

October 10, 2025

CURRICULUM VITAE
CARLY MICHELLE GOLDSTEIN

Weight Control and Diabetes Research Center
The Miriam Hospital
196 Richmond Street
Providence, RI 02903
401.793.8960 (phone)
401.793.8944 (fax)
carly_goldstein@brown.edu

EDUCATION

Undergraduate:	Skidmore College, Saratoga Springs, NY
Major Field:	Psychology and Dance Performance and Choreography
Degree:	Bachelor of Arts, 2010
Honors:	Krawiec Scholar Award Department Honors in Psychology Honors Forum Honors Periclean Honors Society Honors Student Government Association Student Leadership Award Gilbert Family Scholarship Dean's Academic Honor List Fall 2008 Scholar at University of Oxford, ENG
Graduate:	Kent State University, Kent, OH
Major Field:	Clinical Psychology
Degree:	Masters of Arts
Attended:	August 2010-May 2013
Honors:	Graduate Student Fellowship from the Kent State University Coordinating Center for Quantitative Methodology Graduate Student Travel Award Faculty-Elected Annual Tuition Scholarship (Marquette University's College of Health Sciences Neuroanatomical Dissection Course) Applied Psychology Center Graduate Student Travel Award
Graduate:	Kent State University, Kent, OH
Major Field:	Clinical Psychology
Degree:	Doctor of Philosophy
Attended:	May 2013-August 2015
Honors:	Graduate Student Travel Award Applied Psychology Center Graduate Student Travel Award Most Outstanding Poster Presentation: Graduate Student Senate Research Symposium
Internship:	Alpert Medical School of Brown University, Providence, RI Clinical Psychology Training Consortium

Level: Resident
Specialty: Clinical Psychology, Specialization in Behavioral Medicine
Attended: July 2014-June 2015

POSTGRADUATE TRAINING

Fellowship: Alpert Medical School of Brown University, Providence, RI
Weight Control & Diabetes Research Center
Level: NHLBI Cardiovascular Behavioral Medicine T32 Research
Fellow
Attended: July 2015-June 2017

POSTGRADUATE HONORS AND AWARDS

Award: NIH and The Methodology Center Training on Optimization of
Behavioral and Biobehavioral Interventions Scholar
Received: 2016

Award: Full Tuition Fellowship as a Q Program (Intensive Qualitative
Research Methods Course) Scholar from the Centers for
Behavioral and Preventive Medicine and the Brown University
Department of Psychiatry and Human Behavior
Received: 2017-2018

Award: The Obesity Society Annual Poster Award for Excellence in
Science with a Focus on eHealth and mHealth
Received: 2017

Award: NIH Mobile Health (mHealth) Training Institute (mHTI) Scholar
Received: 2018

Award: Eighteenth Annual OBSSR/NHLBI/ODP Summer Institute on
Randomized Behavioral Clinical Trials Scholar and Scholarship
Recipient
Received: 2018

Award: 24 Carrot Award, Rhode Island Academy of Nutrition & Dietetics
Received: 2020

Award: Fellow, American Association for Cardiovascular and Pulmonary
Rehabilitation
Received: 2020

Award: Citation Abstract Award, Society of Behavioral Medicine Annual
Meeting (J.G. Thomas, Presenter)
Received: 2023

Award: Early Career Professional Award, Society of Behavioral Medicine
Cardiovascular Disease Special Interest Group

Received: 2025

Award: Research Abstract Award (Professional), Society of Behavioral
Medicine Annual Meeting Optimization of Biobehavioral
Interventions Special Interest Group

Received: 2025

ACADEMIC APPOINTMENTS

Position: Instructor
University: Kent State University
Department: Psychological Sciences
Term: 2012 – 2014

Position: Assistant Professor (Research)
University: Alpert Medical School of Brown University
The Miriam Hospital
Department: Psychiatry and Human Behavior
Term: July 2017-present

HOSPITAL APPOINTMENTS

Position: WOC Research Psychologist
Hospital: Providence Veterans Affairs Medical Center
Department: Research Service (Psychology)
Term: June 2017 - Present

Position: Staff Psychologist
Hospital: The Miriam Hospital
Department: Centers for Behavioral and Preventive Medicine
Weight Control and Diabetes Research Center
Term: July 2017 - Present

ACTIVE LICENSURES

State of Rhode Island
Psychologist
License # PS01614

OTHER APPOINTMENTS

Position: Ad-Hoc Reviewer
Journals: *American Journal of Clinical Nutrition, American Journal of
Lifestyle Medicine, American Journal of Medicine, Annals of
Behavioral Medicine, Appetite, Emerging Adulthood, General
Hospital Psychiatry, Health Psychology, International Journal of
Aging and Human Development, Journal of Affective Disorders,*

Journal of Cardiopulmonary Rehabilitation and Prevention, Journal of Cardiovascular Nursing, Journal of General Internal Medicine, Journal of Telemedicine and Telecare, Patient Preference and Adherence

Term: 2011-Present

Position: Annual Meeting Events Coordinator
Committee: Student Special Interest Group
Organization: The Society of Behavioral Medicine
Term: 2013-2014

Position: Membership Director
Committee: Student Special Interest Group
Organization: The Society of Behavioral Medicine
Term: 2014-2015

Position: Invited Representative
Committee: Behavior Change Program Planning Subcommittee for 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, and 2024 Annual Meetings
Organization: American Association for Cardiovascular and Pulmonary Rehabilitation
Term: 2015-Present

Position: Invited Representative
Committee: Psychosocial and Nutrition Expert Group
Organization: American Association for Cardiovascular and Pulmonary Rehabilitation
Term: 2015-Present

Position: Representative
Committee: Digital Health Council
Organization: The Society of Behavioral Medicine
Term: 2015-2022

Position: Early Career Representative
Committee: eHealth/mHealth Section
Organization: The Obesity Society
Term: 2016-2017

Position: Invited Representative
Committee: Student Engagement/Emerging Professionals Task Force
Organization: American Association for Cardiovascular and Pulmonary Rehabilitation
Term: 2016-2019

Position: Cardiovascular Behavioral Medicine T32 Course Director
Organization: Brown University Clinical Psychology Training Consortium
Term: 2017-Present

Position: Board-Appointed Member

Committee:	Education Committee
Organization:	American Association for Cardiovascular and Pulmonary Rehabilitation
Term:	2017-2019
Position:	Councilor
Committee:	eHealth/mHealth Section
Organization:	The Obesity Society
Term:	2017-2019
Position:	Membership Director
Committee:	Cardiovascular Disease Special Interest Group (Inaugural Year)
Organization:	The Society of Behavioral Medicine
Term:	2018-2021
Position:	Invited Representative
Committee:	Public Education Committee (formerly the Civic and Public Engagement Committee)
Organization:	The Society of Behavioral Medicine
Term:	2018-2024
Position:	Board-Appointed Member
Committee:	Research Committee
Organization:	American Association for Cardiovascular and Pulmonary Rehabilitation
Term:	2019-Present
Position:	Representative
Committee:	Weight Stigma Education Planning Committee
Organization:	Rhode Island Academy of Nutrition and Dietetics
Term:	2019
Position:	Chair
Committee:	Public Education Committee (formerly the Civic and Public Engagement Committee)
Organization:	The Society of Behavioral Medicine
Term:	2020-2023
Position:	Member
Committee:	Board of Directors
Organization:	The Society of Behavioral Medicine
Term:	2020-2022
Position:	Invited Member
Committee:	Website Taskforce
Organization:	American Association for Cardiovascular and Pulmonary Rehabilitation
Term:	2020-2022
Position:	Member
Committee:	Development Council

Organization: The Society of Behavioral Medicine
Term: 2022-Present

Position: Independent Ad-Hoc Grant Reviewer
Organization: The Implementation Group
Term: 2024, 2025

UNIVERSITY COMMITTEES

Committee: Clinical Faculty Search Committee
University: Skidmore College, Saratoga Springs, NY
Position: Student Representative
Term: 2009

Committee: Experimental Health Faculty Search Committee
University: Kent State University, Kent, OH
Position: Clinical Student Representative
Term: 2011-2012

Committee: Clinical Training Committee
University: Kent State University, Kent, OH
Position: 3rd Year Clinical Student Representative
Term: 2012-2013

Committee: Graduate Student Agraphia Group
University: Kent State University, Kent, OH
Position: Founder
Term: 2013

Committee: Psychology Training Program Technology Committee
University: Brown University, Providence, RI
Position: Resident Representative
Term: 2014-2015

Committee: Psychology Training Program Technology Committee
University: Brown University, Providence, RI
Position: Fellow Representative
Term: 2015-2017

Committee: Psychology Program Training Committee
University: Brown University, Providence, RI
Position: Senior Fellow (Research)
Term: 2016-2017

Committee: Psychology Training Program Technology Committee
University: Brown University, Providence, RI
Position: Faculty Representative
Term: 2017-2020

Committee:	Department of Psychiatry and Human Behavior Teaching & Research Awards Committee
University:	Brown University, Providence, RI
Position:	Committee Member (Fellow Representative)
Term:	2017
Committee:	Psychology Training Program Didactics Committee
University:	Brown University, Providence, RI
Position:	Cardiovascular Behavioral Medicine T32 Representative
Term:	2019-Present
Committee:	Clinical Psychology Training Program's Training Committee
University:	Brown University, Providence, RI
Position:	Social Media Chair
Term:	2020-Present
Committee:	Advance-CTR Internal Advisory Committee
University:	Brown University, Providence, RI
Position:	Member
Term:	2021-2022

MEMBERSHIPS IN SOCIETIES

American Association for Cardiovascular and Pulmonary Rehabilitation
The Society for Behavioral Medicine

COMMITMENT TO DIVERSITY, EQUITY, INCLUSION, JUSTICE, AND ANTI-RACISM

My Diversity, Equity, Inclusion, Justice, and Anti-Racism (DEI/JAR) scientific work (publications, presentations, and grants) is notated below with an asterisk (*). A sample of my other work in this area is listed below.

I provide confidential consultation, mentoring, and advising to trainees at Brown and externally, early career faculty at Brown and externally, employees at The Miriam Hospital, and external graduate psychology departments on: accommodations for trainees with chronic illness; methods for improving retention of employees, trainees, and faculty with disabilities; enactment of remediation plans in the setting of suspected discrimination; first generation college graduate experience; planning parental leaves, returning to work, and accommodations to support pumping breastmilk/chestmilk at work; strategies for addressing stigma and discrimination with supervisors; and individuals from underrepresented and minoritized backgrounds applying for doctoral degrees, among other related topics. This work extends beyond my role as a faculty mentor for the DPHB Diversity Mentoring Program, for which I have served as a mentor since 2022. I also provide psychoeducational seminars for community groups and in-services for medical departments.

Other work includes: creation and dissemination of content via lectures, workshops, handouts, and other resources; conduct research designed to reduce health disparities and improve health outcomes among vulnerable and marginalized populations that are eligible for or are completing

cardiac rehabilitation; participate in DEI/JAR work for the Society of Behavioral Medicine and the American Association for Cardiovascular and Pulmonary Rehabilitation; and coordinate with DPHB Communications Director to incorporate DEI/JAR strategies into department social media content and strategy.

PUBLICATIONS LIST

ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS

1. Schprechman J, Gathright EC, **Goldstein CM**, Guerini K, Dolansky M, Redle J, & Hughes JW. Health literacy and global cognitive function predict electronic resource use in heart failure patients. *Nursing Research and Practice*. 2013. <http://www.ncbi.nlm.nih.gov/pubmed/24282634>*
2. **Goldstein CM**, Gathright EC, Sterns A, Gunstad J, Redle JD, Dolansky M, Josephson R, Hughes JW. Randomized controlled trial of two telemedicine medication reminder systems for older adults with heart failure. *Journal of Telemedicine and Telecare*. 2014; 20;293-299. <http://www.ncbi.nlm.nih.gov/pubmed/24958355>*
3. Hawkins MAW, **Goldstein CM**, Dolansky MA, Gunstad J, Redle JD, Josephson R, Hughes JW. Depressive symptoms are associated with obesity in adults with heart failure: An analysis of gender differences. *European Journal of Cardiovascular Nursing*. 2014. <http://www.ncbi.nlm.nih.gov/pubmed/25031311>
4. Hammonds T, Rickert K, **Goldstein CM**, Gathright EC, Gilmore S, Derflinger B, Bennett B, Sterns A, Drew BL, Hughes JW. Adherence to antidepressant medications: A randomized controlled trial of medication reminding in college students. *Journal of American College Health*. 2015; 63(3). <http://www.tandfonline.com/doi/abs/10.1080/07448481.2014.975716>
5. Xie S, **Goldstein CM**, Gathright EC, Gunstad J, Dolansky MA, Redle J, Hughes JW. Performance of the Automated Neuropsychological Assessment Metrics (ANAM) in detecting impairment in heart failure patients. *Heart & Lung – The Journal of Acute and Critical Care*. 2015; 44;387-394. <https://www.ncbi.nlm.nih.gov/pubmed/26354858>
6. Hammonds TL, Gathright EC, **Goldstein CM**, Penn MS, Hughes JW. Effects of exercise on c-reactive protein in healthy patients and in patients with heart disease: A meta-analysis. *Heart & Lung – The Journal of Acute and Critical Care*. 2016;45(3);273-282. <https://www.ncbi.nlm.nih.gov/pubmed/26916454>
7. **Goldstein CM**, Minges KE, Schoffman DE, Cases MG. Preparing tomorrow's behavioral medicine scientists and practitioners: a survey of future directions for education and training. *Journal of Behavioral Medicine*. 2016;40(1);214-26. <https://www.ncbi.nlm.nih.gov/pubmed/27365056>
8. **Goldstein CM**, Thomas JG, Wing RR, Bond DS. Successful weight loss maintainers use health-tracking smartphone applications more than a nationally representative sample: comparison of the National Weight Control Registry to Pew Tracking for Health. *Obesity Science & Practice*. 2017; 3(2);117-126. <https://www.ncbi.nlm.nih.gov/pubmed/28702210>
9. Gathright EC, **Goldstein CM**, Josephson RA, Hughes JW. Depression increases the risk of mortality in patients with heart failure: a meta-analysis. *Journal of Psychosomatic Research*. 2017; 94:82-9. <https://www.ncbi.nlm.nih.gov/pubmed/28183407>
10. **Goldstein CM**, Gathright EC, Garcia S. The relationship between depression and

- medication adherence in cardiovascular disease: The perfect challenge for the integrated care team. *Patient Preference and Adherence*. 2017; 11;547-59.
<https://pubmed.ncbi.nlm.nih.gov/28352161/>
11. **Goldstein CM**, Gathright EC, Dolansky MA, Gunstad J, Redle JD, Josephson JR, Hughes JW. Depressive symptoms moderate the relationship between medication regimen complexity and objectively measured medication adherence in adults with heart failure. *Journal of Behavioral Medicine*. 2017; 40(4);602-611.
<https://www.ncbi.nlm.nih.gov/pubmed/28190133>
 12. Bennett BL, **Goldstein CM**, Gathright EC, Hughes JW, Latner JD. Internal health locus of control predicts willingness to track health behaviors online and with smartphone applications. *Journal of Psychology, Health & Medicine*. 2017; 22(10);1224-9. <https://www.ncbi.nlm.nih.gov/pubmed/28415852>
 13. Hughes JW, **Goldstein CM**, Logan C, Mulvany J, Hawkins MAW, Sato AF, Gunstad J. Controlled testing of a novel portion control plate produces smaller self-selected portion sizes compared to regular dinner plate. *BMC Obesity*. 2017;40(3).
<https://www.ncbi.nlm.nih.gov/pubmed/28775849>
 14. Gathright EC, **Goldstein CM**, Loucks EB, Busch AM, Stabile L, Wu WC. Examination of clinical and psychosocial determinants of exercise capacity change in cardiac rehabilitation. *Heart & Lung – The Journal of Acute and Critical Care*. 2019;48(1);13-7. <https://www.ncbi.nlm.nih.gov/pubmed/30093163>
 15. Fortuna KL, Barr PJ, **Goldstein CM**, Walker RM, Brewer LC, Zagaria AB, Bartels SJ. Application of community-engaged research to inform the development and implementation of a peer-delivered mobile health intervention for adults with serious mental illness. *JMIR: Journal of Participatory Medicine*. 2019;11(1),e12380.
<https://pubmed.ncbi.nlm.nih.gov/32095314/>
 16. Espel-Huynh HM, Wing RR, **Goldstein CM**, Thomas JG. Rationale and design for a pragmatic effectiveness-implementation trial of online behavioral obesity treatment in primary care. *Contemporary Clinical Trials*. 2019;82;9-16.
<https://pubmed.ncbi.nlm.nih.gov/31063870/>
 17. Goldstein SP, **Goldstein CM**, Bond DS, Raynor HA, Wing RR, Thomas JG. Associations between self-monitoring and weight change in behavioral weight loss interventions. *Health Psychology*. 2019;38(12);1128.
<https://pubmed.ncbi.nlm.nih.gov/31556659/>
 18. Fortuna KL, Muralidharan A, **Goldstein CM**, Venegas M, Glass JE, Brooks JM. Certified peer specialists' perspective of the barriers and facilitators to mobile health engagement. *Journal of Technology in Behavioral Science*. 2020;5(4);318-323.
<https://pubmed.ncbi.nlm.nih.gov/33163620/>
 19. Panza E, Olson K, **Goldstein CM**, Selby EA, & Lillis J. Characterizing lifetime and daily experiences of weight stigma among sexual minority women with overweight and obesity: a descriptive study. *International Journal of Environmental Research and Public Health*. 2020; 17(13), 4892:1-15.
<https://pubmed.ncbi.nlm.nih.gov/32645883/>
 20. Mereish EH, **Goldstein CM**. Minority stress and cardiovascular disease risk among sexual minorities: mediating effects of diminished sense of mastery. *International Journal of Behavioral Medicine*. 2020; 27(6), 726-736.
<https://pubmed.ncbi.nlm.nih.gov/32734472/>
 21. Thomas JG, **Goldstein CM**, Bond DS, Hadley W, Tuerk PW. Web-based virtual reality to enhance behavioral skills training and weight loss in a commercial online weight management program: The Experience Success randomized trial. *Obesity Science & Practice*. 2020; 6(6), 587-595.
<https://pubmed.ncbi.nlm.nih.gov/33354337/>

22. Thomas JG, **Goldstein CM**, Bond DS, Lillis J, Hekler EB, Emerson JA, Espel-Huynh HM, Goldstein SP, Dunsiger SI, Evans EW, Butryn ML, Huang J, Wing RR. Evaluation of intervention components to maximize outcomes of behavioral obesity treatment delivered online: a factorial experiment following the multiphase optimization strategy framework. *Contemporary Clinical Trials*. 2021;100(106217). <https://pubmed.ncbi.nlm.nih.gov/33197609/>
23. **Goldstein CM**, Goldstein SP, Thomas DM, Hoover A, Bond DS, Thomas JG. The Behavioral Intervention with Technology for E-weight loss Study (BITES): Incorporating energy balance models and the Bite Counter into an online behavioral weight loss program. *Journal of Technology in Behavioral Science*. 2021; 6(2);402-418. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8963133/>
24. Espel-Huynh HM, **Goldstein CM**, Finnegan OL, Elwy AR, Wing RR, Thomas JG. Primary care clinicians' perspectives on clinical decision support to enhance outcomes of online obesity treatment in primary care: A qualitative formative evaluation. *Journal of Technology in Behavioral Science*. 2021;6,515-526. <https://pubmed.ncbi.nlm.nih.gov/34722861/>
25. Bartlett Ellis R, Wright J, Soederberg Miller L, Jake-Schoffman D, Hekler EB, **Goldstein CM**, Arigo D, Nebeker C. Lessons learned: Beta-testing the Digital Health Checklist for Researchers prompts a call to action by behavioral scientists. *Journal of Medical Internet Research*. 2021;23(12):e25414. <https://pubmed.ncbi.nlm.nih.gov/34941548/>
26. Hunt LK, **Goldstein CM**, Garnsey C, Bogen KW, Orchowski LM. Examining public sentiment surrounding abortion: A qualitative analysis of #YouKnowMe. *Women's Reproductive Health*. 2022;9 (4).
27. Goldstein SP, Evans EW, Espel-Huynh HM, **Goldstein CM**, Karchere-Sun R, Thomas JG. Dietary lapses are associated with meaningful elevations in daily caloric intake and added sugar consumption during a lifestyle modification intervention. *Obesity Science & Practice*. 2022; 8(4);442-454. <https://pubmed.ncbi.nlm.nih.gov/35949281/>
28. Espel-Huynh HM, **Goldstein CM**, Stephens M, Finnegan OL, Elwy AR, Wing RR, Thomas JG. Contextual influences on implementation of online behavioral obesity treatment in primary care: formative evaluation guided by the Consolidated Framework for Implementation Research. *Translational Behavioral Medicine*. 2022;12(2), 214-224. <https://pubmed.ncbi.nlm.nih.gov/34971381/>
29. Thomas JG, Panza E, Espel-Huynh HM, **Goldstein CM**, O'Leary K, Benedict N, Puerini AJ, Wing RR. Pragmatic implementation of a fully automated online obesity treatment in primary care. *Obesity*. 2022; 30(8);1621-1628. <https://pubmed.ncbi.nlm.nih.gov/35894075/>
30. Gaffey AE, Gathright EC, Fletcher LM, **Goldstein CM**. Screening for psychological distress and risk of cardiovascular disease and related mortality: a systematized review, meta-analysis, and case for prevention. *Journal of Cardiopulmonary Rehabilitation and Prevention*. 2022; 42(6);404-415. <https://pubmed.ncbi.nlm.nih.gov/36342683/>
31. Pagano N, Glasofer DR, Attia E, Ruggiero J, Eziri K, **Goldstein CM**[^], Steinglass J[^]. Perspectives on relapse prevention following intensive treatment of anorexia nervosa: a focus group study. *International Journal of Eating Disorders*. 2023; 56(7),1417-1431. <https://pubmed.ncbi.nlm.nih.gov/37051854/> (^ denotes joint senior authorship)
32. Thomas JG, Panza E, **Goldstein CM**, Hayes JF, Benedict N, O'Leary K, Wing, RR. Pragmatic implementation of online obesity treatment and maintenance interventions in primary care: a randomized clinical trial. *JAMA: Internal Medicine*. 2024; 184(5),502-509. <https://pubmed.ncbi.nlm.nih.gov/38466266/>

33. **Goldstein CM**, Panza E, Hayes JF, Thomas JG, O’Leary K, Wing RR. Pragmatic online obesity treatment in primary care: A hybrid randomized clinical trial of implementation strategies. *npj Cardiovascular Health*. (In Press).
34. **Goldstein CM**, Goldstein SP, Ladd BT, Wing RR, Thomas JG. Differences in self-monitoring technology use and perceptions between National Weight Control Registry participants maintaining and regaining weight. *Journal of Technology in Behavioral Science*. 2025; 10(2):450-460. <https://pubmed.ncbi.nlm.nih.gov/40950752>
35. Thomas JG, **Goldstein CM**, Bond DS, Lillis J, Hekler E, Goldstein SP, Butryn ML, Cao Z, Wing RR. Evaluation of five novel intervention components in online obesity treatment: Outcomes of a randomized factorial experiment. *Obesity*. 2025. <https://pubmed.ncbi.nlm.nih.gov/40968617>

OTHER PEER-REVIEWED PUBLICATIONS

1. **Goldstein CM**, Josephson R, Xie S, Hughes JW. Current perspectives on the use of meditation to reduce blood pressure. *The International Journal of Hypertension*. 2012;2012;1-11. <http://www.ncbi.nlm.nih.gov/pubmed/22518287>
2. Hughes JW, **Goldstein CM**. Lower the cost, extend the reach, expand the opportunities: A comment on Morledge et al. *Annals of Behavioral Medicine*. 2013;46;129-130. <http://www.ncbi.nlm.nih.gov/pubmed/23591694>
3. **Goldstein CM**, Xie S, Hawkins MAW, Hughes JW. Reducing risk for cardiovascular disease: Negative health behaviors in college students. *Emerging Adulthood*. 2015;3;24-36.
4. **Goldstein CM**, Luke A. Social networking sites. In MC Gellman (Ed.) *Encyclopedia of Behavioral Medicine*. Springer Publishing Company, New York, NY. 2016.
5. **Goldstein CM**. Self-management. In Turnkey Enrollment/Adherence Strategies Series, A Knight (Ed.) *Roadmap to Reform from the AACVPR Health Care Reform Committee* May 2017.
6. **Goldstein CM**, Goldstein SP. Virtual reality. In MC Gellman (Ed.) *Encyclopedia of Behavioral Medicine*. Springer Publishing Company, New York, NY. 2018. doi: 10.1007/978-1-4614-6439-6_101947-1
7. **Goldstein CM**, Kugler KC. The Multiphase Optimization Strategy. In MC Gellman (Ed.) *Encyclopedia of Behavioral Medicine*. Springer Publishing Company, New York, NY. 2019. doi: 10.1007/978-1-4614-6439-6_101966-1
8. **Goldstein CM**, Jones S. Stepped care models. In MC Gellman (Ed.) *Encyclopedia of Behavioral Medicine*. Springer Publishing Company, New York, NY. 2019. doi: 10.1007/978-1-4614-6439-6_102012-1
9. Fortuna KL, Torous J, Depp CA, Jimenez DE, Areán PA, Walker R, Ajilore O, **Goldstein CM**, Cosco TD, Brooks JM, Vahia IV, Bartels SJ. A future research agenda for digital geriatric mental health care. *American Journal of Geriatric Psychiatry*. 2019;27(11),1277-85.*
10. Wang M, Behrman P, Fitzgibbon M, Dulin A, Baskin ML, Buscemi J, Alcaraz KI, **Goldstein CM**, Carson TL, Shen MT. Addressing inequities in COVID-19: Research and policy recommendations. *Translational Behavioral Medicine*. 2020;10(3),516-519. <https://pubmed.ncbi.nlm.nih.gov/32542349/>*
11. **Goldstein CM**, Murray EJ, Beard J, Schnoes AM, Wang ML. Science communication in the age of misinformation. *Annals of Behavioral Medicine*. 2020;54(12),985-990. <https://pubmed.ncbi.nlm.nih.gov/33416836/>
12. Beatty AL, Beckie TM, Dodson J, **Goldstein CM**, Hughes JW, Kraus WE, Martin SS, Olson TP, Pack QR, Stolp H, Thomas RJ, Wu WC, Franklin BA. A new era in

- cardiac rehabilitation delivery: research gaps, questions, strategies, and priorities. *Circulation*. 2023;147(3),254-266. <https://pubmed.ncbi.nlm.nih.gov/36649394/>*
13. **Goldstein CM**, Krukowski RA. The importance of lay summaries for improving science communication. *Annals of Behavioral Medicine*. 2023;57(7),509-510. <https://pubmed.ncbi.nlm.nih.gov/37379509/>*
 14. Gaffey AE, **Goldstein CM**, Hays MM, Lee SY, Gaalema DE. Psychological risk factors in cardiac rehabilitation: anxiety, depression, social isolation, and anger/hostility. *Journal of Cardiopulmonary Rehabilitation and Prevention*. 2023;43(6),E20-E21. <https://pubmed.ncbi.nlm.nih.gov/37729630/>
 15. Krukowski RA, **Goldstein CM**. The potential for graphical abstracts to enhance science communication. *Translational Behavioral Medicine*. 2023;13(12),891-895. <https://pubmed.ncbi.nlm.nih.gov/37966942/>
 16. Gaffey AE, **Goldstein CM**, Hays MM, Lee SY, Gaalema DE. Psychological risk factors in pulmonary rehabilitation: anxiety, depression, social isolation, and cognitive impairment. *Journal of Cardiopulmonary Rehabilitation and Prevention*. 2024;44(1),E3-E4. <https://pubmed.ncbi.nlm.nih.gov/38079256/>
 17. Oselinsky KM, Gupta SK, Tiboni H, **Goldstein CM**. The psychosocial benefits of cardiac rehabilitation among cancer survivors. *Journal of Cardiopulmonary Rehabilitation and Prevention*. 2025. In press.

NON-PEER REVIEWED PUBLICATIONS

1. **Goldstein CM**. There's an app for that: Policy and technological advances in the prevention of cardiovascular disease. *Scientific American Guest Blog* 2013. <http://blogs.scientificamerican.com/guest-blog/2013/02/21/theres-an-app-for-that-policy-and-technological-advances-in-the-prevention-of-cardiovascular-disease/>
2. **Goldstein CM**. A whole new world: Collaborating and facilitating integration and research to raise rehabilitation programs to the next level. *AACVPR News and Views* October/November 2016. http://www.nxtbook.com/nxtbooks/smithbucklin/aacvpr_20161011/#/8
3. Arigo D, Jake-Schoffman D, **Goldstein CM**. The BIT SIG asks: What is the value of a social media presence for behavioral medicine research and practice? *SBM Outlook* October 2017. <http://www.sbm.org/publications/outlook/issues/fall-2017>
4. **Goldstein CM**. What cardiac and pulmonary rehabilitation patients need from their technology: More support. *AACVPR News and Views* November 2018.
5. **Goldstein CM**, Whited M, Salmoirago-Blotcher E, Busch A, Gathright EC, Gaffey A. (2019, September). Why we need a CVD SIG. *SBM Outlook*. <https://www.sbm.org/publications/outlook/issues/fall-2019/why-we-need-a-cvd-sig/full-article>
6. **Goldstein CM**, Krukowski RA. Who will be the vaccine influencers for COVID-19? *The Dispatch*. September 21, 2020. <https://www.cdispatch.com/opinions/article.asp?aid=83598>. (Also published by *The Providence Journal*. <https://www.providencejournal.com/opinion/20200921/opiniongoldstein-and-krukowski-who-will-be-vaccine-influencers-for-covid-19>)
7. Krukowski RA, **Goldstein CM**. Using infographics to convey research findings. *SBM Outlook* September 2020. https://www.sbm.org/publications/outlook/issues/fall-2020/using-infographics-to-convey-research-findings/full-article?utm_source=SBM%20Outlook&utm_medium=html%20email&utm_term=Fall%202020&utm_campaign=SBM%20Outlook%20Fall%202020

8. **Goldstein CM.** SBM's newest voices of science communication. *SBM Outlook* September 2021. <https://www.sbm.org/publications/outlook/issues/fall-2021/sbms-newest-voices-of-science-communication/full-article>
9. Ladd BT, **Goldstein CM.** A guide for parents distinguishing non-impairing health anxiety from illness anxiety disorder. *SBM Healthy Living*. March 8, 2023. <https://www.sbm.org/healthy-living/a-guide-for-parents-distinguishing-non-impairing-health-anxiety-from-illness-anxiety-disorder>
10. Ladd BT, **Goldstein CM.** Sleep better, feel better: Preventing sleep deprivation in college students. *SBM Healthy Living*. May 12, 2023. <https://www.sbm.org/healthy-living/sleep-better-feel-better-preventing-sleep-deprivation-in-college-students>
11. **Goldstein CM,** Ladd BT. 11 health-related New Years resolutions that have nothing to do with losing weight. *SBM Healthy Living*. January 25, 2024. <https://www.sbm.org/healthy-living/11-health-related-new-years-resolutions-that-have-nothing-to-do-with-losing-weight>
12. Hughes AS, Keirns N, **Goldstein, CM** What are GLP-1 medications? 9 common questions. *SBM Healthy Living*. August 22, 2024. <https://www.sbm.org/healthy-living/what-are-glp-1-medications-9-common-questions>

BOOKS AND BOOK CHAPTERS

1. Hughes JW, **Goldstein CM.** Heart disease interventions. In LR Grossman, S Walfish (eds). *Translating psychological research into practice: A desk reference for practicing mental health professionals* (pp. 327-329). 2013; Springer Publishing Company, New York, NY.
2. Bogen KW, Demers JM, **Goldstein CM,** Hogan F, Orchowski LM, Shields MC. Reflections on the campaign, election and presidency of Donald J. Trump from Survivors of sexual violence. Invited Chapter for L. Findley & M. Johnson (Eds). *Trumpism: The Politics of Gender in a Post-Propitious America*. 2018; United Kingdom: Cambridge Scholars Press.
3. Colberg SR, Fletcher E, **Goldstein C,** Gordon PM, Hughes J, Myers J, Pack QR, Robinson K. Modifiable CVD risk factors. *Guidelines for Cardiac Rehabilitation Programs 6th Edition with Web Resource*. 2020; Human Kinetics, Champaign, IL.

ABSTRACTS

1. **Goldstein CM,** Mozumdar N, Dodge T (2009). The effect of professional athletes on beliefs about performance enhancing substances. Poster presented at the 11th annual Academic Festival at Skidmore College, Saratoga Springs, NY
2. **Goldstein CM,** Dodge T (2009). Legal and illegal performance enhancing substances and adolescents in the sporting context. Presentation at the annual Summer Collaborative Research Grant Final Presentations at Skidmore College, Saratoga Springs, NY.
3. **Goldstein CM** (2010). Body respect as a mediator of willingness to abuse substances. Poster presented at the 12th annual Academic Festival at Skidmore College, Saratoga Springs, NY.
4. Hughes JW, Rawson K, Mattson CC, **Goldstein CM,** Waechter D, & Rosneck J (2011). Health literacy is associated with cardiac health knowledge in phase-II cardiac rehabilitation. Poster presented at the 26th annual meeting of the American Association for Cardiovascular and Pulmonary Rehabilitation in Anaheim, CA.
5. Flynn JJ, **Goldstein CM,** Clen SL, Rytwinski N, Haigh EAP, van Dulmen M, Carlson L, Myerscough R, Josephson R, Fresco DM, Hughes JW (2012). Randomized controlled trial of

mindfulness-based stress reduction for prehypertension: Treatment-related changes in autonomic response to stress. Poster presented at the 1st International Symposia for Contemplative Studies, Denver, CO.

6. **Goldstein CM**, Flynn J, Fresco D, Myerscough R, van Dulmen M, Hughes JW (2012). Acute relaxation response obscured effect of a mindfulness-based stress reduction intervention for prehypertensive adults. Poster presented at the 1st International Symposia for Contemplative Studies, Denver, CO.
7. Sterns A, Hughes J, Carr M, **Goldstein CM** (2012). Getting the US mHealth market to take our medicine. Symposium presented at the International Society for Gerontechnology, Eindhoven, Netherlands.
8. **Goldstein CM**, Keary TA, Cole Mattson CM, Hughes JW, Hammonds T, Rawson K, Waechter D, Rosneck J, Gunstad J (2013). Health literacy is associated with performance on a test of frontal systems functioning in phase-II cardiac rehabilitation. Poster presented at the 41st annual meeting of the International Neuropsychological Society, Waikoloa, HI.
9. Gathright EC, **Goldstein CM**, Sterns A, Gunstad J, Redle JD, Carr M, Dolansky M, Josephson R, Hughes JW (2013). Medication alarms for medication reminding in heart failure: Overdose or snooze? Poster presented at the 34th annual meeting and scientific sessions of the Society of Behavioral Medicine in San Francisco, CA and at the Kent State University Graduate Student Senate Research Symposium in Kent, OH.
10. **Goldstein CM**, Gathright EC, Sterns A, Gunstad J, Redle JD, Carr M, Dolansky M, Josephson R, Hughes JW (2013). mHealth intervention to improve medication adherence in heart failure: Promises and pitfalls. Paper presentation preview presented at the Behavioral Informatics Breakfast Roundtable at the 34th annual meeting and scientific sessions of the Society of Behavioral Medicine in San Francisco, CA.
11. **Goldstein CM**, Gathright EC, Sterns A, Gunstad J, Redle JD, Carr M, Dolansky M, Josephson R, Hughes JW (2013). mHealth intervention to improve medication adherence in heart failure: Promises and pitfalls. Paper presented at the 34th annual meeting and scientific sessions of the Society of Behavioral Medicine in San Francisco, CA.
12. **Goldstein CM**, Gathright EC, Hughes JW (2013). The Heart iRx Study: Implications for future studies of adherence behavior in older adults with heart failure. Presentation at the 28th annual Kent State University Graduate Student Senate Research Symposium in Kent, OH.*
13. Hughes JW, **Goldstein CM**, Pasupneti T, Sterns A, Redle J, Rosneck J (2013). mHealth in cardiac rehabilitation: mPower or mPediment? Presentation at the 28th annual meeting of the American Association for Cardiovascular and Pulmonary Rehabilitation in Nashville, TN.
14. Xie SS, **Goldstein CM**, Gathright EC, Gunstad J, Dolansky MA, Redle J, Hughes JW (2014). Performance of the Automated Neuropsychological Assessment Metrics (ANAM) in detecting cognitive impairment in heart failure patients. Presented at the 42nd annual meeting of the International Neuropsychological Society, Seattle, WA.
15. **Goldstein CM**, Gathright EC, Sterns A, Gunstad J, Redle JD, Dolansky MA, Josephson R, Hughes JW (2014). Cognitive dysfunction is associated with increased physical limitations but not greater symptom burden in heart failure patients. Presented at the 42nd annual meeting of the International Neuropsychological Society, Seattle, WA and at the Kent State University Graduate Student Senate Research Symposium in Kent, OH.
16. Christman S, Dolansky M, **Goldstein CM**, Hughes JW (2014) Feasibility of computer-based cognitive testing in heart failure patients. Presented at the 38th annual research conference of the Midwest Nursing Research Society, St. Louis, MO.
17. **Goldstein CM**, Hawkins MAW, Logan C, Gunstad J, Sato A, Hughes JW (2014). FlashPlate: A pilot study of a novel portion control plate. Presented at the 29th annual Kent State University Graduate Student Senate Research Symposium in Kent, OH. *Conference-wide poster award winner.
18. Hammonds T, **Goldstein CM**, Gathright EC, Drew BL, Hughes JW (2014) Adventures with

antidepressants: A randomized controlled trial of medication reminding in college students. Presented at the 35th annual meeting and scientific sessions of the Society of Behavioral Medicine, Philadelphia, PA.

19. **Goldstein CM**, Gathright EC, Gunstad J, Redle JD, Sterns A, Dolansky MA, Josephson R, Hughes JW (2014) Electronic reminding does not influence the relationship between cognition and medication adherence in heart failure patients. Presented at the Technology Special Interest Group's Tech Madness Breakfast Roundtable at the 35th annual meeting and scientific sessions of the Society of Behavioral Medicine, Philadelphia, PA.
20. **Goldstein CM**, Gathright EC, Gunstad J, Redle JD, Sterns A, Dolansky MA, Josephson R, Hughes JW (2014) Electronic reminding does not influence the relationship between cognition and medication adherence in heart failure patients. Presented at the 35th annual meeting and scientific sessions of the Society of Behavioral Medicine, Philadelphia, PA.
21. **Goldstein CM** (Chair) (2014) Behavioral medicine internship meet and greet. Presented at the 35th annual meeting and scientific sessions of the Society of Behavioral Medicine, Philadelphia, PA.
22. **Goldstein CM** (2014) Crafting a program of research and juggling multiple research interests. Roundtable presented at the 35th annual meeting and scientific sessions of the Society of Behavioral Medicine, Philadelphia, PA.
23. **Goldstein CM** (Chair) (2014) Show me the money: How to find funding sources and grant writing strategies for graduate students. Roundtable presented at the 35th annual meeting and scientific sessions of the Society of Behavioral Medicine, Philadelphia, PA.
24. Bennett B, **Goldstein CM**, Gathright EC, Hughes JW (2014) Health locus of control and willingness to use online trackers and apps for health. Presented at the Technology Special Interest Group's Tech Madness Breakfast Roundtable at the 35th annual meeting and scientific sessions of the Society of Behavioral Medicine, Philadelphia, PA.
25. Bennett B, **Goldstein CM**, Gathright EC, Hughes JW (2014) Health locus of control and willingness to use online trackers and apps for health. Presented at the 35th annual meeting and scientific sessions of the Society of Behavioral Medicine, Philadelphia, PA.
26. Bennett BL, Barnes J, Smith J, Gordon A, **Goldstein CM**, Whisenhunt B, Hudson DL (2015) An examination of individual characteristics salient for willingness to use digital interventions. Poster presented at the Annual Convention of the Southwestern Psychological Association, April 10-12, 2015, Wichita, KS.
27. Bennett BL, Chen S, Logan K, Pavlacic J, **Goldstein CM**, Whisenhunt B, Hudson DL (2015) Examination of risky health behaviors as predictors of acceptance of cosmetic surgery. Poster presented at the Annual Convention of the Southwestern Psychological Association, April 10-12, 2015, Wichita, KS.
28. Gathright EC, Walter F, **Goldstein CM**, Hughes JW, Redle JD, & Gunstad J. (2015) Autonomic nervous system dysregulation and cognitive function in patients with congestive heart failure. Poster presented at the 36th annual meeting and scientific sessions of the Society of Behavioral Medicine, April 22-25, 2015, San Antonio, TX.
29. **Goldstein CM**, Gathright EC, Hawkins MAW, Gunstad J, Dolansky MA, Josephson R, Redle JD, Moore S, & Hughes JW (2015) Medication regimen complexity moderates depression predicting medication adherence in heart failure. Poster presented at the 36th annual meeting and scientific sessions of the Society of Behavioral Medicine, April 22-25, 2015, San Antonio, TX.
30. Cases, M, & **Goldstein CM** (Co-Chair) (2015) Behavioral medicine internship meet and greet. Roundtable presented at the 36th annual meeting and scientific sessions of the Society of Behavioral Medicine, April 22-25, 2015, San Antonio, TX.
31. **Goldstein CM** (2015) In K. Minges (Chair) Class paper to pub. Roundtable presented at the 36th annual meeting and scientific sessions of the Society of Behavioral Medicine, April 22-25, 2015, San Antonio, TX.

32. **Goldstein CM**, Bond DS, Wing RR, Thomas JG. (2015) Successful weight loss maintainers use health-tracking smartphone applications more than a nationally-representative sample: Comparison of the National Weight Control Registry to Pew Tracking for Health. Poster presented at Obesity Week, November 2-7, 2015, Los Angeles, CA.
33. **Goldstein CM**, Burney ML, Bond DS, Wing RR, Thomas JG. (2016) A qualitative study of American adults' grocery shopping habits and challenges: Implications for intervention. Poster presented at the 37th annual meeting and scientific sessions of the Society of Behavioral Medicine, March 30-April 2, 2016, Washington, DC.
34. Mulvaney JL, Schaefer JT, **Goldstein CM**, Logan C, Hawkins MAW, Gunstad, J, & Hughes, JW. (2016) Initial validation of a questionnaire to assess portion size knowledge: The Portion Size Knowledge Questionnaire (PSKQ). Poster presented at the 2nd Annual Undergraduate Research Symposium, March 15, 2016, Kent, OH.
35. Bennett BL, Rand-Giovanetti D, Murakami JM, **Goldstein CM**, Latner JD. (2016) Health locus of control as a predictor of healthy eating patterns. Poster presented at the 50th Annual Convention of the Association for Behavioral and Cognitive Therapies, October 27-30, 2016, New York, NY.
36. **Goldstein CM**, Thomas JG. (2016) Researchers are from Mars, technologists are from Venus: Challenges to interdisciplinary collaboration for technology development and solutions for success. Poster presented at Obesity Week, October 31-November 4, 2016, New Orleans, LA.
37. **Goldstein CM**, Nigg CR, Hekler EB, Price Ball M, Biel A, Ramirez E. (2017). Gotta catch em all: Harnessing virality of technology and trends to catapult our research forward. Panel presented at 38th annual meeting and scientific sessions of the Society of Behavioral Medicine, March 29-April 1, 2017, San Diego, CA.
38. **Goldstein CM**, Thomas DM, Hoover A, Bond DS, Thomas JG. (2017). Pilot study of energy balance models and bite goals to build adherence to online weight loss treatment. Poster presented at Obesity Week, October 29-November 2, 2017, Washington, DC. * Annual Poster Award for Excellence in Science with a Focus on eHealth and mHealth
39. Hughes JW, Schaefer JT, **Goldstein CM**, Logan C, Mulvaney JL, Hawkins MAW, Sato A, Gunstad J. Portion control plates outperform portion control training for reducing portion sizes in young adults. Poster presented at the 39th annual meeting and scientific sessions of the Society of Behavioral Medicine, April 11-14, 2018, New Orleans, LA.
40. **Goldstein CM**, Millstein RA, Lauzon J, & Hughes JW. Careers in cardiovascular behavioral medicine. Panel presented at the 39th annual meeting and scientific sessions of the Society of Behavioral Medicine, April 11-18, 2018, New Orleans, LA.
41. **Goldstein CM**, Thomas DM, Hoover A, Bond DS, Thomas JG. Energy balance models & bite goals to maximize adherence to weight loss treatment: The BITES pilot study. Poster presented at the 39th annual meeting and scientific sessions of the Society of Behavioral Medicine, April 11-18, 2018, New Orleans, LA.
42. **Goldstein CM**, Alshurafa N, Harwell Myers V, Spruijt-Metz D, Thomas JG, Goldstein SP, Jake-Schoffman DE, & Wac K. The Digital Health Council & ETCD present perspectives on effective digital health training in behavioral medicine. Panel presented at the 39th annual meeting and scientific sessions of the Society of Behavioral Medicine, April 11-18, 2018, New Orleans, LA.
43. Whited MC, **Goldstein CM**, Gathright EC, Busch AM. How to apply behavior change strategies based on patient life values in your practice. Paper presented at the 33rd annual meeting of the American Association for Cardiovascular and Pulmonary Rehabilitation, September 12-15, 2018, Louisville, KY.
44. Bennett BL, **Goldstein CM**, Gathright EC. Body image concerns, but not worry, predict increased likelihood of using smartphone applications for some types of health behavior change in college students. Poster presented at the 52nd Annual Convention of the

Association for Behavioral and Cognitive Therapies, November 15-18, 2018, Washington, DC.

45. Goldstein SP, **Goldstein CM**, Bond DS, Wing RR, Thomas JG. Behavior-tracking technology use among weight loss maintainers and regainers in the National Weight Control Registry. Paper presented at the 40th annual meeting and scientific sessions of the Society of Behavioral Medicine, March 6-9, 2019, Washington, DC.
46. **Goldstein CM**, Gathright EC. How problematic eating behaviors can undermine cardiac and pulmonary rehabilitation patients' weight loss efforts: challenges to detection and treatment. Paper presented at the 34th annual meeting of the American Association for Cardiovascular and Pulmonary Rehabilitation, September 18-21, 2019, Portland, OR.
47. Goldstein SP, **Goldstein CM**, Bond DS, Raynor HA, Wing RR, Thomas JG. Weight loss impacts self-monitoring adherence for in-person but not smartphone-delivered treatment. Paper presented at Obesity Week 2019, November 3-7, 2019, Las Vegas, NV.
48. Espel-Huynh HM, Bond DS, **Goldstein CM**, Thomas JG. Can machine learning be applied to notify the multidisciplinary bariatric surgery team of patient problems before they happen? A proof-of-concept proposal to optimize clinical outcomes. Poster presented at the annual meeting of the American Society for Metabolic and Bariatric Surgery, November 3-7, 2019, Las Vegas, NV.
49. Espel-Huynh HM, **Goldstein CM**, Wing RW, Thomas, JG. Can clinical decision support help "rescue" patients from nonresponse to online obesity treatment? Primary care perspectives. Paper to be presented at the 41st annual meeting and scientific sessions of the Society of Behavioral Medicine, April 1-4, 2020, San Francisco, CA. (Conference cancelled)
50. Arigo D (Chair), Breland J, Brown S, Cadmus-Bertram L, **Goldstein CM**, Goldstein SP, Jonessaint C, Manasse S, Thomas JG, Whited M. Writing winning training grants: Development, responding to critiques, and incorporating technology into proposals. Pre-conference workshop to be presented at the 41st annual meeting and scientific sessions of the Society of Behavioral Medicine, April 1-4, 2020, San Francisco, CA (Conference cancelled)
51. Mandelbaum J, Joseph P, Bodenlos J, Carson T, Conroy D, Dahl A, **Goldstein CM**, Jonassaint C, Sheats J, Stanton M, Turner-McGrievy B. Getting the mentoring you need as a student or early career professional. Panel presented at the 41st annual meeting and scientific sessions of the Society of Behavioral Medicine, April 1-4, 2020, San Francisco, CA. (Conference cancelled)
52. Thomas JG, **Goldstein CM**, Bond DS, Tuerk P. Primary outcomes of the Experience Success trial: virtual reality skills training to enhance an online weight loss program. Paper to be presented at the 41st annual meeting and scientific sessions of the Society of Behavioral Medicine, April 1-4, 2020, San Francisco, CA. (Conference cancelled)
53. Wang ML, McCoy B, Mackelprang R, Schnoes A, **Goldstein CM**. Sharing your findings: Strategies for effective and engaging science communication. Panel to be presented at the 41st annual meeting and scientific sessions of the Society of Behavioral Medicine, April 1-4, 2020, San Francisco, CA. (Conference cancelled)
54. McCoy B, Mackelprang R, Wang ML, **Goldstein CM**. Sharing your findings: Strategies for effective and engaging science communication. Presidential Panel Discussion webinar presented by the Society of Behavioral Medicine, June 5, 2020.
55. Harris K, McMurray M, **Goldstein CM**. Behavioral strategies for improving sleep health: Practical principles for implementation in the cardiopulmonary rehabilitation setting. Paper presented at the 35th annual meeting of the American Association for Cardiovascular and Pulmonary Rehabilitation, September 30-October 2, 2020, Virtual Conference.
56. Bogen KW, Hunt L, Garnsey C, **Goldstein CM**, Orchowski LM. Characterizing abortion disclosure on Twitter following the passage of antichoice state legislation. Paper presented at the Annual Convention of the Association for Women in Psychology, March 5-7, 2021, Virtual Conference.

57. Espel-Huynh HM, Thomas D, **Goldstein CM**, Panza E, Wing RR, Thomas JG. Modeling engagement with online behavioral obesity treatment in primary care: A linear discrete dynamical systems approach. Poster presented at the annual Clinical Informatics Conference of the American Medical Informatics Association, March 22-25, 2021, Virtual Conference.
58. **Goldstein CM**, Busch AM, Freedland KE, Turner-McGrievy GM, Vela A. Conducting behavioral research with cardiovascular patients during COVID-19: Lessons for the new normal. Panel presented at the 42nd annual meeting and scientific sessions of the Society of Behavioral Medicine, April 12-16, 2021, Virtual Conference.
59. Shen MJ, **Goldstein CM**, Krukowski R, Lumpkins CY, Hoerster K, Baquero B, Keita A. The Health Equity SIG, DHC, and CPEC Present: Public engagement and science communication through a health equity lens. Panel presented at the 42nd annual meeting and scientific sessions of the Society of Behavioral Medicine, April 12-16, 2021, Virtual Conference.*
60. Arigo D (Chair), Thomas JG, Brown S, Cadmus-Bertram L, **Goldstein CM**, Manasse S, Breland J, Jonessaint C, Goldstein SP, Whited M. Writing winning training grants: Development, responding to critiques, and incorporating technology into proposals. Pre-conference workshop presented at the 42nd annual meeting and scientific sessions of the Society of Behavioral Medicine, April 12-16, 2021, Virtual Conference.
61. Hays M, **Goldstein CM**. The challenging patient: Practical strategies for managing behavioral issues in the rehabilitation setting. Paper presented at the 36th annual meeting of the American Association for Cardiovascular and Pulmonary Rehabilitation, October 6-9, 2021, Virtual Conference.
62. Alabduljabbar M, **Goldstein CM**, Lattie EG, Breland J. DHC Presents: Evidence-based practice and digital health solutions: The year in review. Poster presented at the 43rd annual meeting and scientific sessions of the Society of Behavioral Medicine, April 6-9, 2022, Baltimore, MD.
63. Espel-Huynh HM, **Goldstein CM**, Panza E, Wing RR, Thomas JG. Engagement in online behavioral weight loss treatment delivered pragmatically in primary care: Exploratory cluster analysis. Paper presented at the 43rd annual meeting and scientific sessions of the Society of Behavioral Medicine, April 6-9, 2022, Baltimore, MD.
64. **Goldstein CM**, Espel-Huynh H, Wu WC, & Thomas JG. Preferences for technology-delivered behavior change interventions among under-represented cardiac rehabilitation patients and graduates. In Vela A, Gaffey AE (Chairs) *Leveraging mHealth to address cardiovascular health in underserved populations*. Symposium presented at the 43rd annual meeting and scientific sessions of the Society of Behavioral Medicine, April 6-9, 2022, Baltimore, MD.*
65. Buscemi J, Shen MJ, Krukowski R, **Goldstein CM**. Demystifying science communication: How to increase the impact of your research. Panel presented at the 43rd annual meeting and scientific sessions of the Society of Behavioral Medicine, April 6-9, 2022, Baltimore, MD.
66. **Goldstein CM**, Brewer LC, Graham A, Thomas JG. We can build the tools, but who will sustain them? Challenges and opportunities when implementing digital health interventions. Panel presented at the 43rd annual meeting and scientific sessions of the Society of Behavioral Medicine, April 6-9, 2022, Baltimore, MD.
67. Graham AK, Espel-Huynh HM, **Goldstein CM**, Panza E, Wing RR, Thomas JG. Sustaining digital health implementation: Case example illustrating systems-level change needed for equitable success. Symposium presented at the 43rd annual meeting and scientific sessions of the Society of Behavioral Medicine, April 6-9, 2022, Baltimore, MD.
68. **Goldstein CM**, Krukowski RA, Shen MJ, Maher JP, Revenson TA, Lee S, Conroy DE. Introducing the Science Communication Toolkit: Looking back and next steps. Presidential panel presented at the 44th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, April 26-29, 2023, Phoenix, AZ.

69. Gaffey AE, Gathright EC, Fletcher LM, **Goldstein CM**. Screening for psychological distress and incident cardiovascular disease: An updated meta-analysis. Paper presented at the 44th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, April 26-29, 2023, Phoenix, AZ.
70. Thomas JG, **Goldstein CM**, Panza E, Wing RR. Outcomes of a 2-year pragmatic effectiveness-implementation hybrid trial testing online obesity treatment in primary care. Paper presented at the 44th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, April 26-29, 2023, Phoenix, AZ.
71. Ladd BT, Gathright EC, **Goldstein CM**. Connective tissue disorder patients' substance use and intervention receptivity. Poster presented at the 2024 Center for Alcohol and Addiction Studies Staff Research Day, March 1, 2024, Providence, RI.*
72. **Goldstein CM**, Krukowski RA, Conley CC, Shen MJ, Doyle C, Dahl A. The Public Education Committee presents: Sci comm studio. Pre-conference workshop presented at the 45th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, March 13-16, 2024, Philadelphia, PA.*
73. **Goldstein CM**, Ladd BT, Wu WC, Thomas JG. Building resilience to increase cardiac rehabilitation initiation via a Multiphase Optimization Strategy pilot factorial preparation phase study. Flash talk presented at the 9th Annual IDeA Symposium of Biomedical Research Excellence (NISBRE), June 16-19, 2024, Washington, DC.
74. **Goldstein CM**, Ladd BT, Wu WC, Thomas JG. Bolstering resilience and cardiac rehabilitation initiation using the Multiphase Optimization Strategy: Procedures for a medical chart review and pilot trial. Poster presented at the 9th Annual IDeA Symposium of Biomedical Research Excellence (NISBRE), June 16-19, 2024, Washington, DC.
75. Kibbey MM, **Goldstein CM**, Gathright EC, DeAngelis J, Breault C, Buckley ML, Pierce JF, Wu W. High fall risk older adults improve functional capacity in cardiac rehabilitation: Examining risk factors, patient characteristics, and impact on engagement and outcomes. Poster presented at The Warren Alpert Medical School of Brown University Department of Psychiatry and Human Behavior 27th Annual Mind Brain Research Day, March 25, 2025, Providence, RI and The Warren Alpert Medical School of Brown University Department of Medicine Annual Research Forum, June 5, 2025, Providence, RI.
76. **Goldstein CM**, Ladd BT, Collins L, Wing RR, Wu WC, Bond D, Hoover AW, Thomas JG. A fully automated physical activity intervention offers a clinically significant improvement in weight loss for adults finishing cardiac rehabilitation: results of a full factorial experiment using the Multiphase Optimization Strategy paradigm. Paper presented in a Presidential Symposium Session at the 46th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, March 26-29, 2025, San Francisco, CA.
77. Thomas JG, **Goldstein CM**, Bond DS, Lillis J, Hekler EB, Goldstein SP, Butryn ML, Cao Z, Wing RR. Evaluation of 5 novel intervention components in online obesity treatment: a randomized controlled trial with a factorial design following the Multiphase Optimization Strategy paradigm. Paper presented in symposium at the 46th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, March 26-29, 2025, San Francisco, CA.
78. Dahl AA, Hollis-Hansen K, **Goldstein CM**, Dean M, Shen MJ, Krukowski RA, Cadmus-Bertram L. The Public Education Committee Presents: Sci Comm Workshop. Pre-conference workshop presented at the 46th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, March 26-29, 2025, San Francisco, CA.
79. Kibbey MM, Gathright EC, **Goldstein CM**, DeAngelis J, Breault C, Buckley ML, Pierce JF, Wu W. Fall risk among older adults in cardiac rehabilitation: Articulating risk factors, prevalence, patient characteristics, engagement, and outcomes. Presented at the Annual Convention of the American Association of Cardiovascular and Pulmonary Rehabilitation, September 17-19, 2025, West Palm Beach, FL.

INVITED PRESENTATIONS

REGIONAL/LOCAL

1. **Goldstein CM** (2013) Using telehealth to improve medication adherence in older cardiac patients: Results of a pilot intervention. Paper presented at the Kent State University Clinical Psychology Brownbag Series, Kent, OH.*
2. **Goldstein CM** (2019) Patient-centered language regarding body size. Paper presented to the Rhode Island Academy of Nutrition and Dietetics event on Weight Stigma: A conversation about the impact of weight bias on clinical practice, Providence, RI.*
3. Catanese S, **Goldstein CM**, Hall H, Herman D, Siegert N, Toll E (2023). Coach-mentor-sponsor-therapist: Seeking advice in a world full of expanding options. Panel presented at the Alpert Medical School of Brown University's Office of Women in Medicine and Science Annual Meeting, Providence, RI.
4. **Goldstein CM** (2023) Roundtable conversation on using the common factors in difficult conversations with clients. Roundtable presented to the Rhode Island Academy of Nutrition and Dietetics event Insights into nutrition counseling, Cranston, RI.
5. **Goldstein CM** (2025) Intervention optimization: From effectiveness through implementation success. Seminar to be presented to the Brown Research on Implementation and Dissemination to Guide Evidence Use (BRIDGE) Program Seminar Series, Providence, RI.

NATIONAL

1. **Goldstein CM** & Thomas JG (2015) Hold the phone: Recommendations for successful mHealth/eHealth intervention. Paper presented at the 30th annual meeting of the American Association for Cardiovascular and Pulmonary Rehabilitation, September 9-12, 2015, Washington, DC.
2. Minges K, **Goldstein CM**, Huebschmann A, Osborn C, Heyman M, & Whittemore R (2016) Challenges and triumphs in technology interventions with diabetes patients. Paper presented in symposium at the 37th annual meeting and scientific sessions of the Society of Behavioral Medicine, March 30-April 2, 2016, Washington, DC.
3. Thomas JG, Moon J, Hoover A, Nilsen W, & **Goldstein CM**. (Discussant) (2016) The nuts and bolts of bits and bytes: A researcher's primer on working with technologists to build effective and fundable projects. Moderator of symposium at the 37th annual meeting and scientific sessions of the Society of Behavioral Medicine, March 30-April 2, 2016, Washington, DC.
4. **Goldstein CM** & Puspitasari AJ (2016) From stuck to unstuck: How all staff members can use acceptance-based metaphors to help rehab patients appreciate context and change behavior. Paper presented at the 31st annual meeting of the American Association for Cardiovascular and Pulmonary Rehabilitation, September 7-10, 2016, New Orleans, LA. *Rated one of the five best talks at the 2016 meeting.
5. Hughes JW, **Goldstein CM**, Sukeena R (2016) Connecting researchers with clinical sites: Interdisciplinary research in cardiopulmonary rehabilitation. Paper presented at the 31st annual meeting of the American Association for Cardiovascular and Pulmonary Rehabilitation, September 7-10, 2016, New Orleans, LA.
6. **Goldstein CM**, Bennett BL, Gathright EC, Olson KL (2017) Willingness to utilize smartphone apps for health interventions: important considerations for emerging adults. Presented as part of the Designing Behavioral Health Technologies for Adolescents and Young Adults: Finding Commonalities Across Patient Groups

symposium at the 38th annual meeting and scientific sessions of the Society of Behavioral Medicine, March 29-April 1, 2017, San Diego, CA.

7. **Goldstein CM** & Gathright EC (2017) Self-management in cardiac and pulmonary rehabilitation patients: A review of the state of the science and empirically supported treatments. Paper presented at the 32nd annual meeting of the American Association for Cardiovascular and Pulmonary Rehabilitation, October 4-7, 2017, Charleston, SC.
8. Olson K, Quinn NB, **Goldstein CM**, Lumley M. (2018) Cracking the code: Networking for today, tomorrow, and beyond. Interactive panel-based teleconference for the Society for Health Psychology Teleconference Series of the American Psychological Association, April 5, 2018.
9. Oliver K, Cunningham SK, **Goldstein CM**, Sklar M. (2018) Behavioral medicine career transitions: Making the move from postdoctoral fellowship to early career. Panel presented at the 39th annual meeting and scientific sessions of the Society of Behavioral Medicine, April 11-18, 2018, New Orleans, LA.
10. Alabduljabbar M, **Goldstein CM**, Puspitasari AJ, Roke K. (2018) Career transitions. Interactive panel-based webinar for the Behavioral Informatics and Technology Special Interest Group of the Society of Behavioral Medicine, May 3, 2018.
11. **Goldstein CM**, McMurray M. (2018) Head over meals: A review of the science and strategies for immediately implementing behavioral weight management into your program. Paper presented at the 33rd annual meeting of the American Association for Cardiovascular and Pulmonary Rehabilitation, September 12-15, 2018, Louisville, KY.
12. **Goldstein CM**. (2018) Clinical issues and applications in cardiovascular behavioral medicine. Interactive webinar for graduate students at American University, October 25, 2018.
13. **Goldstein CM**. (2018) Optimization of technology-based weight loss. Interactive webinar for undergraduate students at Rutgers University, November 7, 2018.
14. Crochiere R, Krukowski RA, **Goldstein CM**, Goldstein SP, McVay M, Ross KM, Tanenbaum M. (2019) Grant-writing workshop: submitting a successful specific aims page. Interactive panel-based webinar for the Obesity and Eating Disorders Special Interest Group of the Society of Behavioral Medicine, January 10, 2019.
15. **Goldstein CM**, Handley M, Jonaissaint C, Arigo D. (2019) SBM Grand Rounds: behavioral medicine in real world settings – an introduction to implementation science. Society of Behavioral Medicine Grand Rounds, co-sponsored by the Behavioral Informatics and Technology Special Interest Group of the Society of Behavioral Medicine, January 17, 2019.
16. **Goldstein, CM**. (2019) Weight loss for the cardiac rehab patient: when secondary prevention is great in theory but a struggle in practice. Invited keynote address presented at the annual meeting of the California Society for Cardiac Rehabilitation, April 25, 2019, San Luis Obispo, CA.
17. Arigo D, Cadmus-Bertram L, **Goldstein, CM**. (2019) Grants for the early career digital health scientist. Interactive panel-based teleconference for the Behavioral Informatics and Technology Special Interest Group's Early Career Subcommittee of the Society of Behavioral Medicine, May 21, 2019.
18. **Goldstein CM**, Derry H, Powers SW, Douglas M. (2020) How to write a winning career development award. Interactive panel-based teleconference presented to the Society for Health Psychology Teleconference Series of the American Psychological Association, September 18, 2020.
19. **Goldstein CM**. (2020) Clinical issues and applications in cardiovascular behavioral medicine. Interactive webinar for graduate students at American University, October

- 21, 2020.
20. **Goldstein CM**, Hoerster KD, Wang ML, Shen MJ. (2021). How to communicate your science to the public: op-eds. Behavior Change Grand Rounds for the Society of Behavioral Medicine, May 27, 2021.
 21. **Goldstein CM**. (2022). Optimization of biobehavioral interventions delivered in routine clinical settings. Grand Rounds for the Medical University of South Carolina's Department of Psychiatry, May 13, 2022.
 22. Hays MM, **Goldstein CM**, Lee S. (2023). Helping the helpers: practical behavioral strategies for cardiopulmonary rehabilitation staff to improve staff cohesion and well-being. Presented at the American Association for Cardiovascular and Pulmonary Rehabilitation 38th Annual Meeting, September 13, 2023, Milwaukee, WI.
 23. Aberegg ES, Berry R, Flack S, **Goldstein CM**, Lee L, Traynor, K. (2023). Ask the experts. Presented at the American Association for Cardiovascular and Pulmonary Rehabilitation 38th Annual Meeting, September 13, 2023, Milwaukee, WI.
 24. Mani N, Sherman S, Willmes C, **Goldstein CM**, Greenleaf AR, Terry MB. (2023). Credibility and accessibility in research consumption. Panel presented at the National Undergraduate Consortium for Science Journalism Annual Conference, October 21, 2023, Virtual.
 25. **Goldstein CM**. (2023). Science communication. Interactive webinar for graduate students and faculty at the City University of New York Graduate Center, November 9, 2023.
 26. **Goldstein CM**. (2024). Optimization of biobehavioral interventions: Emphasis on managing obesity and related behaviors with technology. Presented via webinar at the Center for Energy Balance in Cancer Prevention and Survivorship at the MD Anderson Cancer Center and the Digital Physical Activity and Diet Collaborative at UTHealth and MD Anderson Cancer Center, January 18, 2024.
 27. **Goldstein CM**, Lee S.^ (2024). Moving from stress, trauma, and social disconnection to resilience: State of the science and practical strategies for staff and patients. Presented at the American Association for Cardiovascular and Pulmonary Rehabilitation 39th Annual Meeting, September 27, 2024, Anaheim, CA. (^ denotes joint first authorship)
 28. **Goldstein CM**. (2025). Thinking broadly and reaching out: The importance of science communication for advancing collaboration and engagement. Invited keynote address presented remotely at the annual Big Apple Health Psychology Colloquium, March 23, 2025, New York, NY.

GRANTS - AWARDED

1. Unnumbered Dodge (PI) 06/01/09-08/14/09
 Skidmore College Collaborative Research Grant, \$3,000
 Title: Parent Athlete Communication (PAC) Study
 The purpose of this project is to examine communication between adolescent athletes, parents, and coaches about performance enhancing substances. The complete study was funded by the World Anti Doping Agency.
Role: Principal Investigator of the Skidmore College Collaborative Research Grant, Site Study Coordinator of the overall study

2. Unnumbered Hughes (PI) 11/02/10-05/01/12
 Collaborative Health Research Award awarded by the Kent State University Initiative for Clinical and Translational Research Grant, \$9,000

Title: Heart iRx*

The purpose of this project is to compare the effects of two electronic medication reminder systems in older adults with systolic and diastolic heart failure.

Role: Study Coordinator

3. Unnumbered **Goldstein (PI)** 03/03/13-06/08/14

Kent State University Graduate Student Senate Research Grant, \$2,000

Title: FlashPlate: Understanding Food Portion Accuracy

The purpose of this project is to compare the effects of a newly designed portion-control dinner plate on portion sizes compared to a standard dinner plate.

Role: Co-Principal Investigator

4. Unnumbered **Goldstein (PI)** 08/07/13-06/08/14

Judie Fall Lasser Graduate Psychology Research Award, \$250

Title: Understanding Food Portion Accuracy

The purpose of this project is to compare the effects of a newly designed portion-control dinner plate on portion sizes compared to a standard dinner plate.

Role: Co-Principal Investigator

5. Unnumbered **Goldstein (PI)** 10/01/13-06/08/14

Kent State University Applied Psychology Center Graduate Student Matching Grant, \$250

Title: Understanding Food Portion Accuracy

The purpose of this project is to compare the effects of a newly designed portion-control dinner plate on portion sizes compared to a standard dinner plate.

Role: Co-Principal Investigator

6. Unnumbered **Goldstein (PI)** 10/15/14-06/30/15

Brown University Clinical Psychology Internship Grant, \$1450

Title: Giving Real-time Options for Changing Eating Regimens (GROCER) study

The purpose of this two-phased project is to 1) gather focus group data detailing challenges to healthy dietary selection that adults face while grocery shopping, and 2) play-test specific app features and educational modules that are part of an mHealth intervention to improve dietary selection while grocery shopping.

Role: Principal Investigator

7. U54GM115677 **Goldstein (PI)** 07/01/17-01/31/18

NIGMS, \$321,476

Title: Randomized Controlled Trial of a Tailored Behavioral eHealth/mHealth Weight Loss Intervention for Cardiac Rehabilitation Patients

The aim of this training grant is to conduct a randomized controlled trial of internet-based behavioral weight loss in cardiac rehabilitation patients while providing training in clinical and translational research.

Role: Subaward Principal Investigator for Mentored Research Award

8. Unnumbered **Goldstein (PI)** 09/01/17-08/31/20

Department of Psychiatry and Human Behavior Diversity Early Career Faculty Development Award, \$10,000

Title: Qualitative Study of Weight Loss Barriers in Cardiac Rehabilitation*

The aim of this faculty development grant is to foster success of faculty members from diverse backgrounds who are doing research that supports diverse or traditionally under-served groups.

The funding will support qualitative methods training for the PI and a research study with

women, minorities, and under-resourced or underserved groups who are especially ideal candidates to receive online behavioral weight loss treatment but are most at risk for not completing the full course of outpatient cardiac rehabilitation.

Role: Principal Investigator

9. R18 DK114715 Wing/Thomas (PIs) 09/20/17-06/30/21
NIDDK, \$1,944,105

Title: Pragmatic Trial of Technology-supported Behavioral Obesity Treatment in the Primary Care Setting: A Multiphase Effectiveness and Implementation Hybrid Design

The aim of this project is to test strategies for implementing an automated online behavioral obesity treatment in a large primary care practice network in Rhode Island and evaluate three online programs for weight loss maintenance.

Role: Co-Investigator

10. Unnumbered Wu (PI) 01/01/16-12/31/22
The Miriam Hospital Foundation, \$100,000

Title: Relationship Between Cardiac Function, Fitness, Genetic & Inflammatory Markers and Risk for Cognitive Decline in Adults Discharged from Cardiac Rehabilitation

The aim of this foundation grant is to develop a registry and biorepository from adults who completed outpatient cardiac rehabilitation. Non-demented adults will be assessed 18- and 36-months post-discharge.

Role: Co-Investigator

11. K23 HL136845 **Goldstein** (PI) 02/22/18-02/29/24
NHLBI, \$875,962

Title: Optimization and Evaluation of a Tailored Behavioral eHealth/mHealth Weight Loss Intervention for Cardiac Rehabilitation Patients Using the Multiphase Optimization Strategy

This project's aim is to rapidly screen technologies for weight loss in cardiac rehabilitation using a factorial design in conjunction with a tailored online behavioral weight loss program.

Role: Principal Investigator

12. R01 DK117857 Thomas (PI) 06/01/19-12/31/24
NIDDK, \$2,566,664

Title: Rapid Evaluation of Innovative Intervention Components to Maximize the Health Benefits of Behavioral Obesity Treatment Delivered Online: An Application of Multiphase Optimization Strategy

This project's aim is to evaluate innovative intervention components aimed at improving the proportion of participants who achieve a minimum clinically significant weight loss via online behavioral obesity treatment utilizing a full factorial design.

Role: Co-Investigator

13. R34 MH127180 Steinglass & Attia (PIs) 07/08/21-06/30/24
NIMH, \$861,879

Title: Optimizing Relapse Prevention and Changing Habits (REACH+) in Anorexia Nervosa

The project will use the Multiphase Optimization Strategy (MOST) framework to optimize Relapse Prevention and Changing Habits (REACH+), a mechanism-based intervention for relapse prevention treatment of anorexia nervosa.

Role: Co-Investigator

14. Unnumbered Gathright (PI) 04/01/22-09/30/23
Rhode Island Foundation, \$25,000

Title: Development of a Peer-Led Community to Support Women in Cardiac Rehabilitation*
This project's aim is to develop and evaluate the feasibility and acceptability of a peer-led Facebook group to provide adjunctive peer support to reduce stress, motivate CR participation, and promote cardiovascular risk-reducing behavior.

Role: Consultant

15. 3K23 HL136845-05S1 **Goldstein (PI)** 04/01/22-02/29/24

NHLBI, \$50,000

Title: Optimization and Evaluation of a Tailored Behavioral eHealth/mHealth Weight Loss Intervention for Cardiac Rehabilitation Patients Using the Multiphase Optimization Strategy
This supplement supports the investigator during a qualifying critical life event.

Role: Principal Investigator

16. Unnumbered **Goldstein (PI)** 08/01/23-01/31/26

Rhode Island Foundation, \$25,000

Title: Development of Online Behavioral Intervention Components to Increase Outpatient Cardiac Rehabilitation Initiation

This project's aim is to develop and evaluate the feasibility and acceptability of four technology-based, brief interventions designed to increase CR initiation developed with the help of an Advisory Board.

Role: Principal Investigator

17. R34HL165716-01A1 Gathright/Busch (PI) 08/1/2023-07/31/2026

NHLBI, \$681,503

Title: Multisite feasibility of BA-HD: An integrated depression and behavioral risk factor reduction coaching program following acute coronary syndrome

The goal of this project is to evaluate the multisite feasibility and acceptability, and preliminary efficacy of a behavioral activation-based treatment for depressed mood and poor health behavior engagement in adults who have recently experienced an acute coronary syndrome.

Role: Co-Investigator

18. R01 DK137423 Thomas/Hekler/Rivera (PIs) 09/15/23-06/30/28

NIDDK, \$3,333,430

Title: Control Systems Engineering to Address the Problem of Weight Loss Maintenance: A System Identification Experiment to Model Behavioral & Psychosocial Factors Measured by Ecological Momentary Assessment

This project applies control systems engineering, in the form of a system identification experiment, to model how behavioral and psychosocial influences combine to influence weight loss maintenance, and to evaluate the effect of four intervention strategies. This project will enable a just-in-time adaptive intervention capable of predicting when an individual is entering a period of elevated risk for weight regain and delivering a tailored intervention targeting the cause of regain to prevent it from occurring.

Role: Co-Investigator

19. P20 GM139767 **Goldstein (PI)** 10/01/23-11/30/25

COBRE for Stress, Trauma, and Resilience, The Miriam Hospital, \$50,000

Title: Building Resilience to Increase Cardiac Rehabilitation Initiation: A Multiphase Optimization Strategy Pilot Factorial Preparation Phase Study

This Pilot Project's aim is to develop and evaluate the feasibility, acceptability, adherence, and retention in a pilot factorial design evaluating four technology-based, brief interventions designed to increase cardiac rehabilitation initiation. A medical chart review of patients referred

to cardiac rehabilitation who did not initiate treatment will evaluate factors associated with trauma and stress; interventions will be designed to target stress and foster resilience as a unique mechanism for improving cardiac rehabilitation initiation.

Role: Principal Investigator

20. 1K23 MH136332-01 Cancelliere (PI) 06/01/24-5/31/29
NIMH, \$976,900

Title: An Adaptive Intervention to Increase Engagement to Community-based Care After an ED Admission: For Youth Aged 10 to 14 at Risk for Suicide and Self-injurious Behavior

This study explores the development and feasibility of a brief, family-based adaptive intervention, via SMART design, for youth with suicidal and non-suicidal self-injurious behavior (SSIB) to increase community-based mental health care attendance and reduce SSIB risk post emergency department admission.

Role: Other Significant Contributor

21. R01 HL171158 **Goldstein (PI)** 08/15/24-04/30/29
NHLBI & OD, \$3,393,131

Title: An Application of SMART Methodology to Optimize an Intervention to Maintain Improvements in Health Behaviors in Under-resourced Patients after Phase II Cardiac Rehabilitation*

This study will use the Sequential Multiple Assignment Randomized Trial (SMART) design to develop an adaptive stepped-care intervention sequence for 400 under-resourced or under-represented cardiac rehabilitation (CR) patients following CR graduation intended to rescue patients from non-adherence and preserve cardioprotective behavior engagement. The technology-based interventions will be evaluated across 6 months, and the primary outcome is to determine the best intervention for adherent and non-adherent patients measured by adherence to the 3 key behaviors: weight management, physical activity, and medication adherence.

Role: Principal Investigator

22. Unnumbered Moraitis (PI) 05/01/25-10/31/26
Rhode Island Foundation, \$25,000

Title: Understanding physical activity & symptom changes in young adult cancer survivors

This convergent mixed method study aims to explore contextual changes in physical activity and symptom patterns during and after cancer treatment in young adult cancer survivors.

Role: Consultant

UNIVERSITY TEACHING ROLES

Skidmore College, Saratoga Springs, NY
Departments of Dance and Studio Art
Role: Teaching Assistant
Course Name: Movers and Shakers: The Art of Cloth in Dance
Number of Students: Two sections with 30 students total
Year: 2007

Kent State University, Kent, OH
Department of Psychological Sciences
Role: Adjunct Professor
Course Name: Multicultural Psychology
Number of Students: 32

Year:	2012
	John Carroll University, Cleveland, OH
	Department of Psychology
Role:	Guest Lecturer
Course Name:	Introduction to Counseling Fundamentals
Number of Students:	25
Year:	2013, 2014
	Kent State University, Kent, OH
	Department of Psychological Sciences
Role:	Adjunct Professor
Course Name:	Development of Gender Role & Identity
Number of Students:	50
Year:	2013
	Kent State University, Kent, OH
	Department of Psychological Sciences
Role:	Adjunct Professor
Course Name:	Health Psychology
Number of Students:	93
Year:	2013
	Kent State University, Kent, OH
	Department of Psychological Sciences
Role:	Course Developer
Course Name:	Health Psychology (Online Course)
Number of Students:	75
Year:	2013
	Kent State University, Kent, OH
	Department of Psychological Sciences
Role:	Guest Lecturer
Course Name:	Psychology of Adjustment
Number of Students:	30
Year:	2013
	Community College of Rhode Island, Warwick, RI
	Department of Psychology
Role:	Guest Lecturer
Course Name:	General Psychology
Number of Students:	Two sections with 35 students each
Year:	2014, 2015
	Kent State University, Kent, OH
	Department of Psychological Sciences
Role:	Adjunct Professor
Course Name:	Writing Intensive in Psychology
Number of Students:	Two sections with 45 students total
Year:	2014

	Providence College, Providence, RI
	Department of Psychology
Role:	Guest Lecturer
Course Name:	Introduction to Psychology
Number of Students:	30
Year:	2015
	University of North Carolina Charlotte, Charlotte, NC
	Department of Psychological Sciences
Role:	Guest Lecturer
Course Name:	Introduction to Psychopathology
Number of Students:	8
Year:	2023, 2024
	University of South Alabama, Mobile, AL
	Department of Psychological Sciences
Role:	Guest Lecturer
Course Name:	Health Psychology
Number of Students:	8
Year:	2024
	University of Rhode Island, South Kingston, RI
	Department of Nursing
Role:	Guest Lecturer
Course Name:	Health Behaviors in Cardiovascular Health
Number of Students:	40
Year:	2025

HOSPITAL TEACHING ROLE

Seminar Presenter. Evidence-Based Obesity Treatment, Weight Stigma, Refining the Clinical Interview, Acceptance and Commitment Therapy for Health Behavior Change. Primary Care Resident Lecture Series; Department of Internal Medicine, Warren Alpert Medical School of Brown University, 2016-Present.

Seminar Director and Presenter. Cardiovascular Behavioral Medicine for Cardiovascular Behavioral Medicine T32 Fellows; Cardiovascular Behavioral Medicine Seminar Series; Department of Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University, 2017-Present.

Seminar Presenter. Technology for Health Behavior Change, Novel Research Methodologies for Clinical Psychology Interns; Behavioral Medicine Track Seminar Series; Department of Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University, 2017-Present.

Seminar Presenter. Conflict of Interest; Postdoctoral Core Seminar Series; Clinical Psychology Training Program, Department of Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University, 2018-Present.

Seminar Presenter. Critical Care and ICU Provider Hotline Training. Lifespan Department of

Psychiatry, Rhode Island Hospital, 2020.

Seminar Presenter. Development of a Technology-Based Weight Loss Program for Cardiac Rehabilitation Patients. Ocean State Research Institute Cardiopulmonary Vascular Biology COBRE Seminar Series, Providence Veterans Affairs Medical Center, 2020.

Seminar Presenter. Building Effective and Efficient Biobehavioral Interventions: Optimizing and Adaptive Interventions; Postdoctoral Core Seminar Series; Clinical Psychology Training Program, Department of Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University, 2020-Present.

Seminar Presenter. (2020) Psychological first aid-based telephone support for frontline providers during COVID-19. Presented to the Department of Psychiatry and Human Behavior's COVID-19 Virtual Seminar Series; Warren Alpert Medical School of Brown University, 2020. (Presented with Dalrymple K, Shea MT, Uebelacker LA, Kaplan DM)

Seminar Presenter. A primer on the multiphase optimization strategy (MOST): Design and funding considerations for building effective and efficient biobehavioral interventions. Brown University Quantitative Sciences Program AMPHIBIAN Speaker Series; Warren Alpert Medical School of Brown University, 2020.

Seminar Presenter. Overview of Grants/Grantsmanship; Internship Core Seminar Series; Department of Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University, 2024-Present.

Seminar Presenter. Health Behaviors, Weight Status, and Stigma; Adult Track Seminar Series; Department of Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University, 2024-Present.

Seminar Presenter. ABPP Child Certification; Networking & Getting Involved in Associations; Child Track Seminar Series; Department of Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University, 2025-Present.

MENTORING AND SUPERVISION

Brooke Bennett, PhD	Honors Student in Psychology, Kent State University 2010-2013; Now Assistant Professor in Department of Psychology at Clemson University
Susan Xie, MD, PhD	Visiting Research Scholar in Psychology, Kent State University 2011-2013; Now Pediatric Immunologist at Virginia Mason Franciscan Health
Carly Logan, PhD	Honors Student in Psychology, Kent State University 2013-2014; Now Faculty at Dalhousie University
Stephanie Goldstein, PhD	Obesity Clinical Research Track, Clinical Internship Supervision (Full Year), The Miriam Hospital and The Alpert Medical School of Brown University 2017-2018;

	F32 Ruth L. Kirschstein Postdoctoral Individual National Research Service Award Clinical Supervisor; The Miriam Hospital and The Alpert Medical School of Brown University 2018-2020; Now Research Scientist at The Miriam Hospital
Hallie Espel-Huynh, PhD	Obesity Clinical Research Track, Clinical Internship Supervision (Full Year), The Miriam Hospital and The Alpert Medical School of Brown University 2018-2019; T32 in Cardiovascular Behavioral Medicine, Clinical Supervisor, The Miriam Hospital and The Alpert Medical School of Brown University 2019-2021; Now Research Scientist at Lyra Health
Jaime Coffino, PhD, MPH	Behavioral Medicine Track, Clinical Internship Supervision (One Rotation), The Miriam Hospital and The Alpert Medical School of Brown University 2019; Now Adjunct Instructor at New York University School of Global Public Health
Emily Panza, PhD	T32 in Cardiovascular Behavioral Medicine, Clinical Supervisor, The Miriam Hospital and The Alpert Medical School of Brown University 2018-2020; Now Research Scientist at The Miriam Hospital
Erica Ahlich, PhD	Secondary Research Mentee in Behavioral Medicine Track, Clinical Internship, The Miriam Hospital and The Alpert Medical School of Brown University 2021-2022; Now Assistant Professor of Psychology at University of South Alabama
Mary Kathryn Cancilliere, PhD	K Award Consultant and Optimization Mentorship; Now Assistant Professor (Research) at Rhode Island Hospital 2024-2029
Mindy Kibbey, PhD	Research Mentee in Behavioral Medicine Track, Clinical Internship, The Miriam Hospital and The Alpert Medical School of Brown University 2024-2025; Now Postdoctoral Fellow at the Providence VA
Ann Marie Moraitis, PhD, RN	Research Mentee, 6 th Advance-K Scholar Cohort 2024-2025; Assistant Professor of Nursing at the University of Rhode Island