

October 5, 2023

**CURRICULUM VITAE
CARLY MICHELLE GOLDSTEIN**

Weight Control and Diabetes Research Center
The Miriam Hospital
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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: Citation Abstract Award, Society of Behavioral Medicine Annual
Meeting (J.G. Thomas, Presenter)
Received: 2023

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

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

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

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

ACADEMIC APPOINTMENTS

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

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

HOSPITAL APPOINTMENTS

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

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

ACTIVE LICENSURES

State of Rhode Island
Psychologist
License # PS01614

OTHER APPOINTMENTS

Position: Member
Committee: Development Council
Organization: The Society of Behavioral Medicine
Term: 2022-Present

Position: Chair
Committee: Public Education Committee (formerly the Civic and Public
Engagement Committee)
Organization: The Society of Behavioral Medicine
Term: 2020-Present

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-Present

Position: Board-Appointed Member
Committee: Research Committee
Organization: American Association for Cardiovascular and Pulmonary Rehabilitation
Term: 2019-2023

Position: Representative
Committee: Weight Stigma Education Planning Committee
Organization: Rhode Island Academy of Nutrition and Dietetics
Term: 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-Present

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: 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: Invited Representative
 Committee: Behavior Change Program Planning Subcommittee for 2016, 2017, 2018, 2019, 2020, 2021, 2022, and 2023 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: Membership Director
 Committee: Student Special Interest Group
 Organization: The Society of Behavioral Medicine
 Term: 2014-2015

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

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

UNIVERSITY COMMITTEES

Committee: Advance-CTR Internal Advisory Committee
 University: Brown University, Providence, RI
 Position: Member
 Term: 2021-2022

Committee: Clinical Psychology Training Program's Training Committee
University: Brown University, Providence, RI
Position: Social Media Chair
Term: 2020-Present

Committee: Psychology Training Program Didactics Committee
University: Brown University, Providence, RI
Position: Cardiovascular Behavioral Medicine T32 Representative
Term: 2019-Present

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 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: Fellow Representative
Term: 2015-2017

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

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

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

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

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

MEMBERSHIPS IN SOCIETIES

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

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, S.P., **Goldstein, C.M.**, Bond, D.S., Raynor, H.A., Wing, R.R., & Thomas, J.G. 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*. (In press). Scheduled for Volume 9 (4), 2022.
 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)

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. Behrman P, Wang M, 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*.

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.cdipatch.com/opinions/article.asp?aid=83598>. (Also published by *The Providence Journal*. <https://www.providencejournal.com/opinion/20200921/opiniogoldstein-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>

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. Mulvany 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 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)
 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, Jonassaint 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.

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. **Goldstein CM** (2020) A primer on the multiphase optimization strategy (MOST): design and funding considerations for building effective and efficient biobehavioral interventions. Paper presented to the Brown University Quantitative Sciences Program AMPHIBIAN Speaker Series, Providence, RI.
4. **Goldstein CM** (2020). Development of a technology-based weight loss program for

- cardiac rehabilitation patients. Paper presented via webinar to the Ocean State Research Institute Cardiopulmonary Vascular Biology COBRE Seminar Series, Providence, RI.
5. **Goldstein CM** (2020) Critical care and ICU provider hotline training. Training webinar presented to the Lifespan Department of Psychiatry, Providence, RI.
 6. Dalrymple K, **Goldstein CM**, Shea MT, Uebelacker LA, Kaplan DM (2020) Psychological first aid-based telephone support for frontline providers during COVID-19. Paper presented to the Department of Psychiatry and Human Behavior's COVID-19 Virtual Seminar Series, Providence, RI.
 7. 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.

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.

GRANTS - AWARDED

1. Unnumbered **Goldstein (PI)** Pending
 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

2. 3K23 HL136845-05S1 **Goldstein (PI)** 04/01/22-03/31/23
 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

3. 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

4. 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

5. R01 DK117857 **Thomas (PI)** 06/01/19-03/31/23
 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

6. K23 HL136845 **Goldstein (PI)** 02/22/18-03/31/23

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 rehabilitations using a factorial design in conjunction with a tailored online behavioral weight loss program.
Role: Principal Investigator

7. 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

8. 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

9. 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

10. 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

11. 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

12. 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

13. 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

14. 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

15. 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

16. 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

GRANTS – NOT AWARDED

1. Weight Watchers Karen Miller-Kovach Research Grant Award

Role: Mentored-PI

Top-10 Finalist

UNIVERSITY TEACHING ROLES

Providence College, Providence, RI
Department of Psychology
Role: Guest Lecturer
Course Name: Introduction to Psychology
Number of Students: 30
Year: 2015

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

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

Kent State University, Kent, OH
Department of Psychological Sciences
Role: Adjunct Professor
Course Name: Multicultural Psychology
Number of Students: 32
Year: 2012

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

HOSPITAL TEACHING ROLES

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. 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 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. 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.

MENTORING AND SUPERVISION

Brooke Bennett Honors Student in Psychology, Kent State University
2010-2013; Now Postdoctoral Fellow at the University of
Connecticut Rudd Center (Ph.D.: University of Hawaii at Manoa)

Susan Xie Visiting Research Scholar in Psychology, Kent State University
2011-2013; Now Clinical Fellow in Division of Allergy and
Immunology, Cincinnati Children's Hospital (M.D.: Baylor
College of Medicine)

Carly Logan Honors Student in Psychology, Kent State University
2013-2014; Now Postdoctoral Associate in Behavioral
Neuroscience at University of Florida

Stephanie Goldstein 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:
Applying Novel Passive Sensing Technology to Target
Adherence to Diet in Behavioral Obesity Treatment for Patients
with Cardiovascular Disease Risk, 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 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 Calm

Jaime Coffino Behavioral Medicine Track, Clinical Internship Supervision (One
Rotation), The Miriam Hospital and The Alpert Medical School
of Brown University 2019; Now Postdoctoral Fellow at New
York University Langone Department of Population Health

Emily Panza 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