

# Christyn L. Dolbier, Ph.D.

## Curriculum Vitae

---

Office: Rawl Annex 141  
Phone: 252-328-2119  
Fax: 252-328-6283  
Email: DolbierC@ecu.edu  
Website: <http://core.ecu.edu/psyc/dolbiere/dolbier.html>

Mailing address:  
East Carolina University  
Department of Psychology  
Rawl Building 104  
Greenville, NC 27858

### EDUCATION

Postdoctoral Fellowship, Health Psychology, University of California, San Francisco, CA, 2001.  
Ph.D., Health Education & Psychology (Interdisciplinary), University of Texas, Austin, TX, 2000.  
M.S., Therapeutic Recreation, University of Florida, Gainesville, FL, 1994.  
B.S., Psychology, Eckerd College, St. Petersburg, FL, 1992.

### POSITIONS

#### **Professional positions**

Primary appointment: Associate Professor, Psychology Dept., East Carolina University, Greenville, NC, 2009-present.

Adjunct appointment: Assistant Professor, Obstetrics & Gynecology Dept., East Carolina University, Greenville, NC, 2009-2010.

Assistant Professor, Psychology Dept., East Carolina University, Greenville, NC, 2003-2009.

Adjunct Assistant Professor, Health Education & Promotion Dept., East Carolina University, Greenville, NC, 2005-2007.

Assistant Professor, Psychology Dept., University of Texas, San Antonio, TX, 2001-2003.

Lecturer, Psychology Dept., University of California, Berkeley, CA, 2001.

Research Consultant, Applied Wellness and Human Resources, Applied Materials Corporation, Santa Clara, CA, 2000-2002.

Therapeutic Recreation Director, North Florida Rehabilitation Center, Gainesville, FL, 1995-1996.

#### **Training positions**

Postdoctoral Fellow, Health Psychology Program, University of California, San Francisco, CA, 2000-2001.

Graduate Research Assistant, Kinesiology & Health Education Dept., University of Texas, Austin, TX (1997-2000); Psychology Dept., University of Texas, Austin, TX (1998); Veterinary Sciences Dept., M.D. Anderson Cancer Center, Bastrop, TX (1997-1998).

Graduate Teaching Assistant, Kinesiology & Health Education Dept., University of Texas, Austin, TX, 1997-2000.

Graduate Intern, Health Management Services, 3M Corporation, Austin, TX, 1996-1997.

## PUBLICATIONS

(\*denotes student under my research sponsorship)

### Articles in peer reviewed journals

- Jesse, D. E., Blanchard, A., Bunch, S., **Dolbier, C.**, Hodgson, J., & Swanson, M.S. (In press). Feasibility of a cognitive behavioral intervention to reduce risk for antepartum depression in low-income women. *Issues in Mental Health Nursing*.
- Dolbier, C.L.**, Smith, S.E., & Steinhardt, M.A. (In press). Stress-related growth: Correlates and change following a resilience intervention. *Stress and Health*.
- Jesse, D.E., **Dolbier, C.L.**, & Blanchard, A. (2008). Barriers to seeking help and treatment suggestions for prenatal depressive symptoms: Focus groups with rural low-income women. *Issues in Mental Health Nursing*, 29, 3-19.
- Becker, C., **Dolbier, C.L.**, Durham, T.W., Glascoff, M.A., & Adams, T.B. (2008). Development and preliminary evaluation of a positive health scale. *American Journal of Health Education*, 39(1), 34-41.
- Steinhardt, M.A., & **Dolbier, C.L.** (2008). Evaluation of a resilience intervention to enhance coping strategies and protective factors and decrease symptomatology. *Journal of American College Health*, 56(4), 445-453.
- Dolbier, C.L.**, Smith, S.E., & Steinhardt, M.A. (2007). Relationships of protective factors to stress and symptoms of illness. *American Journal of Health Behavior*, 31(4), 423-433.
- Ruiz, R.J., Fullerton, J. Guerrero, L.C., Garcia-Atwater, M., & **Dolbier, C.L.** (2006). Development of a culturally sensitive stress instrument for pregnant Hispanic women. *Hispanic Health Care International*, 4(1), 27-33.
- Ruiz, R.J., **Dolbier, C.L.**, & Fleschler, R. (2006). The relationships among acculturation, biobehavioral risk, stress, corticotrophin releasing hormone and poor birth outcomes in Hispanic women. *Ethnicity and Disease*, 16, 926-932.
- McCalister, K.T., **Dolbier, C.L.**, Webster, J.W., Mallon, M.W., & Steinhardt, M.A. (2006). Hardiness and support at work as predictors of job stress and job satisfaction. *American Journal of Health Promotion*, 20(3), 183-191.
- Epel, E.S., Lin, J., Wilhelm, F., Wolkowitz, O.M., Cawthon, R.M., Adler, N.E., **Dolbier, C.L.**, Mendes, W.B., & Blackburn, E.H. (2006). Cell aging in relation to stress arousal, cardiovascular disease risk factors, and genetic variation. *Psychoneuroendocrinology*, 31(3), 277-287.
- Dolbier, C.L.**, Webster, J.W., McCalister, K.T., Mallon, M.W., & Steinhardt, M.A. (2005). Reliability and validity of a single item measure of overall job satisfaction. *American Journal of Health Promotion*, 19(3), 194-198.
- Steinhardt, M.A., **Dolbier, C.L.**, Gottlieb, N.H., & McCalister, K.T. (2003). The relationship between hardiness, supervisor support, group cohesion, and job stress as predictors of job satisfaction. *American Journal of Health Promotion*, 17, 382-389.
- Steinhardt, M.A., **Dolbier, C.L.**, Mallon, M.W., & Adams, D.T. (2003). The development and validation of a scale for measuring self-leadership. *Journal of Self-Leadership*, 1, 20-31.

**Dolbier, C.L.**, Cocke, R.R., Leiferman, J.A., Steinhardt, M.A., Nehete, P.N., Schapiro, S.J., Perlman, J.E., & Sastry, J. (2001). Differences in functional immune responses of high vs. low hardy healthy individuals. *Journal of Behavioral Medicine*, 24(3), 219-229.

**Dolbier, C.L.**, Soderstrom, M., & Steinhardt, M.A. (2001). The relationship between self-leadership and enhanced psychological, health and work outcomes. *Journal of Psychology*, 135(5), 469-485.

Soderstrom, M., **Dolbier, C.L.**, Leiferman, J.A., & Steinhardt, M.A. (2000). The relationship of hardiness, coping strategies, and perceived stress to symptoms of illness. *Journal of Behavioral Medicine*, 23(3), 311-328.

**Dolbier, C.L.**, & Steinhardt, M.A. (2000). The development and validation of the sense of support scale. *Behavioral Medicine*, 25(4), 169-179.

### **Abstracts in peer reviewed journals**

**Dolbier, C.L.**, & Hoops, A.\* (2007). Buffering effects of social support on the relationships between chronic stress and mental health outcomes. *Annals of Behavioral Medicine*, 33 supplement, s165.

Bowling, N.\*, Winchester, J.\* , & **Dolbier, C.** (2007). Enhancing resilience through relaxation in individuals under chronic stress. *Journal of the North Carolina Academy of Science*, 123(3), 170.

Ruiz, R.J., Avant, K.C., & **Dolbier, C.L.** (2005). Chronic prenatal stress predicts TNF $\alpha$  in blood and vaginal fluid in pregnant Hispanic women. *Brain, Behavior, and Immunity*, 19(4), e62-e63.

Epel, E.S., Lin, J., Mendes, W., Wilhelm, F., **Dolbier, C.L.**, Wolkowitz, O., Cawthon, R., Adler, N., & Blackburn, E. (2005). Life stress and stress reactivity are linked to markers of cell aging. *Psychosomatic Medicine*, 67(1), A34.

Kruszewski, D.M., Epel, E., Moskowitz, J., Dieckmann, L., Rengifo, J., Warty, C., Wilson, S., **Dolbier, C.**, Siegel, B., Adler, N., Heyman, M., & Harmatz, P. (2003). Exaggerated stress reactivity in mothers at risk for major depression: Preliminary results. *Biological Psychiatry*, 53(8S) supplement, 130S.

Soderstrom, M., **Dolbier, C.**, Leiferman, J., & Steinhardt, M. (2001). The relationship of hardiness, coping strategies, and perceived stress to symptoms of illness. *Advances in Mind-Body Medicine*, 17(2), 113-114.

**Dolbier, C.L.**, Cocke, R.R., & Steinhardt, M.A. (2000). The effect of a psychosocial intervention on cortisol, secretory immunoglobulin A, and incidence of upper respiratory infection. *Brain, Behavior, and Immunity*, 14(2), 91-92.

**Dolbier, C.L.**, Cocke, R.R., Leiferman, J.A., Steinhardt, M.A., Nehete, P.N., Schapiro, S.J., Perlman, J.E., & Sastry, J. (1999). Hardiness, immune function, and health. *Neuroimmunomodulation*, 6, 214.

### **Abstracts in peer reviewed proceedings**

Jesse, D.E., Bunch, S., **Dolbier, C.**, & Hodgson, J. (2008). INSIGHT: A pilot study for pregnant low-income women with depressive symptoms in rural eastern North Carolina. Proceedings of the *Fourth Annual Jean Mills Health Symposium: Rural Health in Eastern North Carolina, Meeting the Challenges*, 11.

**Dolbier, C.L.**, Lucke, J., Guerrero, L., & Ruiz, R.J. (2005). Acculturation, stress, biobehavioral risk, CRH, and birth outcomes in Hispanics. *Proceedings of the Society of Behavioral Medicine Annual Meeting*, 83.

**Dolbier, C.L.** (2000). Emotional and physiological responses to a laboratory stressor: Extension of and gender differentiation within the Blascovich and Tomaka model. *Abstracts of the University of California Health Psychology Conference*, 5.

**Dolbier, C.L.**, Keough, K.A., & Galloway, L.A. (1999). Reducing stress reactivity by affirming the self. *Abstracts of the 11<sup>th</sup> Annual Convention of the American Psychological Society*, 103.

### **Articles in preparation for peer reviewed outlets**

**Dolbier, C.L.**, Hickner, R., & McKune, A. (In preparation). Effectiveness of Abbreviated Progressive Muscle Relaxation in High Stress Undergraduates.

**Dolbier, C.L.**, & Rush, T.\* (In preparation). Examining the Effects of Progressive Muscle Relaxation on Psychosocial and Physiological Resilience in a High Stress College Sample.

### **Dissertation**

**Dolbier, C.L.** (2001). Promoting challenge appraisals of stress: Effects on reactivity, immunity, and health. *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 61(11-B), 6176.

## **GRANTS**

### **Funded**

Co-Investigator (PI on ECU subcontract), U01, National Institute of Child Health and Human Development, "Community Child Health Network, Eastern North Carolina Phase II," Co-PIs: John Thorp, MD, University of North Carolina at Chapel Hill, and Sharon Evans, Baby Love Plus, 2007-2012, \$2,666,666.

Co-Investigator, Planning Grant, National Institute of Child Health and Human Development, "Community Child Health Network, Eastern North Carolina Phase I," Co-PIs: John Thorp, MD, University of North Carolina at Chapel Hill, Mary Glascoff, EdD, East Carolina University, & Sharon Evans, Baby Love Plus, 2006-2007, \$125,000.

Co-Investigator, Research Development Grant, East Carolina University, "Insight-Plus: A Cognitive Behavioral Intervention Pilot Study for Pregnant African-American and Caucasian Low-Income Women with Depressive Symptoms," Co-PIs: D. Elizabeth Jesse, PhD, Jennifer Hodgson, PhD, East Carolina University, 2006-2007, \$33,524.

Principal Investigator, Research and Creative Activity Award, East Carolina University, "Enhancement of Immunocompetence in Individuals Under Chronic Stress," 2006-2007, \$20,979.

Consultant, Fayetteville State University Research Center for Health Disparities Grant, National Institutes of Health, "An Investigation of the Short and Long Term Effects of Giving Testimony and Learning Yogic Breathing Techniques on Battered Women's Feelings of Depression, Self-Efficacy, Pulmonary Volume, Heart Rate, Blood Pressure, and Hand Grip," Co-PIs: Susan Franzblau, PhD, and Thomas Van Cantfort, PhD, Fayetteville State University, 2006-2007, \$3,000.

Principal Investigator, Health Disparities Loan Repayment Program Award, National Institutes of Health, "Racial/Ethnic Disparities in Birth Outcomes as a Function of Maternal Stress," 2006-2008, \$7,500.

Co-Investigator, Pilot Study Grant, East Carolina University, "Pilot Study of a Cognitive-Behavioral Intervention in Pregnancy for Low-Income African American and Caucasian Women with Depressive Symptoms," PI: D. Elizabeth Jesse, PhD, East Carolina University, 2005-2006, \$2,500.

Co-Principal Investigator, Pilot Study Grant, University of North Carolina at Chapel Hill, "Bringing Equity to Birth Outcomes Partnership in Eastern North Carolina Pilot Study," Co-PIs: Mary Glascoff, EdD and Caren Jordan, PhD, East Carolina University, 2005-2006, \$12,000.

Co-Investigator, R01, National Institute of Nursing Research, "Preterm Birth: Psychoneuroimmunology in Hispanics," PI: R. Jeanne Ruiz, PhD, University of Texas Medical Branch at Galveston, 2003-2006, \$1,600,000.

Principal Investigator, College Research Award, Harriot College of Arts and Sciences, East Carolina University, "Evaluating the Effectiveness of a Relaxation Intervention in Enhancing Physiological Resilience Among Individuals Under Chronic Stress," 2005, release time.

Co-Investigator, College of Human Ecology Research Cluster Grant, East Carolina University, "Pregnancy and Depression," PI: Jennifer Hodgson, PhD, East Carolina University, 2004, \$2000.

Co-Principal Investigator, Special Research Grant, University of Texas at Austin, "Effectiveness of a Stress Management Intervention in Reducing Utilization of Health Care Services," Co-PI: Mary Steinhardt, EdD, University of Texas at Austin, 2004, \$750.

Co-Investigator, Faculty Research Award, East Carolina University, "Focus Groups: Coping with Feelings During Pregnancy," PI: D. Elizabeth Jesse, PhD, East Carolina University, 2003, \$2,500.

Principal Investigator, Faculty Research Award, University of Texas at San Antonio, "Differing Physiological Responses to Stress: A Product of Appraisal," 2002, \$5,000.

Co-Principal Investigator, Positive Psychology Young Scholars Grant, Positive Psychology Institute, "Positive Psychological Factors and Parasympathetic Activity during Chronic Stress," Co-PI: Elissa Epel, PhD, University of California San Francisco, 2001, \$10,000.

Co-Principal Investigator, Resiliency Curriculum Development and Training Grant, Applied Materials, Co-PI: Mary Steinhardt, EdD, University of Texas at Austin, 2001, \$40,000.

Co-Principal Investigator, Funding from the John D. and Catherine T. MacArthur Research Network on Socioeconomic Status and Health, "Allostatic Load, Health Risks, and Resilience among Maternal Caregivers of Ill Children," Co-PIs: Elissa Epel, PhD, Susan Folkman, PhD, Paul Harmatz, MD, Judy Moskowitz, PhD, University of California San Francisco, 2001, \$17,000.

Co-Principal Investigator, Special Research Grant, University of Texas at Austin, "Altering Appraisals of Stress: Effects on Reactivity, Immunity and Health," Co-PI: Mary Steinhardt, EdD, University of Texas at Austin, 2000, \$750.

Co-Principal Investigator, Special Research Grant, University of Texas at Austin, "Establishing the Reliability and Validity of the Social Connection Scale," Co-PI: Mary Steinhardt, EdD, University of Texas at Austin, 1999, \$500.

## **Unfunded**

- Principal Investigator, Health Disparities Loan Repayment Program Award, National Institutes of Health, "Racial/Ethnic Disparities in Birth Outcomes as a Function of Maternal Stress," 2008.
- Co-Investigator, R01, National Institute of Child Health and Human Development, "Neighborhood Stressors Impacting Pregnancy: Developing an Area Observational Tool," Co-PIs: Pat O'Campo, PhD, St. Michael's Hospital, Toronto, 2008.
- Principal Investigator, Research and Creative Activity Award, East Carolina University, "Evaluating the Feasibility of a Meditation Intervention to Enhance the Functioning of Maternal Caregivers of Chronically Ill Children," 2008.
- Principal Investigator, Health Disparities Loan Repayment Program Award, National Institutes of Health, "Racial/Ethnic Disparities in Birth Outcomes as a Function of Maternal Stress," 2007.
- Consultant, Small Business Innovation Research Grant, National Institute on Drug Abuse, "Preventing Adolescent Substance Abuse: A Stress Management and Coping Skills Intervention," PI: Sterett Mercer, PhD, 3-C Institute for Social Development, 2007.
- Consultant, Research and Creative Activity Award, East Carolina University, "Evaluating the Feasibility of a Meditation Intervention to Enhance the Functioning of Maternal Caregivers of Chronically Ill Children," PI: Cecelia Valrie, PhD, East Carolina University, 2007.
- Co-Principal Investigator, Research Development Grant, East Carolina University, "Psychological and Biological Predictors of Pre-viable (16-23 week) Preterm Birth," Co-PIs: Edward Newton, MD, Melanie Elliott Wilson, PhD, James DeVente MD, PhD, East Carolina University, 2006.
- Co- Investigator, U01, National Institute of Child Health and Human Development, "Community Child Health Network," Co-PIs: John Thorp, MD, University of North Carolina at Chapel Hill, Mary Glascoff, EdD, East Carolina University, & Sharon Evans, Baby Love Plus, 2005.
- Co-Investigator, R21, National Institute of Mental Health, "A Cognitive-Behavioral Intervention in Pregnancy for Low-Income African American and Caucasian Women with Depressive Symptoms," PI: D. Elizabeth Jesse, PhD, East Carolina University, 2005.
- Principal Investigator, Research Development Grant, Division of Research and Graduate Studies, East Carolina University, "Evaluating the Effectiveness of Relaxation Training in Enhancing Physiological Resilience Among Caregivers," 2005.
- Consultant, Pilot Study Grant, Center for Health Promotion Research, University of Texas at Austin, "Evaluating the Effectiveness of an Online Curriculum in Promoting Resilient Responses to Stress," PI: Mary Steinhardt, EdD, University of Texas at Austin, 2005.
- Principal Investigator, Health Disparities Loan Repayment Program, National Institutes of Health, "Race/Ethnic Disparities in Birth Outcomes as a Function of Maternal Stress," 2004.
- Consultant, Research and Creative Activity Grant, East Carolina University, "The Impact of Progressive Muscle Relaxation on Objective and Subjective Measures of Stress in Infertile Women." PI: Caren Jordan, PhD, East Carolina University, Department of Psychology, 2004.
- Co-Principal Investigator, Research Development Award, South Texas Health Research Center, "Psycho-social-cultural Factors in Relation to Prenatal Stress, Emotional Distress, and Birth Outcomes in Hispanic Women in San Antonio," Co-PI: R. Jeanne Ruiz, PhD, University of Texas Health Science Center at San Antonio, 2003.

Co-Investigator, Population Specific Research Grant, Susan G. Komen Breast Cancer Foundation, "Revising the Breast Cancer Profile of African American Women," PI: Dovie Gamble, PhD, University of Florida, 2002.

Principal Investigator, Minority Biomedical Research Support Grant, National Institutes of Health, "Adaptive Psychological and Physiological Responses to Chronic Stress," 2002.

## PRESENTATIONS

(\*denotes student under my research sponsorship)

### International meetings

Ruiz, R.J., Avant, K.C., & **Dolbier, C.L.** (2005, June). *Chronic prenatal stress predicts TNF $\alpha$  in blood and vaginal fluid in pregnant Hispanic women.* Poster session presented at the Psychoneuroimmunology Research Society Conference, Denver, CO.

**Dolbier, C.L.**, Cocke, R.R., & Steinhardt, M.A. (2000, May). *The effect of a psychosocial intervention on cortisol, secretory immunoglobulin A and incidence of upper respiratory infection.* Poster session presented at the annual meeting of the Psychoneuroimmunology Research Society Meeting, Cape Fear, NC.

**Dolbier, C.L.**, Cocke, R.R., Leiferman, J.A., Steinhardt, M.A., Nehete, P.N., Schapiro, S.J., Perlman, J.E., & Sastry, J. (1999, April). *Hardiness, immune function, and health.* Poster session presented at the annual meeting of the Psychoneuroimmunology Research Society Meeting, Galveston, TX.

### National meetings

**Dolbier, C.L.**, & Hoops, A.\* (2007, March). *Buffering effects of social support on the relationships between chronic stress and mental health outcomes.* Poster session presented at the Society of Behavioral Medicine Annual Meeting, Washington, DC.

Steinhardt, M.A. & **Dolbier, C.L.** (2007, March). *Stress-related growth: Predictors of occurrence and change following a resilience intervention.* Poster session presented at the American Academy of Health Behavior, Savannah, GA.

Steinhardt, M.A., & **Dolbier, C.L.** (2006, March). *Evaluation of a resilience intervention to enhance coping strategies and protective factors and decrease symptomatology.* Poster session presented at the Scientific Meeting of the American Academy of Health Behavior, Carmel, CA.

Blanchard, A., Jesse, D.E., **Dolbier, C.L.**, Tharrington, A.\*, & Smith, J. (2005, September). *Focus groups: Coping with feelings during pregnancy.* Poster session presented at the Family Therapy Student Research Conference, Manhatten, KS.

**Dolbier, C.L.**, Lucke, J., Guerrero, L., & Ruiz, R.J. (2005, April). *Acculturation, stress, biobehavioral risk, CRH, and birth outcomes in Hispanics.* Poster session presented at the Society of Behavioral Medicine Annual Meeting, Boston, MA.

Epel, E.S., Lin, J., Mendes, W., Wilhelm, F., **Dolbier, C.L.**, Wolkowitz, O., Cawthon, R., Adler, N., & Blackburn, E. (2005, March). *Life stress and stress reactivity are linked to markers of cell aging.* Poster session presented at the American Psychosomatic Society Conference, Vancouver, BC.

- Kruszewski, D., Epel, E., Moskowitz, J., Dieckmann, L., Rengifo, J., Warty, C., Wilson, S., **Dolbier, C.**, Siegel, B., Adler, N., Heyman, M., & Harmatz, P. (2003, May). *Exaggerated stress reactivity in mothers at risk for major depression: Preliminary results*. Poster session presented at the Annual Meeting of the Society of Biological Psychiatry, San Francisco, CA.
- Steinhardt, M.A., **Dolbier, C.L.**, & Soderstrom, M. (2000, July). *The relationships between self-leadership and enhanced psychological, health, and work outcomes*. Poster session presented at the National Wellness Conference, Stevens Point, WI.
- Eldridge-Houser, J.L., **Dolbier, C.L.**, Gottlieb, N.A., & Steinhardt, M.A. (2000, July). *The impact of the work environment and hardiness on job satisfaction*. Poster session presented at the National Wellness Conference, Stevens Point, WI.
- Dolbier, C.L.**, Keough, K.A., & Galloway, L.A. (1999, July). *Reducing stress reactivity by affirming the self*. Poster session presented at the annual meeting of the American Psychological Society, Denver, CO.
- Leiferman, J., **Dolbier, C.**, & Steinhardt, M. (1998, July). *The relationship between measures of work climate and psychosocial characteristics of employees*. Poster session presented at the annual National Wellness Conference, Stevens Point, WI.
- Dolbier, C.L.**, Cocke, R.R., Leiferman, J.A., Steinhardt, M.A., Nehete, P.N., Schapiro, S.J., Perlman, J.E., & Sastry, J. (1997, December). *The relationship between resilience and immune function*. Poster session presented at the annual Psychology of Health, Immunity and Disease Conference, Hilton Head, SC.

### **Regional meetings**

- Dolbier, C.L.**, Glascoff, M., Evans, S., Woolard, R., DeClerque, J., Rush, T.\*, Tehrani, S.\*, & Harragin, A.\* (2009, April). *Suggestions for preterm birth risk factor education from rural, low income African American women*. Poster session presented at the Women's Health Research Conference, Chapel Hill, NC.
- Rush, T.\*, & **Dolbier, C.** (2009, April). *Examining the effects of progressive muscle relaxation on psychosocial and physiological resilience in a high stress college sample*. Poster session presented at the Health Psychology Symposium, Greenville, NC.
- Dolbier, C.L.**, Glascoff, M., Evans, S., Woolard, R., DeClerque, J., Rush, T.\*, Tehrani, S.\*, & Harragin, A.\* (2009, April). *Suggestions for preterm birth risk factor education from rural, low income African American women*. Poster session presented at the Health Psychology Symposium, Greenville, NC.
- Rush, T.\*, & **Dolbier, C.** (2009, April). *Examining the effects of progressive muscle relaxation on psychosocial and physiological resilience in a high stress college sample*. Poster session presented at the East Carolina University Research Week, Greenville, NC.
- Dolbier, C.L.**, Glascoff, M., Evans, S., Woolard, R., DeClerque, J., Rush, T.\*, Tehrani, S.\*, & Harragin, A.\* (2009, April). *Suggestions for preterm birth risk factor education from rural, low income African American women*. Poster session presented at the East Carolina University Research Week, Greenville, NC.
- Bunch, S.G., **Dolbier, C.L.**, Woolard, R., Evans, S.D., DeClerque, J.L., Glascoff, M.A., Salisbury, K.P., Pettiford, B.D., Lorenz, C.E., & Thorp, J.M. (2008, April). *Successful community-based participatory research on maternal and child health in a rural setting*. Poster session presented at the Women's Health Research Day, Chapel Hill, NC.

- Jesse, D.E., Bunch, S., **Dolbier, C.**, & Hodgson, J. (2008, February). *INSIGHT: A pilot study for pregnant low-income women with depressive symptoms in rural eastern North Carolina*. Poster session presented at the Fourth Annual Jean Mills Health Symposium: Rural Health in Eastern North Carolina, Meeting the Challenges, Greenville, NC.
- Burns, S.\* , Vasoya, B.\* , & **Dolbier, C.** (2007, November). *A relaxation intervention for chronically stressed individuals*. Oral presentation at the State of North Carolina Undergraduate Research Symposium, Greensboro, NC.
- Jesse, D.E., **Dolbier, C.L.**, Hodgson, J., Bunch, S., & Blanchard, A. (2007, April). *Pilot study of a cognitive-behavioral intervention in pregnancy for low-income rural women with depressive symptoms*. Poster session presented at the Women's Health Research Day, Chapel Hill, NC.
- Winchester, J.\* , Bowling, N.\* , & **Dolbier, C.** (2007, March). *Protective influences on mental and physical well-being in individuals under chronic stress*. Poster session presented at the East Carolina University Research and Creative Achievement Week Showcase of Discovery, Greenville, NC.
- Bowling, N.\* , Winchester, J.\* , & **Dolbier, C.** (2007, March). *Enhancing resilience through relaxation in individuals under chronic stress*. Poster session presented at the North Carolina Academy of Science, Greenville, NC.
- Smith, S.\* , Bridges, L.\* , & **Dolbier, C.** (2006, April). *The relationship between background stress and autonomic reactivity to an acute stressor*. Poster session presented at the East Carolina University Undergraduate Research and Creative Activity Symposium, Greenville, NC.
- Dolbier, C.L.**, Jordan, C.J., Glascoff, M.A., Mitchell, M.\* , Grimes, R., DeClerque, J., Pettiford, B., Evans, S., Woolard, R., Wiggins, D., & Thorp, J. (2006, April). *Complexity of community based participatory research in studying maternal and child health in a rural population*. Poster session presented at the Women's Health Research Day, Chapel Hill, NC.
- Jesse, D.E., **Dolbier, C.L.**, Blanchard, A., Tharrington, A.\* , & Smith, J. (2006, March). *Focus groups: Coping with feelings during pregnancy*. Poster session presented at the Area Health Education Centers Collaborative Research Day, Greenville, NC.
- Hoops, A.\* , Smith, S.\* , Bridges, L.\* , & **Dolbier, C.** (2006, March). *The relationship between background stress and autonomic reactivity to an acute stressor*. Poster session presented at the East Carolina University Graduate Student Research Day, Greenville, NC.
- Hodgson, J., Jesse, D.E., **Dolbier, C.L.**, Bunch, S., & Blanchard, A. (2006, January). *Developing a cognitive-behavioral intervention for pregnant women with depressive symptoms*. Oral session presented at the East Carolina University College of Human Ecology Brown Bag, Greenville, NC.
- Bridges, L.\* , Smith, S.\* , & **Dolbier, C.** (2005, April). *Resilient responses to chronic stress*. Poster session presented at the East Carolina University Undergraduate Research and Creative Activities Symposium, Greenville, NC.
- Dolbier, C.L.**, Lucke, J., Guerrero, L., & Ruiz, R.J. (2005, March). *Acculturation, stress, biobehavioral risk, CRH, and birth outcomes in Hispanics*. Poster session presented at the Women's Health Research Day, Chapel Hill, NC.
- Dolbier, C.L.** (2000, December). *Emotional and physiological responses to a laboratory stressor: Extension of and gender differentiation within the Blascovich and Tomaka model*.

Poster session presented at the University of California Health Psychology Conference, Lake Arrowhead, CA.

**Dolbier, C.L.**, Cocke, R.R., Leiferman, J.A., Steinhardt, M.A., Nehete, P.N., Schapiro, S.J., Perlman, J.E., & Sastry, J. (1999, March). *The relationship between hardiness and health*. Poster session presented at the University of Texas Graduate and Professional Student Research Symposium, Austin, TX.

**Dolbier, C.L.**, Cocke, R.R., Leiferman, J.A., Steinhardt, M.A., Nehete, P.N., Schapiro, S.J., Perlman, J.E., & Sastry, J. (1998, September). *The effect of hardiness on immune function*. Paper presented at the Social and Personality Psychology Area Meeting, Austin, TX.

**Dolbier, C.L.**, Cocke, R.R., Leiferman, J.A., Steinhardt, M.A., Nehete, P.N., Schapiro, S.J., Perlman, J.E., & Sastry, J. (1998, September). *The relationship between resilience and immune function*. Poster session presented at University of Texas: A Closer Look at Community Research, Austin, TX.

Leiferman, J., **Dolbier, C.**, & Steinhardt, M. (1998, September). *The relationship between measures of work climate and psychosocial characteristics of employees*. Poster session presented at University of Texas: A Closer Look at Community Research, Austin, TX.

### **Invited talks**

**Dolbier, C.L.** (2009, April). *Promoting resilient and thriving stress responses*. Invited talk presented to the University of Texas at Austin in honor of receiving the Lovett Distinguished Alumni Award.

**Dolbier, C.L.** (2007, March). *The field of health psychology*. Invited talk presented to the East Carolina University Psi Chi Chapter, Greenville, NC.

**Dolbier, C.L.** (2003, July). *Basal and stress reactive heart rate variability as a function of chronic stress*. Invited talk at the Health Psychology Program, University of California, San Francisco, CA.

**Dolbier, C.L.** (2003, February). *Resilient and thriving responses to stress*. Invited talk at the Department of Psychology, East Carolina University, Greenville, NC.

**Dolbier, C.L.** (2001, November). *Emotional and physiological responses to stress based on challenge versus threat appraisals*. Invited talk at the Department of Psychology, University of Texas, San Antonio, TX.

**Dolbier, C.L.** (2001, March). *Resilient and thriving responses to stress*. Invited talk at the Department of Psychology, University of Texas, San Antonio, TX.

**Dolbier, C.L.** (2001, January). *Transforming stress into resilience*. Resiliency training seminar conducted at Applied Materials, Santa Clara, CA.

**Dolbier, C.L.** (2000, February). *Psychological factors influencing the stress-illness relationship*. Invited talk at Graduate School of Public Health and Department of Health, Physical, and Recreational Education at the University of Pittsburgh, Pittsburgh, PA.

**Dolbier, C.L.** (2000, January). *Psychological factors influencing the stress-illness relationship*. Invited talk at Department of Kinesiology and Health Sciences at York University, Toronto, Canada.

**Dolbier, C.L.** (2000, January). *Health enhancing behaviors*. Invited lecture at Department of Kinesiology and Health Sciences at York University, Toronto, Canada.

- Dolbier, C.L.** (1999, September). *Social support and health*. Invited lecture in Mind/Body Health graduate course, University of Texas, Austin, TX.
- Dolbier, C.L.** (1998, September). *The effect of hardiness on immune function*. Invited talk at the Health Education doctoral research seminar, University of Texas, Austin, TX.
- Dolbier, C.L.** (1997, August). *The link between resilience and immune function*. Invited talk at M.D. Anderson Cancer Center research seminar, Bastrop, TX.

### **RESEARCH INTERESTS**

- Maternal stress, allostatic load, and birth outcomes (biobehavioral pathways from maternal stress to birth outcomes; psycho-social-cultural protective factors in the stress-birth outcomes relationship)
- Psychological and physiological effects of chronic stress (psychosocial antecedents and chronic stress in relation to psychological and physiological functioning at rest and in reaction to and recovery from stress)
- Psychosocial factors that serve a protective function in the stress-illness relationship (stress-buffering effects of social support and other resilience factors)
- Interventions to prevent/reduce the negative effects of stress and foster recovery and restoration (effectiveness of psychoeducational, cognitive-behavioral, and relaxation interventions in populations under stress)
- Growth and thriving as a result of stressful experiences (positive psychological outcomes such as stress-related growth; profiles of psychological and physical thriving)

### **FELLOWSHIPS & AWARDS**

- Dr. Dorothy J. Lovett Distinguished Alumni Award, University of Texas at Austin, 2008.
- Nominee and participant, Division of Research and Graduate Studies Research Development Program: Faculty Visits to Program Officers, East Carolina University, 2006-2007.
- Fellowship, Psychosocial Stress in Pregnancy and Infancy Workshop, National Institutes of Health, Bethesda, MD, 2003.
- Psi Chi Faculty Advisor Certificate of Appreciation, National Honor Society in Psychology, Chapter at University of Texas at San Antonio, 2002-2003.
- Amber Award for Student Service, Honors College, University of Texas at San Antonio, 2003.
- Postdoctoral Fellowship, Psychology in Medicine Training Grant, National Institutes of Health, 2000-2001.
- Summer Tuition Award, University of Texas at Austin, 2000.
- Graduate Student Professional Development Award, University of Texas at Austin, 1998-2000.
- Trainee Travel Award, Psychoneuroimmunology Research Society, 2000.
- Livingston Fellowship, University of Texas at Austin, 1999.
- Graduate and Professional Student Research Award, University of Texas at Austin, 1999.
- University Continuing Fellowship, University of Texas at Austin, 1998.

Fellowship, Psychoneuroimmunology Workshop, National Institutes of Health, Kansas City, MO, 1998.

## **STUDENT RESEARCH**

### **Dissertations**

Adjunct dissertation committee member for Mark Mallon, "The Influence of Changes in Physiological Arousal on Cognitive Appraisal," Kinesiology & Health Education Dept., University of Texas at Austin, 2004-2006.

Adjunct dissertation committee member for Katherine McCalister, "The Relationship Between Individual and Work Protective Factors as Predictors of Work Stress and Job Satisfaction," Kinesiology & Health Education Dept., University of Texas at Austin, 2001-2003.

Dissertation statistical advisor for Joy Stewart James, "Managed Occupational Health vs. Traditional Care: A Cost and Satisfaction Analysis of Workers' Compensation in Healthcare Workers," Kinesiology & Health Education Dept., University of Texas at Austin, 2002.

### **Theses**

Chair of graduate thesis committee for Taylor Rush, "Examining the Effects of Progressive Muscle Relaxation on Psychosocial and Physiological Resilience in a High Stress College Sample," Psychology Dept., East Carolina University, 2008-2010.

Member of graduate thesis committee for Katherine Buck, "Provider Gender Schema: Impact on Women's Satisfaction with Gynecological Care," Psychology Dept., East Carolina University, 2008-2010.

Member of graduate thesis committee for Catherine Saleska, "Military Enlistment and Terror Management Theory," Psychology Dept., East Carolina University, 2007-2009.

Member of undergraduate thesis committee for Teodora Stoica, "Do Maternal, Subclinical Nutrient Deficiencies Enhance the Damage Caused by Prenatal Alcohol Exposure?" Psychology Dept., East Carolina University, 2007-2008.

Chair of graduate thesis committee for Gina Vlasek, "An Investigation of Eating Without Hunger: Automatic Overeating, Triggers, and Relation to the Big-Five Personality Traits," Psychology Dept., East Carolina University, 2005-2006.

Member of graduate thesis committee for Anne Hoops, "Investigating an Association between Type A/B Behavior and Subjective Well-Being," Psychology Dept., East Carolina University, 2005-2006.

Member of graduate thesis committee for Selena Auguste, "Eating Patterns and Body Image Concerns Among African American Female Undergraduate Students," Psychology Dept., East Carolina University, 2005-2006.

Member of graduate thesis committee for Zetta Nicely, "Motivations for Choosing Women-Only Fitness Clubs," Psychology Dept., East Carolina University, 2005-2006.

Chair of graduate thesis committee for Eric Lester, "The Effect of Coping Strategies on Stress Task Performance and Post-Task Rumination," Psychology Dept., East Carolina University, 2004-2005.

Co-chair of undergraduate thesis committee for Laveena Khanchandani, "Jealousy During Dating Among Female College Students," Psychology Dept., East Carolina University, 2004-2005.

Chair of undergraduate honors thesis committee for Anthony Castro, "The Relationship of Cognitive Appraisal and Physiological Arousal to Performance," Psychology Dept., University of Texas at San Antonio, 2001-2003.

### **Training and supervision**

Community-based participatory field research for health psychology doctoral research assistant, three psychology, neuroscience, and biology undergraduate research assistants, Psychology Dept., East Carolina University, 2009-2010.

Community-based participatory field research for health psychology doctoral research assistant, two psychology undergraduate research assistants, Psychology Dept., East Carolina University, 2008-2009.

Community-based participatory field research for clinical psychology MA research assistant, two social work MA research assistants, Psychology Dept., East Carolina University, 2007-2008.

Relaxation intervention research for health psychology PhD research assistant, clinical psychology MA research assistant, psychology undergraduate research assistant, biology undergraduate research assistant, Psychology Dept., East Carolina University, 2007-2008.

Relaxation and emotional disclosure intervention research for health psychology PhD research assistant, two social work MA research assistants, Psychology Dept., East Carolina University, 2006-2007.

Community-based participatory field research for social work MA research assistant, public health MA research assistant, health education and promotion MA research assistant, Psychology Dept., East Carolina University, 2006-2007.

Relaxation intervention research for five psychology undergraduate research assistants, business administration MA research assistant, child life undergraduate research assistant, two honors psychology undergraduate research assistants, honors biology undergraduate research assistant, two research psychology MA research assistants, industrial/organizational psychology MA research assistant, Psychology Dept., East Carolina University, 2006-2007.

Community-based participatory field research for health education and promotion MA research assistant, Psychology Dept., East Carolina University, 2005-2006.

Qualitative research for social work MA research assistant, two health education and promotion MA research assistants, Psychology Dept., East Carolina University, 2005-2006.

Relaxation intervention research for five psychology undergraduate research assistants, three research psychology MA research assistants, clinical psychology MA research assistant, honors psychology undergraduate research assistant, honors biology undergraduate research assistant, Psychology Dept., East Carolina University, 2005-2006.

Stress reactivity research for three research psychology MA research assistants, clinical psychology MA research assistant, four undergraduate psychology research assistants, honors psychology undergraduate research assistant, honors biology undergraduate research assistant, Psychology Dept., East Carolina University, 2004-2005.

Community-based participatory field research for psychology undergraduate research assistant, Psychology Dept., East Carolina University, 2004-2005.

Qualitative research for marriage and family therapy MA research assistant, nursing PhD research assistant, honors psychology undergraduate research assistant, Psychology Dept., East Carolina University, 2004-2005.

Stress reactivity research for psychology undergraduate research assistant, honors psychology undergraduate research assistant, experimental psychology MA research assistant, Psychology Dept., University of Texas at San Antonio, 2002-2003.

Stress reactivity research for honors psychology undergraduate research assistant, undergraduate research assistant, experimental psychology MA research assistant, Psychology Dept., University of Texas at San Antonio, 2001-2002.

Stress reactivity research for two undergraduate psychology research assistants, Health Psychology Program, University of California at San Francisco, 2000-2001.

Psychoeducation and cognitive-behavioral intervention research for health education PhD research assistant, two undergraduate psychology research assistants, Kinesiology & Health Education Dept., University of Texas at Austin, 1999-2000.

Psychoeducation intervention research for two health education PhD research assistants, Kinesiology & Health Education Dept., University of Texas at Austin, 1999-2000.

Stress reactivity research for three psychology undergraduate research assistants, Psychology Dept., University of Texas at Austin, 1998-1999.

## **TEACHING EXPERIENCE**

### **Independent instructor**

Graduate Practicum in Teaching Psychology, East Carolina University (Summer 2009, Summer 2008, Summer 2007).

Undergraduate Health Psychology, East Carolina University (Fall 2009, Fall 2007, Spring 2007), University of Texas at San Antonio (Spring 2003, Spring 2002).

Undergraduate Honors Introductory Psychology, East Carolina University (Spring 2005), University of Texas at San Antonio (Fall 2002).

Undergraduate Introductory Psychology, East Carolina University (Spring 2009, Fall 2006, 2 sections Summer 2006, 2 sections Fall 2005, Summer 2005, Spring 2005, 2 sections Fall 2004, 2 sections Summer 2004, Spring 2004, Fall 2003), University of Texas at San Antonio (Spring 2003, 2 sections Fall 2002, 2 sections Fall 2001).

Undergraduate Advanced General Psychology, East Carolina University (Fall 2009, Spring 2010).

### **Co-instructor**

Graduate Health Psychology, East Carolina University (Spring 2004).

Undergraduate Health Psychology, University of California at Berkeley (Summer 2001).

### **Supervisor of graduate instruction**

Undergraduate Introductory Psychology, East Carolina University (Summer 2009, Spring 2009, Summer 2008, Spring 2008, Summer 2007, Summer 2006).

### **Teaching assistant**

Undergraduate Personal Wellness, University of Texas at Austin (2 sections Fall 1999).

Undergraduate Evaluation and Research Design, University of Texas at Austin (Spring 1998).

Undergraduate Techniques in Fitness Leadership, University of Texas at Austin (Spring 1998).

## **SERVICE**

### **University activities**

Chair, Advisory Committee, Psychology Dept., East Carolina University, 2009-present.

Peer observer of teaching, Psychology Dept., East Carolina University, 2009-present.

Member, clinical health psychology doctoral program admissions committee, Psychology Dept., East Carolina University, 2008-present.

Member, health psychology core faculty committee, Psychology Dept., East Carolina University, 2008-present.

Advisor, undergraduate psychology majors, Psychology Dept., East Carolina University, 2004-present.

Member, Scheduling Committee, Psychology Dept., East Carolina University, 2004-present.

Member, Student Health Advisory Committee, East Carolina University, 2008-present.

Coordinator, Health Psychology Symposium student research presentations, Psychology Dept. East Carolina University, 2008-2009.

Research mentor, University Honors Program, East Carolina University, 2004-2007.

Faculty Senate President representative, faculty information technology review committee, East Carolina University, 2005-2008.

Member, teaching assistant professor job search committee, Psychology Dept., East Carolina University, 2007-2008.

Member, clinical behavioral medicine job search committee, Psychology Dept., East Carolina University, 2007-2008.

Member, health psychology working group committee, Psychology Dept., East Carolina University, 2006-2008.

Chair, health psychology doctoral handbook committee, Psychology Dept., East Carolina University, 2006-2008.

Member, behavioral medicine and pediatric school psychology job search committee, Psychology Dept., East Carolina University, 2006-2007.

Member, health psychology doctoral program admissions committee, Psychology Dept., East Carolina University, 2006-2007.

Member, behavioral medicine job search committees, Psychology Dept., East Carolina University, 2005-2006.

Member, health psychology doctoral program and curriculum development committee, Psychology Dept., East Carolina University, 2003-2006.

Chair, physiological psychology/neuropsychology job search committee, Psychology Dept., East Carolina University, 2004-2005.

Coordinator, research screening tool, Psychology Dept., East Carolina University, 2003-2004.

Member, clinical health psychology job search committee, Psychology Dept., East Carolina University, 2003-2004.

Member, psychology Ph.D. curriculum development committee, Psychology Dept., University of Texas at San Antonio, Sept. 2002-2003.

Co-coordinator, research participant pool, Psychology Dept., University of Texas at San Antonio, 2002-2003.

Member, health education job search committee, University of Texas at San Antonio, 2002-2003.

Mentor, NIMH Career Opportunities in Research Training Program, University of Texas at San Antonio, 2001-2003.

Research mentor and teacher, University Honors Program, University of Texas at San Antonio, 2001-2003.

Co-advisor, UTSA chapter of Psi Chi National Honor Society in Psychology, University of Texas at San Antonio, 2001-2003.

Member, scholarship committee, University of Texas at San Antonio, 2001-2003.

Library liaison for Department of Psychology, University of Texas at San Antonio, 2001-2003.

Co-leader, Psychology & Health Journal Club, University of Texas at San Antonio, 2001-2003.

Member, health psychology job search committee, University of Texas at San Antonio, 2001-2003.

### **Professional activities**

Manuscript reviewer, *Psychology of Women Quarterly*, 2009.

Manuscript reviewer, *Journal of Behavioral Medicine*, 2000, 2009.

Manuscript reviewer, *Journal of Women's Health*, 2008-present.

Manuscript reviewer, *Health Psychology*, 2008- present.

Manuscript reviewer, *American Journal of Health Behavior*, 2005-present.

Manuscript reviewer, *International Journal of Psychology*, 2005-present.

Abstract reviewer, American Psychosomatic Society Conference, 2008.

Participant, Eastern North Carolina Baby Love Plus Regional Consortium meeting, Greenville, NC, 2007.

Consultant, 17P Project, a North Carolina General Assembly project to reduce recurring preterm birth by improving access to and utilization of 17 alpha hydroxyprogesterone caproate (17P), 2006-2007.

Participant, Community Child Health Network planning meetings, National Institutes of Health, 2005-2007.

Consultant, Community Child Health Network, a National Institute of Child Health and Human Development grant project on health disparities in pregnancy outcomes, infant and child mortality and morbidity, 2005-2006.

Grant reviewer, San Antonio Life Sciences Institute, 2005.

Participant, National Children's Study Workshop, *Psychosocial Stress in Pregnancy and Infancy*, National Institutes of Health, Bethesda, MD, 2003.

Small group facilitator, psychiatry course on brain and behavior for medical students at the University of California, San Francisco, CA, 2001.

Abstract reviewer, American Psychological Association International Women's Health Conference, 2001.

Invited panelist, psychoneuroimmunology panel discussion, Southwestern Psychological Association meeting, Albuquerque, NM, 1999.

Abstract reviewer, Southwestern Psychological Association meeting, Albuquerque, NM, 1999.

## **PROFESSIONAL DEVELOPMENT**

### **Professional memberships**

Member, Health Psychology Division of the American Psychological Association, 1999-present.

Member, American Psychosomatic Society, 1999-present.

Member, Society of Behavioral Medicine, 2000, 2001, 2005, 2007.

Member, North Carolina Academy of Science, 2007.

Member, American Psychological Association, 1998-2007.

Member, American Psychological Society, 1999-2004.

Member, Psychoneuroimmunology Research Society, 1998-2000.

Member, National Wellness Institute, 1998.

### **Training and certification**

Health Insurance Portability and Accountability Act training, East Carolina University, September 2009.

Mindfulness-based stress reduction course, Duke Center for Integrative Medicine, July-August 2009.

Centra training and course integration class, East Carolina University, June 2009.

CommonSpot website development training, East Carolina University, September 2008.

Sedona academic publication database training, East Carolina University, March 2008.

Employment discrimination certification, East Carolina University, January 2008.

Sexual harassment certification, East Carolina University, January 2008.

Blackboard online class management system training, East Carolina University, August 2007.

Blood-borne pathogen exposure training, East Carolina University, Summer 2007.

Yogic breathing and emotional disclosure intervention training, Fayetteville State University, Summer 2007.

Banner administrative system training, East Carolina University, February 2007.

University and Medical Center Institutional Review Board CITI certification, East Carolina University, February 2007.

INSIGHT cognitive-behavioral intervention training, East Carolina University, Fall 2006.

Effort reporting system training, East Carolina University, Fall 2006.

Biopac psychophysiology training, Fayetteville State University, Summer 2006.

Abbreviated progressive muscle relaxation training, East Carolina University, Fall 2005.

Health Information Portability and Accountability Act (HIPAA) training, East Carolina University, Fall 2005.

Electronic medical record review using Logician/Centricity training, East Carolina University, Fall 2005.

National Institutes of Health human participants protection education for research teams, Summer 2005.

Peer classroom observation training, East Carolina University, January 2004.

University and Medical Center Institutional Review Board CITI certification, East Carolina University, January 2004.

Banner administrative system training, University of Texas at San Antonio, Fall 2002.

WebCT online course management system training, University of Texas at San Antonio, Fall 2001.

SPIN funding finder system training, University of Texas at San Antonio, Fall 2001.

Electrocardiograph and impedance cardiograph training, Stanford University, Fall 2000 and Spring 2001.

### **Workshops and meetings**

“Introduction to Online Teaching” 15-hour workshop, East Carolina University, June, 2009.

“What To Do When You Discover Your Students Can’t Write” workshop, East Carolina University, September, 2008.

“Discovering a Multifaceted Research Agenda” workshop, East Carolina University, August, 2008.

“Preparing for Your Online Course” workshop, East Carolina University, August 2008.

“Quality Matters Webinar” workshop, East Carolina University, August, 2008.

Panel on National Science Foundation funding, East Carolina University, November 2007.

Tenure and promotion workshop, East Carolina University, October 2007.

National Center for Complementary and Alternative Medicine program officer visit, Bethesda, MD, February 2007.

Health Disparities Center planning meetings, East Carolina University, Spring 2007.

“How to Find Funding for the Social Sciences” workshop, East Carolina University, April 2006.

“Introduction to Qualitative Analysis with NVIVO” workshop, East Carolina University, summer 2005.

“Enhancing Success of Grants” workshop, East Carolina University, April 2005.

“Student Advising and MVS” workshop, East Carolina University, September 2004.

“Enhancing Intermediate Statistical Skills for Research and Instruction” workshop, East Carolina University, June 2004.

“Enhancing Advanced Statistical Skills for Research and Instruction” workshop, East Carolina University, June 2004.

“National Science Foundation Grant-Writing” workshop, University of North Carolina at Greensboro, April 2004.

“Tenure and Promotion for Women” workshop, East Carolina University, April 2004.

“Using Technology to Enhance Student Learning” workshop, East Carolina University, April 2004.

“Psychosocial Stress in Pregnancy and Infancy” Workshop, National Institutes of Health, Bethesda, MD, 2003.

“Twelve Keys to Successful Grant Writing” workshop, East Carolina University, November 2003.

“Strategies for Teaching Online” workshop, East Carolina University, November 2003.

Tenure and promotion workshop, East Carolina University, October 2003.

“Being a Success in Large Lecture Formats” workshop, University of Texas at San Antonio, Fall 2001.

“Eighteen Ways to Improve Your Evaluations” workshop, University of Texas at San Antonio, Fall 2001.

Psychoneuroimmunology workshop, National Institutes of Health, Kansas City, MO, 1998.