineering and computer science methodologies to the behavioral sciences.

Elise Rice, Ph.D.

Dr. Rice is a Cancer Research Training Award Postdoctoral Fellow in the Health Behaviors Research Branch (HBRB) within the NCI's Behavioral Research Program. Elise earned a master's degree and Ph.D. in psychology from the University of North Carolina at Chapel Hill and a bachelor's degree in psychology from the University of Arkansas.

As a social psychologist, she is primarily interested in understanding how affective and cognitive processes contribute to behavior change. One recent line of her research explores how positive emotions and automatic processes underlie motivation. Findings from that work have implications for promoting sustainable behavior change that does not rely on effortful self-control.

Within HBRB, Dr. Rice is working to advance the science of cancer prevention and control more broadly by improving the use of health-behavior theories, encouraging best practices in highly collaborative research efforts, and facilitating the use of high-quality measures and methods.

Donnalyn Roxey

Ms. Roxey's passion for creativity, coupled with her long-standing involvement in biological research, has led to her focusing her energy on the emerging field of the science of team science. She is fascinated by how research teams operate and how they can work even more effectively. If you catch her in the wild, you will typically find her with a book in hand (and another two in her bag), playing with a tech gadget, or possibly eating tacos. At home, she enjoys spending time with her littles (Ella and Madeline), working on puzzles, climbing trees, or playing board games.

Heath Schmidt, Ph.D.

Dr. Schmidt received his Ph.D. in pharmacology and biomedical neurosciences from the Boston University School of Medicine in 2006. Under the mentorship of Dr. Chris Pierce, Dr. Schmidt pursued projects aimed at elucidating the neurobiological mechanisms underlying cocaine reinstatement using an animal model of relapse in human addicts. With an increasing interest in the etiology of psychiatric illness and its putative role in substance abuse, Dr. Schmidt entered a postdoctoral fellowship in

Accelerating the Pathway from Ideas to Efficacy: Developing More Effective Interventions for Lifestyle Behaviors Related to Chronic Diseases

Biographies

molecular psychiatry at Yale University under the mentorship of Dr. Ron Duman. As a postdoctoral fellow, he worked on identifying novel mechanisms by which peripheral growth factors influence neuronal networks to produce antidepressant-like behavioral and cellular responses in animal models of depression and anxiety. Dr. Schmidt began his independent research program in 2011 as a Research Assistant Professor of Neuroscience in the Department of Psychiatry at the University of Pennsylvania. Dr. Schmidt's current research aims to identify novel neurobiological adaptations produced by cocaine, nicotine, and prescription opioids using rodent models of voluntary drug taking and seeking. Findings from these studies can be used to inform pharmacological and behavioral approaches toward treating drug addiction and co-morbid diseases.

Keisha Shropshire, M.P.H.

Ms. Shropshire joined the NIH's Office of Disease Prevention (ODP) as a Public Health Analyst in May 2015. She is responsible for promoting collaborative prevention research projects and facilitating coordination across the NIH and with other public and private partners. Additionally, Ms. Shropshire helps identify and promote the use of effective evidence-based interventions and the dissemination and implementation of prevention research.

Prior to joining the ODP, Ms. Shropshire spent 10 years at the National Institute of Mental Health working to support research administration, strategic planning, science policy analysis, and program evaluation activities. Her interests include health education, health policy, and prevention research. Ms. Shropshire has experience working at the community, state, and federal levels to develop policy and programs in multiple health areas, including HIV/AIDS, tobacco cessation, adolescent health and nutrition, and mental health.

Ms. Shropshire earned a bachelor of arts in biology from Agnes Scott College and a master of public health with a concentration in health policy and community health and prevention from Drexel University School of Public Health. With this expertise, Ms. Shropshire has guided numerous strategic projects, managed teams, fostered partnerships, and synthesized information into actionable items to inform public health research agendas, policy, and decision-making at various organizational levels.

Luke Stoeckel, Ph.D.

Dr. Stoeckel is a clinical neuropsychologist and neuroscientist. He manages a variety of programmatic activities for the Division of Diabetes, Endocrinology, and Metabolic Diseases within the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) at the NIH. At the NIDDK, he directs the Cognitive and Clinical Neuroscience of Obesity and Diabetes Program, which includes a portfolio of basic and applied cognitive, behavioral, and clinical neuroscience research focused on the homeostatic and nonhomeostatic brain-behavior mechanisms related to the pathophysiology, diagnosis, prevention, and treatment of obesity and diabetes across the lifespan and in special populations. The goal of this program is to translate basic neuroscience discoveries into novel, brain-based interventions for obesity and diabetes. Dr. Stoeckel also participates in a variety of trans-NIH activities. Prior to joining the NIH, Dr. Stoeckel was the Director of Clinical Neuroscience at the Massachusetts General Hospital Center for Addiction Medicine, Assistant Professor of Psychology in the Department of Psychiatry at Harvard

Accelerating the Pathway from Ideas to Efficacy: Developing More Effective Interventions for Lifestyle Behaviors Related to Chronic Diseases

Biographies

Medical School, and a visiting scientist at the McGovern Institute for Brain Research at the Massachusetts Institute of Technology.

Wendy Smith, Ph.D.

Dr. Smith serves as the Senior Scientific Advisor for Research Development and Outreach for the Office of Behavioral and Social Sciences Research (OBSSR). In this position, she advises the NIH Associate Director for Behavioral and Social Science Research on programmatic and scientific issues particularly related to behavioral and social sciences and interdisciplinary research and public private partnerships and also leads the development of new trans-NIH research initiatives from emerging research opportunities. She joined OBSSR from the Office of the NIH Director, Office of Science Policy where she served as the NIH Program Director for Clinical Research Partnerships. Prior to her roles within the Office of the NIH Director, she served as the inaugural Deputy Director of the National Cancer Institute's Office of Cancer Complementary and Alternative Medicine, where she also created and directed the Research Development and Support Program. Dr. Smith earned her M.A. in the psychology of health her and Ph.D. in applied-experimental psychology; she is a licensed experimental psychologist and a nationally certified biofeedback therapist with advanced training in the use of hypnosis for pain. She left clinical practice to join the NIH in 1990 as a Research Psychologist in the intramural research program within the Neurobiology and Anesthesiology Branch, Pain Section at the National Institute for Dental and Craniofacial Research. She is a founding member of the NIH Pain Consortium and a senior member of numerous trans-NIH and trans-Agency scientific committees and working groups.

Dr. Smith's publications include research on pain memory, psychophysics of pain perception, psychological aspects of pain, complementary and alternative medicine, and research methodologies. Dr. Smith has served on NIH special emphasis review panels and on several editorial boards, including the *Journal of Alternative and Complementary Medicine*, *The Journal of the Society for Integrative Oncology*, *The Clinical Journal of Pain*, and the *Journal of Cancer Integrative Medicine* and continues to publish on pain and symptom management, research methodologies, and complementary and alternative medicine.

Catherine Stoney, Ph.D.

Dr. Stoney is a health psychologist and psychophysicologist with specialization in behavioral cardiology. Dr. Stoney has wide-ranging expertise in the area of stress and cardiovascular disease with a special interest in studying the behavioral, physiological, environmental, and psychological pathways by which stress and diseases of the heart and cardiovascular system are linked and modified. She currently is Program Director in the Clinical Applications and Prevention Branch in the Division of Cardiovascular Sciences at the NIH's National Heart, Lung, and Blood Institute and is involved in several trials that span the translational spectrum. In her position, she is involved in a number of clinical trials, implementation and dissemination science, and research in basic behavioral science related to cardiovascular function. She is a faculty member for the NIH course, "The Principles and Practice of Clinical Research," and Co-Director of the NIH Summer Institute on Randomized Behavioral Clinical Trials.

Prior to joining the NIH, Dr. Stoney was professor of psychology at The Ohio State University, where she conducted laboratory and clinical investigations of phenotypes associated with patterns of coping with

Accelerating the Pathway from Ideas to Efficacy: Developing More Effective Interventions for Lifestyle Behaviors Related to Chronic Diseases

Biographies

psychosocial stress and health, examinations of how psychological and social factors affect metabolic and inflammatory processes, clinical interventions to reduce physiological stress responses, and the biologic and cognitive mechanisms by which negative affect and depression may affect the progression of cardiovascular risk. She is a fellow of the Academy of Behavioral Medicine Research, the American Psychological Association, and the Society of Behavioral Medicine and a member of the American Heart Association (AHA) Behavior Change Committee of the AHA Council on Nutrition, Physical Activity and Metabolism.

Jennifer Savage Williams, Ph.D.

Dr. Savage Williams is the Interim Director for the Center of Childhood Obesity Research at The Pennsylvania State University and also an Assistant Professor within the Department of Nutritional Sciences. Her research focuses on developing effective prenatal and postnatal behavioral interventions to promote health and well-being across the lifespan. Her current research endeavors focus on (1) building, optimizing, and evaluating multifaceted interventions delivered in multiple settings (community, health care, and home) that are designed to prevent pediatric obesity and (2) using an intergenerational approach that targets gestational weight gain to improve maternal/infant health and affect the etiology of obesity at a critical time in the life cycle. She has developed clinical and community partnerships with the American Academy of Pediatrics, the Pennsylvania Women, Infants, and Children Program, and Head Start in an effort to translate evidence-based interventions into community practice to prevent maternal and childhood obesity among high-risk populations in rural Pennsylvania.

Dr. Savage Williams has conducted and participated in NIH-, Health Resources and Services Administration-, and U.S. Department of Agriculture-funded research in the area of childhood obesity for more than 10 years, with a focus on maternal and child health. She is a frequent invited speaker at the local, state, national, and international levels.

Ginger Winston, M.D., M.P.H.

Dr. Winston is an Associate Professor of Medicine at George Washington University in the Department of Medicine, Division of General Internal Medicine. She is a primary care physician and investigator. Her research focuses on behavioral interventions aimed to reduce the prevalence of obesity in black and Hispanic communities, with an emphasis on the role of social networks in promoting weight loss. Her formal research training includes a fellowship in general medicine at Columbia University where she earned a master of public health. She was the recipient of an Investigator Research Supplement award from the National Heart, Lung and Blood Institute at the NIH to investigate the relationship between social network characteristics and weight loss in the Small Changes and Lasting Effects (SCALE) weight loss study. SCALE was a 1-year randomized controlled behavior change weight loss study that was part of the NIH initiative on Obesity Related Behavior Interventions (ORBIT). She is the current recipient of a grant from the Margaret Q. Landenberger Foundation to examine the feasibility of incorporating child support in a behavior change weight loss intervention among parents with obesity.