

## CURRICULUM VITAE

**Elena Salmoirago-Blotcher, M.D., Ph.D., FAHA, FSBM**

Division of Cardiology & Cardiovascular Institute  
The Miriam Hospital, Brown University School of Medicine  
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Elena\_Salmoirago-Blotcher@brown.edu

### EDUCATION

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- M.D. **University of Milan Medical School**, Milan, Italy (Summa Cum Laude)  
1979-1985 Area: Medicine  
Thesis advisor: Prof. Erminio Vitolo, M.D.
- Ph.D. **University of Massachusetts, Worcester, MA**  
2007-2010 Area: Clinical and Population Health  
Thesis advisor: Prof. Ira Ockene, M.D.

### POST-GRADUATE TRAINING

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- 1985-1989 **Cardiology fellowship**. University of Milan Medical School, Policlinico Hospital, Milan, Italy.  
Thesis Advisor: Prof. Paolo Giani, M.D.
- 1987-1988 **Research Fellowship**. Mario Negri Institute, Milan & Division of Cardiology, Bolognini Hospital, Seriate, Italy.
- 1995-1998 **Interventional Cardiology Fellowship**. Hadassah University Hospital, Jerusalem, Israel.  
Supervisor: Prof. Chaim Lotan, M.D.
- 2009-2012 **NRSA Post-Doctoral Fellowship in Integrative & Behavioral Medicine (F32)**.  
Mentor: Prof. Ira Ockene, M.D.

### POSTGRADUATE HONORS AND AWARDS

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- 2009 Ruth L. Kirschstein National Research Service Award for Postdoctoral Training (National Institutes of Health)
- 2009 **Research Fellow**, Summer Research Institute. Scientific and Contemplative Perspectives on the Self. Mind & Life Institute, Garrison, NY
- 2010 **Fellow**, 36th Ten-Day Seminar on the Epidemiology and Prevention of Cardiovascular Disease (American Heart Association)
- 2011 **Fellow**, Eleventh Annual Summer Institute on the conduct of Behavioral RCTs (Office of Behavioral and Social Sciences Research, National Institutes of Health)
- 2012 **Fellow**, Advanced Training Institute in Health Behavior Theory course (Office of Behavioral and Social Sciences Research, National Institutes of Health)
- 2013 **Faculty Scholar Award**, Program in Medicine and Religion, University of Chicago
- 2014 **New Investigator Award**, Spirituality and CV Health SIG - Society for Behavioral Medicine

- 2017        **Elected Fellow**, American Heart Association
- 2020        **M.A. (ad Eundem)** - Brown University, Providence, RI
- 2023        **Kenneth E. Freedland Founder's Award** - Society of Behavioral Medicine - in recognition of Dr. Salmoirago-Blotcher's contributions to the field of cardiovascular behavioral medicine
- 2024        **Elected Fellow**, Society of Behavioral Medicine

PROFESSIONAL LICENSES AND BOARD CERTIFICATION

- 1985-        Medical License (# 37551), Italy
- 1989-        Board Certified, Cardiology, Italy
- 1998-2012    Medical License, Israel

ACADEMIC APPOINTMENTS

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|-----------|---|--|
| 1988-1989 | <b>Instructor of Biostatistics</b>                            | University of Bergamo Graduate School of Nursing, Italy                                      |
| 2009-2011 | <b>Post-doctoral fellow</b>                                   | Division of Preventive and Behavioral Medicine, UMass Medical School                         |
| 2011-2012 | <b>Instructor of Medicine</b>                                 | Division of Cardiovascular Medicine, UMass Medical School                                    |
| 2012-2014 | <b>Assistant Professor of Medicine</b>                        | Division of Cardiovascular Medicine, UMass Medical School                                    |
| 2014-2015 | <b>Adjunct Assistant Professor</b>                            | Graduate School of Biomedical Sciences, University of Massachusetts                          |
| 2014-2019 | <b>Assistant Professor of Medicine &amp; Epidemiology</b>     | School of Medicine & School of Public Health, Brown University                               |
| 2018-2024 | <b>Primary faculty</b>  | Center for Mindfulness, Brown University   |
| 2019-     | <b>Associate Professor of Medicine</b>                        | School of Medicine, Brown University   |
| 2019-2024 | <b>Associate Professor of Epidemiology</b>                    | School of Public Health, Brown University  |
| 2021-     | <b>Associate Professor of Psychiatry &amp; Human Behavior</b> | Department of Psychiatry, School of Medicine, Brown University                               |
| 2022-     | <b>Affiliated faculty</b>                                     | Centers for Behavioral and Preventive Medicine, The Miriam Hospital, Brown University Health |

HOSPITAL APPOINTMENTS

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| 1982-1985 | <b>Intern</b>                 | Division of Internal Medicine, Bassini Hospital, Milan, Italy |
| 1985-1989 | <b>Cardiology Fellow</b>      | Policlinico University Hospital, Milan, Italy                 |
| 1989-1990 | <b>Attending cardiologist</b> | San Pietro Hospital, Ponte San Pietro, Italy                  |

\* = trainees/mentees

1990-1995	<b>Attending cardiologist</b>	San Paolo University Hospital, Milan, Italy
1995-1998	<b>Staff cardiologist</b>	Hadassah University Hospital, Jerusalem, Israel
2002-2005	<b>Staff cardiologist</b>	Humanitas University Hospital, Rozzano, Italy
2014-2019	<b>Research Scientist</b>	Centers for Behavioral & Preventive Medicine, The Miriam Hospital, Providence RI
2019-	<b>Senior Research Scientist</b>	Cardiovascular Institute, The Miriam Hospital Centers for Behavioral & Preventive Medicine, The Miriam Hospital (affiliated faculty since 2022)

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#### OTHER PROFESSIONAL APPOINTMENTS, POSITIONS, AND ROLES

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1991-1994	<b>Site Principal Investigator</b>	Gruppo Italiano per lo Studio della Sopravvivenza nell'Infarto Miocardico (GISSI 3) – Pilot Study and Multicenter Clinical Trial
2006-2007	<b>Project Manager</b>	Division of Preventive and Behavioral Medicine University of Massachusetts Medical School
2011-	<b>Consultant</b>	Women's Health Initiative Extension Study School of Public Health, University at Buffalo
2019-	<b>Appointed DSMB Member</b>	National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS). D Molecular Transducers of Physical Activity in Humans (MoTrPAC) Study, Marco Pahor, M.D., Principal Investigator. <i>This is a multi-center national study investigating molecular markers of exercise activity.</i>
2021-2025	<b>Permanent Member</b>	Biobehavioral Mechanisms of Emotion, Stress and Health Study Section. Center for Scientific Review, National Institutes of Health. IRG Chief: Maribeth Champoux, Ph.D.
2021-2023	<b>DSMB Member</b>	R01AT011184. Establishing Multi-site Feasibility and Fidelity of Yoga to Improve Management of Type-2 Diabetes. Principal Investigator: Dr. Beth Bock.
2023-	<b>Safety Officer</b>	K23AG081547. Developing a nonpharmacological pain intervention for community dwelling older adults with dementia. Principal Investigator: Dr. Annalisa Na.
2023	<b>Invited Promotion &amp; Tenure evaluation</b>	Graduate School of Applied and Professional Psychology Rutgers, The State University of New Jersey (Chair: Professor Brian Chu).

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#### EDITORIAL AND SCIENTIFIC REVIEW

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##### Ad-hoc Reviewer (selected journals)

- American Journal of Preventive Medicine (ranked top reviewer for 2014)
- Annals of Behavioral Medicine
- Annals of Epidemiology
- American Journal of Medicine

\* = trainees/mentees

- BMC – Cardiovascular disorders
- British Medical Journal – Open
- Cardiovascular Revascularization Medicine
- Circulation
- Circulation Journal - The Journal of the Japanese Circulation Society
- Complementary Therapies in Medical Practice
- Contemporary Clinical Trials
- Global Advances in Integrative Medicine and Health
- Health Psychology
- Health Psychology Review – Journal of the European Health Psychology Society
- Heart & Lung - the Journal of Acute and Critical Care
- Journal of the American Heart Association (JAHA)
- Journal of Religion and Health
- Journal of Women’s Health
- Mindfulness
- Preventive Medicine
- Nutrition, Metabolism and Cardiovascular Diseases

#### Editorial Responsibilities

- **Member**, Editorial Board, Annals of Behavioral Medicine (2014-2020)  
*The Annals of Behavioral Medicine is the most important journal in the fields of health psychology and behavioral medicine, with a 5-year impact factor of 4.88*
- **Guest Associate Editor**, Journal of the American College of Cardiology (2023)

#### Conference abstracts review

- Annual Meeting of the Society of Behavioral Medicine (2015-2023)
- Annual Scientific Meeting of the Center for Mindfulness, UMass Medical School (2013)
- Warren Alpert Medical School Academic Symposium (2017, 2019, 2020, and 2021)

#### Grants’ review

- 2013-2017    **Permanent Member**. American Heart Association – Review Panel on Clinical Outcomes Research. Chair: Rebecca Boxer, MD.
- 2015        **Ad-hoc reviewer**. NCCIH/National Institutes of Health. ZAT1 HS-23 Clinical Research on Mind-Body Interventions Study Section. Scientific Review Officer: Dr. Hungyi Shau.
- 2017        **Ad-hoc reviewer**. NCCIH/National Institutes of Health. ZAT AJT (05) Exploratory Clinical Trials of Mind and Body Interventions (R34) Review Panel, Scientific Review Officer: Dr. Ashlee Tipton.
- 2018        **Ad-hoc reviewer**. American Heart Association Innovative Project Award Program, Spring 2018 (Clinical Sciences / Population Sciences).
- 2019        **Ad-hoc reviewer**. US Department of Veterans Affairs. Chronic Medical Conditions & Aging [RRD6] review panel. Rehabilitation Research & Development. February 2019, Washington, DC. Scientific Review Officer: Carole Sztalryd.
- 2020        **Ad-hoc reviewer**. **NIH Center for Scientific Review**. Biobehavioral Mechanisms of Emotion, Stress, and Health (MESH) study section. Scientific Review Officer: Dr. Benjamin Shapiro.

- 2020 **Invited reviewer.** NCCIH/National Institutes of Health. Declined due to overlap with NIH/MESH grant review. Special emphasis panel for Emotional Well-Being: High Priority Research Networks (U24).
- 2020 **Grant reviewer.** Medical Research Council – United Kingdom Research and Innovation. <https://mrc.ukri.org>. Grant proposal MR/V006223/1. Administrator: Julia Harbor-Vines.
- 2021 **Grant reviewer.** University of Colorado Diabetes Research Center. Administrator: Michelle Guney.
- 2021-2025 **Permanent member,** NIH Health Center for Scientific Review. Biobehavioral Mechanisms of Emotion, Stress and Health (MESH) Study Section. Scientific Review Officer: Dr. Brittany Mason-Ma.
- 2022 **Invited reviewer.** Agency for Health Quality and Assessment of Catalonia. Declined due to conflict with NIH/MESH review. Program Coordinator: Esther Vizcaino.
- 2023 **Ad-hoc Reviewer.** NCCIH ZAT1 MH (03) 1 Review Panel. Scientific Review Officer: Dr. Marta Hamity.
- 2024 **Invited Reviewer.** The American Heart Association Strategically Focused Research Network, CV Kidney Metabolic Syndrome: Heterogeneity in Women. Declined due to conflict with NIH/MESH review. Sr. Research & Grant Administrator: Tammy Hill.

#### UNIVERSITY COMMITTEES

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- 2011-2012 **Chair,** Strategic Planning/Mind-Body Research Committee, Division of Preventive and Behavioral Medicine, UMass Medical School
- 2012-2014 **Member,** Women’s Faculty Committee, UMass Medical School
- 2013-2014 **Member,** Institutional Review Board (IRB), UMass Medical School
- 2021-2022 **Chair,** Research Task Force, Centers for Behavioral and Preventive Medicine, The Miriam Hospital & Brown University
- 2021- **Member,** Executive Committee - T32 HL076134 Research Training Program in Cardiovascular Behavioral Medicine, Brown Medical School (PI: Wing)
- 2024- **Member,** Internal Grant Review Committee, Brown Health Cardiovascular Institute.

#### MEMBERSHIP IN SOCIETIES

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- 1985- **Member,** Physicians’ Association, Milan, Italy
- 2008- **Member,** American Heart Association
- **Member,** Council on Epidemiology and Prevention; Member, Council on Lifestyle and Cardiometabolic Health
  - **Invited mentor,** AHA Mentorship Program
  - **Reviewer,** Journal of the American Heart Association; Circulation
  - **Elected Fellow** (2017)

- 2010- **Member**, Society of Behavioral Medicine (SBM)
- **Conference abstract reviewer** – SBM annual conference
  - **Chair** - Spirituality and Health Special Interest Group (2017- 2018)
  - **Co-Chair** - Cardiovascular Behavioral Medicine Special Interest Group (2018-2020)
  - **Elected Fellow** (2024)

#### ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS

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1. Radice M, Alli C, Avanzini F, Canciani C, Castelli MR, Di Tullio M, Giudici V, Manzini M, Mariotti G, **Salmoirago E**, Taioli E, Zussino A. Usefulness of exercise test for assessing the efficacy of an antihypertensive treatment. *G Ital Cardiol*. 1987; 17:414-8. PMID: 3653599.
2. Mariotti G, Alli C, Avanzini F, Canciani C, Di Tullio M, Giudici V, Manzini M, **Salmoirago E**, Taioli E, Zussino A, Radice M. Arm position as a source of error in blood pressure measurement. *Clin Cardiol* 1987; 10:591-3. PMID: 3665216.
3. Radice M, Albertini A, Alli C, Canciani C, Di Tullio M, Manzini M, Mariotti G, **Salmoirago E**, Taioli E, Giorgio Zatta, Tarolo GL. Assessment of ventricular function in arterial hypertension by means of radionuclide ventriculography. *Am J Med* 1988; 84:133-5. PMID: 3218652.
4. Radice M, Alli C, Di Tullio M, Giudici V, Guiducci D, Mariotti G, **Salmoirago E**, Taioli E. Rapporto tra entità del sovraccarico pressorio e segni precoci del coinvolgimento cardiaco nell'ipertensione arteriosa. Relationship between pressure overload and early cardiac involvement in hypertension. *Cardiologia* 1989; 34:341-5. PMID: 2758439.
5. Alli C, Avanzini F, Di Tullio M, Mariotti G, **Salmoirago E**, Taioli E, Radice M. Left ventricular diastolic function in normotensive adolescents with different genetic risk of hypertension. *Clin Cardiol* 1990; 13:115-8. PMID: 2137743.
6. Lotan C, Hasin Y, **Salmoirago E**, Rozenman Y, Mosseri M, Admon A, Nassar H, Gotsman MS. The radial artery: a simple approach to complex coronary angioplasty. *J Invasive Cardiol*. 1997; 9:518-522. PMID: 10762952.
7. **Salmoirago-Blotcher E**, Ockene I. Methodological limitations of psychosocial interventions in patients with an implantable cardioverter-defibrillator (ICD). A systematic review. *BMC Cardiovasc Disord*. 2009; 9:56. PMID: 20040100.
8. Ockene I, **Salmoirago-Blotcher E**. Varenicline for smoking cessation in patients with coronary heart disease. *Circulation*. 2010; 121:188-90. PMID: 20048200
9. Carmody J, Crawford S, **Salmoirago-Blotcher E**, Leung K, Churchill L, Olendzki N. Mindfulness Based Stress Reduction in coping with hot flashes. *Menopause* 2011; 18:611-20. PMID: 21372745.
10. **Salmoirago-Blotcher E**, Fitchett G, Ockene J, Schnall E, Crawford S, Granek I, Manson JA, Ockene I, O'Sullivan MJ, Powell L, and Rapp S. Religion and healthy lifestyle behaviors among postmenopausal women - The Women's Health Initiative. *J Behav Med* 2011; 34:360-371. PMID: 21301947.
11. **Salmoirago-Blotcher E**, Crawford S, Carmody J, Rosenthal L, Ockene I. Characteristics of dispositional mindfulness in patients with severe cardiac disease. *J Evid Based Complementary Altern Med* 2011; 16:218-225. PMID: 22116792.
12. **Salmoirago-Blotcher E**, Crawford S, Jackson E, Ockene J, Ockene I. Constipation and risk of cardiovascular disease among post-menopausal women. *Am J Med* 2011; 124:714-23. PMID: 21663887.
13. Bertone-Johnson ER, Powers SI, Spangler L, Brunner RL, Michael YL, Larson JC, Millen AE, Bueche MN, **Salmoirago-Blotcher E**, Liu S, Wassertheil-Smoller S, Ockene JK, Ockene I, Manson JE. Vitamin D intake from foods and supplements and depressive symptoms in a diverse population of older women. *Am J Clin Nutr* 2011; 94:1104-12. PMID: 21865327. PMCID: 3173027.

14. Schnall E, Kalkstein S, Fitchett G, **Salmoirago-Blotcher E**, Ockene J, Tindle HA, Thomas A, Hunt JR, Wassertheil-Smoller S. Psychological and Social Characteristics Associated with Religiosity in Women's Health Initiative Participants. *J Relig Health* 2012;51:20-31. PMID: 22069057
15. Bertone-Johnson ER, Powers SI, Spangler L, Larson JC, Michael YL, Millen AE, Bueche MN, **Salmoirago-Blotcher E**, Liu S, Wassertheil-Smoller S, Brunner RL, Ockene I, Ockene JK, Manson JE. Vitamin D supplementation and depression in the Women's Health Initiative Calcium and Vitamin D Trial. *Am J Epidemiol* 2012; 176:1-13. PMID: 22573431
16. **Salmoirago-Blotcher E**, Carmody J, Yeh G, Crawford S, Rosenthal L, Ockene I. Design and methods for a pilot randomized clinical trial of a phone delivered, mindfulness-based intervention to treat anxiety in patients with Implantable Cardioverter Defibrillators (ICD). *Evid Based Complementary Altern Med*. 2012; 2012:972106. PMCID: PMC3320061
17. **Salmoirago-Blotcher E**, Crawford S, Tran C,\* Goldberg R, Rosenthal L, Ockene I. Spiritual well-being may buffer psychological distress in patients with implantable cardioverter defibrillators (ICD). *J Evid Based Complementary Altern Med* 2012, 17: 148-54. PMID: 23050210. PMCID: PMC3462453
18. **Salmoirago-Blotcher E**, Crawford S, Carmody J, Rosenthal L, Yeh G, Browning C, Rose K, Stanley M, Ockene I. Phone-delivered mindfulness training for patients with Implantable Cardioverter Defibrillators (ICDs): results of a pilot randomized controlled trial. *Ann Behav Med* 2013; 46: 243-250. PMID:23605175 PMCID: PMC3758416
19. **Salmoirago-Blotcher E**, Fitchett G, Hovey K, Schnall E, Thomson C, Andrews C, Crawford C, O'Sullivan MJ, Post S, Chlebowski R, Ockene J. Frequency of private spiritual activity and cardiovascular risk in post-menopausal women: the Women's Health Initiative. *Ann Epidemiol* 2013; 23:239-45. PMID: 23621989 PMCID: PMC3741666
20. **Salmoirago-Blotcher E**, Hunsinger M, Morgan L, Fischer D, Carmody J. Mindfulness-based stress reduction and change in health-related behaviors. *J Evid Based Complementary Altern Med* 2013; 18 (4) 243-47.
21. Azarbal F, Stefanick M, **Salmoirago-Blotcher E**, Manson JA, Albert C, LaMonte M, Larson J, Li W, Martin L, Nassir R, Garcia L, Assimes T, Sharp K, Hlatky M, Perez M. Obesity, physical activity and their interaction in incident atrial fibrillation in post-menopausal women. *J Am Heart Assoc*. 2014;3(4). pii: e001127. doi: 10.1161/JAHA.114.001127. PMID: 25142057.
22. **Salmoirago-Blotcher E**, Reddy S\*, Swales H, Wittstein I, Ockene I, Aurigemma G, Bouchard J, Goldberg R. Post-discharge prognosis of stress cardiomyopathy in women: a retrospective cohort study. *Int J Cardiol (Metabolism & Endocrine)* 2014; 4:23-27. DOI: 10.1016/j.ijcme.2014.08.002.
23. **Salmoirago-Blotcher E**, Hovey KM, Andrews CA, Robinson J, Johnson KC, Smoller S, Crawford S, Qi L, Martin LW, Ockene J, Manson JE. Statins use and risk of hemorrhagic stroke in a community-based cohort of postmenopausal women: The Women's Health Initiative. *BMJ – Open*. 2015 Feb 25; e007075. PMID: 25716175; PMCID: PMC4342587. Featured as "Publication of the month" on the WHI website, May 2015. <https://www.whi.org/Stories/>
24. **Salmoirago-Blotcher E**, Druker S, Meyer F, Bock B, Crawford S, Pbert L. Design and methods for "Commit to Get Fit" – A pilot study of a school-based mindfulness intervention to promote healthy diet and physical activity among adolescents. *Contemp Clin Trials*. 2015; 41:248-58. PMID: 25687667. PMCID: PMC438080
25. **Salmoirago-Blotcher E**, Wayne P, Bock BC, Dunsiger S, Wu W, Stabile L, Yeh G. Design and methods of the Gentle Cardiac Rehabilitation Study – A behavioral study of tai chi exercise for patients not attending cardiac rehabilitation. *Contemp Clin Trials*. 2015; 43:243-251. PMID: 26115880; PMCID: PMC4522348
26. Aspary K, Wu W, **Salmoirago-Blotcher E**. Cardiac Rehabilitation in patients with established atherosclerotic vascular disease: new directions in the era of value-based healthcare. *Curr Atheroscler Rep*. 2016; 18:10. PMID: 26803511.

27. **Salmoirago-Blotcher E**, Fitchett G, Leung K, Volturo G, Boudreaux E, Crawford S, Ockene I, Curlin F. An exploration of the role of religion/spirituality in the promotion of physicians' wellbeing in Emergency Medicine. *Prev Med Reports*. 2016; 3: 189-195. PMID: PMC 4929145.
28. Scott-Sheldon LAJ, Lantini RC, Jennings EG, Thind H, Rosen R, **Salmoirago-Blotcher, E** & Bock BC. Text messaging-based interventions for smoking cessation: A systematic review and meta-analysis. *JMIR mHealth and uHealth*. 2016; 4(2), e49.
29. Park CL, Masters KS, Salsman J, Wachholtz A, Clements A, **Salmoirago-Blotcher E**, Trevino K, Wischenka L. Advancing our Understanding of Religion and Spirituality in the Context of Behavioral Medicine. *J Behav Med*. 2016; 1-18. PMID: 27342616.
30. Ermakov S, Azarbal F, Stefanick ML, LaMonte MJ, Li W, Tharp KM, Martin LW, Nassir R, **Salmoirago-Blotcher E**, Albert CM, Manson JE, Assimes TL, Hlatky MA, Larson JC, Perez MV. The associations of leptin, adiponectin and resistin with incident atrial fibrillation in women. *Heart* 2016; 102:1354-62. PMID: 27146694.
31. **Salmoirago-Blotcher E.**, Rosman L,\* Wittstein, Dunsiger S, Swales H, Aurigemma G, Ockene I. Psychiatric history, post-discharge distress and personality characteristics of women with takotsubo cardiomyopathy. *Heart Lung*. 2016; 45:503-509. PMID: 27553636.
32. **Salmoirago-Blotcher E**, Dunsiger S, Swales H, Aurigemma G, Ockene I, Rosman L, Wittstein I. Reproductive history of women with takotsubo cardiomyopathy. *Am J Cardiol*. 2016; 118: 1922–1928. PMID: 27742423. DOI: 10.1016/j.amjcard.2016.08.083
33. **Salmoirago-Blotcher E**, Rich C, Rosen RK, Dunsiger S, Raana A, Carey MP. Mobile-delivered mindfulness training to promote ART adherence and risky sex behaviors among persons living with HIV: design and methods. *Contemp Clin Trials*. 2017; 53:162-170. PMID: 28017907; PMID: PMC5274627.
34. Mongraw-Chaffin M, LaCroix AZ, Sears D, Garcia L, Phillips L, **Salmoirago-Blotcher E**, Zaslavsky O, Anderson CAM. Association of low fasting glucose with cardiovascular disease events and all-cause mortality: The Women's Health Initiative. *Metabolism*. 2017;70:116-124. PMID: 28403935.
35. Rosman L\*, Dunsiger S, **Salmoirago-Blotcher E**. Cumulative impact of stressful life events on the development of Takotsubo cardiomyopathy. *Ann Behav Med* 2017; 51:925-930. PMID: 28417437.
36. Hayden KM, Beavers D, Steck SE, Hebert JR, Tabung FK, Casanova R, Manson JE, Padula CB, **Salmoirago-Blotcher E**, Snetselaar LG, Zaslavsky O, Rapp SR. The association between an inflammatory diet and global cognitive function and incident dementia in older women: The Women's Health Initiative Memory Study (WHIMS). *Alzheimer Dement*. 2017; 13:1187-1196. PMID: 28531379. PMID: PMC5909961.
37. Rosman L,\* **Salmoirago-Blotcher E**, Cahill J, Wuensch KL, Sears SF. Depression and its effect on health behaviors in women with peripartum cardiomyopathy. *Heart Lung*. 2017; 46:363-368. PMID: 28583376.
38. Rosman L\*, **Salmoirago-Blotcher E**, Wuensch KL, Cahill J, Sears SF. Contraception and reproductive counseling in women with peripartum cardiomyopathy. *Contraception*. 2017; 96:36-40. PMID: 28578148
39. Rosen RK; McGarrity L, **Salmoirago-Blotcher E**, Rich C, Rana A, Carey MP. Telephone-Delivered Mindfulness Training for People Living with HIV: A Qualitative 360° Inquiry. *AIDS Behav*. 2017; 21:3194-3201. PMID: 28766027; PMID: PMC5865219
40. Tindle H, Liu S, Fugate Woods N, Rapp S, Kroenke C, Coday M, Loucks E, LaMonte M, Progovac A, **Salmoirago-Blotcher E**, Walitt B, Freiberg M. Psychological attitudes and biomarkers of inflammation, endothelial function, and metabolic function in the Women's Health Initiative. *J Diabetes*. 2017. doi: 10.1111/1753-0407.12584. PMID: 28703425.
41. **Salmoirago-Blotcher E**, Wayne PM, Dunsinger S, Krol J, Breault C, Bock BC, Wu WC, Yeh GY. Tai chi is a promising exercise option for patients with coronary heart disease declining cardiac rehabilitation. *J Am Heart Assoc* 2017; 6(10). pii: e006603. doi: 10.1161/JAHA.117.006603. PMID: 29021268. PMID: 29021268; PMID: PMC5721863.

42. Thind H, Lantini R, Balletto B, Donahue M, **Salmoirago-Blotcher E**, Bock BC, Scott-Sheldon L. The Effects of Yoga on Adults with Type II Diabetes: A Systematic Review and Meta-Analysis. *Prev Med* 2017; 105:116-126. PMID: 28882745.
43. Korthauer L, Goveas J, Espeland M, Shumaker S, Garcia K, Ockene J, Tindle H, **Salmoirago-Blotcher E**, Cochrane B, Sink, K, Vaughan L, Rapp S, Resnick S, Driscoll I. Negative affect is associated with increased incidence of mild cognitive impairment in nondepressed postmenopausal women. *J Gerontol A Biol Sci Med Sci*. 2018;73(4):506-512. PMID: 29028908.
44. Progovac A, Donohue J, Matthews K, Chang C, Habermann H, Kuller L, Saquib M, LaMonte M, **Salmoirago-Blotcher E**, Zaslavsky O, Tindle H. Optimism predicts sustained strenuous physical activity in postmenopausal women. *Prev Med Reports*, 2017;8:286-293. PMID: 29255664; PMCID: PMC5723377.
45. **Salmoirago-Blotcher E**, Carey MP. Can mindfulness training improve medication adherence? Integrative review of the current evidence and proposed conceptual model. *Explore (NY)*. 2018; 14:59-65. PMID:29162428; PMCID: PMC5760398.
46. **Salmoirago-Blotcher E**, Druker S, Frisard C, Dunsiger S, Crawford S, Meyer F, Bock B, and Pbert L. Integrating mindfulness training in school health education to promote healthy behaviors in adolescents: feasibility and preliminary effects on exercise and dietary habits. *Prev Med Reports* 2018; 9:92-95. PMID: 29527459; PMCID: PMC5840835.
47. **Salmoirago-Blotcher E**, DeCosta J, Harris C, Breault C, Santos C, Dunsiger S, Snyder P. Exploring synergistic effects of aerobic exercise and mindfulness training on cognitive function in older adults: the Active Minds Study. *Medicine* 2018; 97 (21); e10626. PMID: 29794738. PMCID: PMC6392662.
48. Rosman L,\* **Salmoirago-Blotcher E**, Wuensch K, Cahill J, & Sears S. Psychosocial adjustment and quality of life in patients newly diagnosed with peripartum cardiomyopathy and long-term survivors. *J Cardiovasc Nursing* 2018; 34: 20-28.
49. Abu HO, Ulbricht C, Ding E, **Salmoirago-Blotcher E**, Goldberg R, Kiefe C, PhD. Association of Religiosity and Spirituality with Quality of Life in Patients with Cardiovascular Disease: A systematic review. *Qual Life Res* 2018; 27:2777-2797.
50. Scott-Sheldon, L, Balletto B, Donahue M, Feulner M, Cruess D, **Salmoirago-Blotcher E**, Wing, R, Carey M. Mindfulness-Based Interventions for Adults Living with HIV/AIDS: A Systematic Review and Meta-Analysis. *AIDS Behav* 2018; 23, 60-75. PMID: 30054765; PMCID: PMC6344266.
51. Dunne E, Balletto, B, Donahue M, Feulner M, DeCosta J, Cruess D, **Salmoirago-Blotcher E**, Wing R, Carey M, Scott-Sheldon L. The benefits of yoga for people living with HIV/AIDS: A systematic review and meta-analysis. *Complement Ther Clin Prac* 2018; 34, 157-164.
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19. **Salmoirago-Blotcher E**, Druker S, Crawford S, Olendzki B, Pbert L. School-based mindfulness training to promote healthy diet and physical activity among adolescents: design and methods. Poster presentation, 36th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Antonio, TX, April 22-25, 2015. *Ann Behav Med* 2015; 49: S205
20. **Salmoirago-Blotcher E**, Fitchett G, Volturo G, Boudreaux E, Leung K, Curlin F. Can Religion/Spirituality Prevent Burnout among Emergency Department Physicians? Poster presentation, 36th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Antonio, TX, April 22-25, 2015. *Ann Behav Med* 2015; 49: S206
21. **Salmoirago-Blotcher E**, Dunsiger S, Bock B. Can Mindfulness Promote Behavioral Change? A secondary analysis from the Breatheasy study. Poster presentation, 37th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, March 30-April 2, 2016, Washington DC. *Ann Behav Med* 2016; 50:S142
22. **Salmoirago-Blotcher E**, Druker S, Meyer F, Frisard C, Crawford S, Bock B, Smith Frank L, Olendzki B, Pbert L. School-based mindfulness training to promote healthy behaviors in adolescents: a pilot study. Oral Presentation, 37th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, March 30-April 2, 2016, Washington DC. *Ann Behav Med* 2016; 50:S75
23. Rosman L,\* Cahill J, **Salmoirago-Blotcher E**, Chang PP, Sharalaya ZM, & Sears SF. Cardiac Anxiety in Patients with Peripartum Cardiomyopathy. Poster presentation, 4<sup>th</sup> International Congress on Cardiac Problems in Pregnancy (CPP2016), Las Vegas, Nevada, 2016
24. Hayden KM, Beavers D, Steck SE, Hebert JR, Tabung FK, Casanova R, Manson JE, Padula CB, **Salmoirago-Blotcher E**, Snetselaar LG, Zaslavsky O, Rapp SR. Association of Inflammatory Diet with Global Cognitive Function and Incident Dementia in Older Women. *Alzheimer's Association International Conference*; Toronto, Canada July 2016.
25. Korthauer LE, Goveas J, Espeland MA, Shumaker SA, Garcia KR, Ockene J, Tindle H, **Salmoirago-Blotcher E**, Cochrane B, Sink K, Vaughan AL, Rapp S, Resnick SM, Driscoll I. Negative affect is associated with increased incidence of mild cognitive impairment and dementia in nondepressed postmenopausal women. *Alzheimer's Association International Conference*; Toronto, Canada July 2016. *Alzheimer's & Dementia: The Journal of the Alzheimer's Association* 2016; 7: P906.
26. Hayden KM, Beavers D, Steck SE, Hebert JR, Tabung FK, Casanova R, Manson JE, Padula CB, **Salmoirago-Blotcher E**, Snetselaar LG, Zaslavsky O, Rapp SR. Impact of inflammatory diet on global cognitive function and incident dementia in older women. *WHI Investigator Meeting*; Columbus, Ohio May 5-6, 2016.
27. King O,\* Cho L,\* Krol J, **Salmoirago-Blotcher E**. Recruitment strategies for previously unengaged cardiac patients. Poster Presentation, Public Health Research Day, Brown University School of Public Health, Providence, April 13 2016.
28. Bock BC, Jennings E, Dunsiger S, Rosen R, **Salmoirago-Blotcher E**. Yoga as a Complementary Therapy for Smoking Cessation. Paper presentation, International meeting of the Society for Yoga Research conference; Amherst, MA September 2016.

29. **Salmoirago-Blotcher E**, Hovey K, Andrews C, Allison M, Brunner R, Denburg N, Eaton C, Garcia L, Sealy-Jefferson S, Zaslavsky O, Kang J, Lopez L; Post S; Tindle H; Wassertheil-Smoller S. Mechanisms underlying associations between optimism, hostility, and cardiovascular risk. Poster presentation, American Heart Association Scientific Sessions, New Orleans, LA, November 2016. *Circulation*. 2016;134:A13096
30. Thind H, Scott-Sheldon L, Lantini R, Balletto B, Donahue M, Feulner M, **Salmoirago-Blotcher E**, Bock BC. The Effects of Yoga on Adults with Type II Diabetes: A Systematic Review. Poster presentation, 38th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego (CA), March 2017.
31. Hoover V, Jackson E, **Salmoirago-Blotcher E**, Edwards KS, Hudson L. Women And Cardiovascular Disease: Current Approaches And Future Opportunities For Interdisciplinary Collaboration. *Ann Behav Med* 51, S679-S679.
32. **Salmoirago-Blotcher E**, Dunsiger S, Krol J, and Conboy L. Tai Chi as an alternative exercise option for female survivors of acute coronary events: qualitative findings from the Gentle Rehab Study. Oral presentation, 38th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego (CA), March 2017. *Ann Behav Med* 51, S680-S681.
33. **Salmoirago-Blotcher E**, Loucks EB, Brewer JA. Mindfulness training and cardiovascular disease prevention: facts and myths. Panel Discussion (Chair), 38th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego (CA), March 2017. *Ann Behav Med* 51, S650-S651.
34. Conboy L, Yeh G, Wayne P, Krol J, Bock B, **Salmoirago-Blotcher E**. Tai Chi as an alternative exercise option for survivors of acute coronary events: qualitative findings. Oral presentation, Conference of the Society for Acupuncture Research, San Francisco (CA), April 2017.
35. Hayden KM, Wang Y, Beavers D, Chen JC, Espeland M, Ford C, Harrington L, He K, Jenson M, Johnson KC, Manson JE, Marchand N, Masaki K, **Salmoirago-Blotcher E**, Vitolins M, Zaslavsky O, Morris MC. The Association between the MIND Diet and incident dementia in the Women's Health Initiative Memory Study. WHI Investigators meeting, May 2017.
36. Hayden KM, Wang Y, Beavers D, Chen JC, Espeland M, Ford C, Harrington L, He K, Jenson M, Johnson KC, Manson JE, Marchand N, Masaki K, **Salmoirago-Blotcher E**, Vitolins M, Zaslavsky O, Morris MC. The Association between the MIND Diet and incident dementia in the Women's Health Initiative Memory Study. Alzheimer's Association International Conference, London, July 2017.
37. Scott-Sheldon LAJ, Feulner M, Balletto B, Donahue ML, Cruess DG, **Salmoirago-Blotcher E**, Wing RR, Carey MP. Mindfulness-Based Interventions for People Living with HIV/AIDS: A Systematic Review. Paper presentation, American Public Health Association Annual Meeting and Expo, Atlanta, GA, 2017.
38. Meligy A, Kahn M, Roberts M, Shadyab A, Allison M, Lamonte J, **Salmoirago-Blotcher E**, Manson JA, Hale L, Eaton C. Insomnia, Sleep Duration and Risk Of Heart Failure Among Postmenopausal Women: The Women's Health Initiative. Poster presentation, American Heart Association Scientific Sessions, Anaheim, CA, November 2017. *Circulation*. 2017;136:A14813.
39. Hall P, Nah G, Vittinghoff E, Parker D, Manson JA, Howard B, Sarto G, Gass M, Sealy-Jefferson S, **Salmoirago-Blotcher E**, Stefanick M, Shadyab A, Van Horn L, Park K, Parikh N. Pregnancy loss is associated with higher risk of cardiovascular disease independent of traditional and nontraditional cardiovascular risk factors - the Women's Health Initiative. Poster presentation, American Heart Association Scientific Sessions, Anaheim, CA, November 2017. *Circulation*. 2017;136:A16540.
40. Bublitz M,\* Livingstone Z, Bourjely G, **Salmoirago-Blotcher E**. Feasibility of a phone-delivered mindfulness intervention for women at risk to deliver preterm. Poster presentation, Perinatal Mental Health Conference, Chicago, IL, November 2017.

41. Scott-Sheldon L, Gathright E,\* Donahue M, Balletto B, Feulner M, Cruess D, Wing R, Carey M, **Salmoirago-Blotcher E**. A Systematic Review of Mindfulness-Based Interventions in Adults with Cardiovascular Disease. Poster presentation, 2017 American Public Health Association Annual Meeting, Atlanta, GA, November 2017.
42. Dunne E, Balletto B, Donahue M, Feulner M, DeCosta J, Cruess D, **Salmoirago-Blotcher E**, Wing R, Carey M, Scott-Sheldon L. Yoga Interventions to Improve Behavioral Health among Adults Living with HIV: A Systematic Review. Poster presentation, 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, March 2018. *Annals Of Behavioral Medicine* 52, S560-S560.
43. Mudd L, Huberty J, **Salmoirago-Blotcher E**, Weber W. Feasibility Before Efficacy: Designing and Conducting Informative, Fundable Feasibility Studies. Symposium Presentation, 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA, April 11-14 2018. *Annals Of Behavioral Medicine* 52, S392-S392.
44. **Salmoirago-Blotcher E**. The Gentle Cardiac Rehab Study: tailoring tai chi to the needs of acute coronary events survivors who decline participation in cardiac rehabilitation. Oral presentation, 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA, April 11-14, 2018. *Annals Of Behavioral Medicine* 52, S393-S393.
45. **Salmoirago-Blotcher E**, Bock B, Park C. Mind-body approaches to behavioral change – do they work and how? Panel Discussion (Chair), 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA, April 11-14, 2018. *Annals Of Behavioral Medicine* 52, S427-S427.
46. Acabchuk RL, George E\*, Hennessy E, Scharf J, **Salmoirago-Blotcher E**, Johnson BT, Loucks EB. Mindfulness interventions and college student’s mental health. A Systematic Review and Meta-Analysis. Oral presentation, Society for Prevention Research 26<sup>th</sup> Annual Meeting. May 29-June 1 2018, Washington, DC.
47. Scott-Sheldon L, **Salmoirago-Blotcher E**, Donahue M, Feulner M, Balletto B, DeCosta J, Gathright E\*, Dunne E, Olson K, Cruess D, Wing R, & Carey MP. Do Mindfulness-Based Interventions Improve Health Outcomes for Adults Living with Chronic Illness? Results from a Systematic Review and Meta-Analysis. 5th International Congress of Behavioral Medicine, Santiago, Chile. *International Journal Of Behavioral Medicine* 2018, 25, S130-S130.
48. Scott-Sheldon L, Gathright E\*, **Salmoirago-Blotcher E**. Women’s Participation in Stress Management Randomized Controlled Trials for Chronic Heart Failure Patients. Poster presentation, 33<sup>rd</sup> conference of the American Association of Cardiovascular and Pulmonary Rehabilitation, Louisville, KY, September 2018.
49. **Salmoirago-Blotcher E**, Trivedi D\*, Dunsiger S, Breault C, Santos C, Harris K, Snyder P. Exploring Effects Of Aerobic Exercise And Mindfulness Training On Cognitive Function In Older Adults At Risk Of Dementia: The Active Minds Study. Poster presentation, American Heart Association Scientific Sessions, Chicago, IL, November 2018. *Circulation* 2018; 138 (Suppl 1), A12009-A12009.
50. Dunne E, Rosen R, Rich C, Norris A, **Salmoirago-Blotcher E**, Carey M. Telephone-delivered interventions for people living with HIV: Perceived benefits and challenges. Poster presentation, 40<sup>th</sup> annual meeting of the Society of Behavioral Medicine, Washington, DC, April 2019. *Annals Of Behavioral Medicine* 53, S764-S764.
51. **Salmoirago-Blotcher E**, Dunsiger S. Predictors of exercise patterns in CHD survivors undergoing Tai Chi training: A Latent Class Analysis. Oral presentation, 40<sup>th</sup> annual meeting of the Society of Behavioral Medicine, Washington, DC, March 6-9, 2019. *Annals of Behavioral Medicine* 53, S455-S455.
52. Burg M, Freedland K, **Salmoirago-Blotcher E**, Stoney C. Research Challenges in Cardiovascular Behavioral Medicine. Symposium, 40th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, March 6-9, 2019, Washington, D.C. *Annals of Behavioral Medicine* 53, S197-S197.

53. **Salmoirago-Blotcher E.** Biomarkers, Intermediate Outcomes, And Surrogate Endpoints: Uses and Misuses In Cardiovascular Behavioral Medicine Research. *Annals of Behavioral Medicine* 53, S198-S198.
54. Gathright, E. C.\*, DeCosta, J., Balletto, B., Donahue, M. L., Feulner, M., **Salmoirago-Blotcher, E.**, Carey, M. P., & Scott-Sheldon, L. A. J. The Impact of Transcendental Meditation on Depression and Cardiovascular Health in Cardiovascular Disease: A Systematic Review. Poster presentation, 40th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, March 6-9, 2019, Washington, D.C. *Annals of Behavioral Medicine* 53, S566-S566.
55. Scott-Sheldon L, Olson K, Feulner M, Donahue M, DeCosta J, Balletto B, Cruess D, **Salmoirago-Blotcher E**, Carey M, & Wing R. Benefits of Mindfulness-Based Interventions for Adults with Type 2 Diabetes: A Meta-Analytic Review. Poster presentation, 40th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, March 6-9, 2019, Washington, D.C. *Annals Of Behavioral Medicine* 53, S739-S739.
56. Søndergaard M, Hlatky M, Vittinghoff E, Gregory Nah, Howard B, Allison M, Shadyab A, Van Horn L, Gemmill A, Park K, **Salmoirago-Blotcher E**, et al. Adverse Pregnancy Outcomes and Cardiovascular Disease. Poster presentation, American Heart Association QCOR conference, Arlington, VA, April 2018. *Cardiovascular Quality and Outcomes* 12 (Suppl\_1), A182-A182.
57. Wang C, Lê-Scherban F, Taylor J, **Salmoirago-Blotcher E**, Allison M, Gefen D, Robinson L, Michael Y. Associations of Job Strain, Life Events and Social Strain with Coronary Heart Disease in Women's Health Initiative Observational Study. American Heart Association Scientific Sessions, Philadelphia, PA, November 2019. *Circulation*. 2019;140:A1235.
58. Dunne E, **Salmoirago-Blotcher E**, Carey M. Concordance of objective and subjective medication adherence measures in an HIV pilot trial. Poster presentation, Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA, April 2020. *Annals Of Behavioral Medicine* 54, S324-S324
59. **Salmoirago-Blotcher E**, Trivedi D\*, Dunsiger S, Breault C, Santos C, Walaska K, Snyder P. Exploring effects of exercise and mindfulness training on cognitive function in adults at risk of dementia: The Active Minds Study. Oral presentation, International Congress on Integrative Medicine and Health, Cleveland, OH, April 2020.
60. Carey M, Dunne E, Norris A, Dunsiger S, Rich C, Rosen R, Chan P, & **Salmoirago-Blotcher, E.** Phone-delivered mindfulness training to promote medication adherence and reduce sexual risk behavior among persons living with HIV: An exploratory clinical trial. Poster presentation, International Congress on Integrative Medicine and Health, Cleveland, OH, April 2020.
61. **Salmoirago-Blotcher E**, Walaska K, Trivedi D\*, Dunsiger S, Levin D, Breault C, Wu J, Bock B, and Cohen R. Exploring effects of mindfulness training on medication adherence in patients with heart failure: The Mind Your Heart Study. Oral presentation, Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, April 2021. *Annals of Behavioral Medicine* 2021; 55: S210-S210.
62. Gathright E,\* Donahue M, Balletto B, Scott-Sheldon L, Feulner M, DeCosta J, Cruess D, Wing R, Carey M, **Salmoirago-Blotcher E.** Tai Chi Interventions for Adults with Cardiovascular Disease: Insights from a Comprehensive Systematic Review and Meta-analysis. ePoster presentation, 2021 Integrative Medicine & Health Symposium, April 12-13, 2021
63. **Salmoirago-Blotcher E**, Walaska K, Trivedi D\*, Dunsiger S, Levine D, Breault C, Wu JR, and Cohen R. Effects of mindfulness training on cognitive function and interoceptive awareness in heart failure outpatients. American Heart Association Scientific Sessions, Boston, MA, November 2021. *Circulation* 2021;144:A9159-A9159.
64. Trivedi D\*, Black E\*, Khatri S\*, Tripolone J, Gathright E, **Salmoirago-Blotcher E.** Coronavirus Disease 2019 Pandemic and Incidence of Takotsubo Syndrome: A Retrospective Study. Poster presentation, American Heart Association Scientific Sessions, Boston, MA, November 2021. *Circulation*. 2021;144:A10167.

65. **Salmoirago-Blotcher E**, Tripolone J, Breault C, Meyer J, Gathright E, Abbott JD, Saltzman A, Lou J, Burg M. Hypothalamic-pituitary Adrenal Axis Activation In Women With Takotsubo Syndrome. American Heart Association Scientific Sessions, Chicago, IL, November 2022. *Circulation* 2022; 146: A12407-A12407.
66. Keirns N.G.\*, Ouaddi S\*, Black E.\*, Gathright E.C.\*, Lee S.Y.\*, Tripolone J., Breault C., Burg M., & **Salmoirago-Blotcher, E.** Psychological distress and stress reactivity in women with takotsubo syndrome. Poster presentation. Annual Conference of the American Psychosomatic Society, San Juan, Puerto Rico. March 2023.
67. **Salmoirago-Blotcher E**, Dunsiger S, Breault C, Song C, Aurigemma G, Burg M. Selective Serotonin Reuptake Inhibitors Use and Risk of Takotsubo Syndrome in Women. American Heart Association Scientific Sessions, Philadelphia, PA, November 2023.
68. Keirns N\*, Rosen R, Burg M, Ouaddi S\*, Black E\*, Tripolone J, Breault C, Abbott JD, **Salmoirago-Blotcher E.** Beyond the Medical Record: An In-depth Exploration of Takotsubo Syndrome Triggers. American Heart Association Scientific Sessions, Philadelphia, PA, November 2023. *Circulation* 148 (Suppl\_1), A13114-A13114.
69. Ouaddi S\*, Gathright E\*, Burg M, Keirns N\*, Abbott JD, Tripolone J, Breault C, **Salmoirago-Blotcher E.** Adaptive Coping, Resilience, and Cardiovascular Stress Reactivity in Women with Takotsubo Syndrome. Oral presentation, American Heart Association Scientific Sessions, Philadelphia, PA, November 2023. *Circulation* 148 (Suppl\_1), A12747-A12747.
70. Keirns\*, N.G., Keirns, B.H., **Salmoirago-Blotcher, E.**, & Emerson, S.R. Gender Differences in the Association between Weight Stigma and Biobehavioral Risk Factors for Poor Cardiovascular Health. Poster presentation, Annual meeting of the Society of Behavioral Medicine, Philadelphia, PA, March 2024.
71. Liu C\*, Ouaddi S\*, Song C, Lou J, Saltzman A, Salmoirago-Blotcher E. Trajectory of diastolic function in patients with a recent Takotsubo syndrome episode. Oral presentation, American Heart Association Scientific Sessions, Chicago, IL, November 2024. *Circulation* Volume 150, Number Suppl\_1 [https://doi.org/10.1161/circ.150.suppl\\_1.4140296](https://doi.org/10.1161/circ.150.suppl_1.4140296)
72. Gathright E\*, Allison M, Burg M, Haring B, Liu L, Liu S, Manson JA, Martin LW, Saquib Z, Shadyab AH, Smoller S, Weitlauf JC, Wells G, Mouton CP, Ockene J, **Salmoirago-Blotcher E.** Psychological Stress and Risk of Heart Failure and Its Subtypes in the Women's Health Initiative. American Heart Association Scientific Sessions, Chicago, IL, November 2024. *Circulation* 150 (Suppl\_1) [https://doi.org/10.1161/circ.150.suppl\\_1.4138946](https://doi.org/10.1161/circ.150.suppl_1.4138946)
73. Kumar DS\*, Riegel B, Pond H\*, Liu C\*, Keirns N\*, Locatelli G\*, Tripolone G, Breault C, **Salmoirago-Blotcher E.** Association between interoceptive accuracy and self-care in patients with heart failure and mild cognitive impairment. Poster presentation, 46<sup>th</sup> annual meeting of the Society of Behavioral Medicine, San Francisco, CA, March 2025.
74. Pond H\*, Liu C\*, Keirns N\*, Locatelli G\*, Riegel B, Gathright E, Tripolone G, Breault C, **Salmoirago-Blotcher E.** Interoceptive Accuracy in patients with comorbid heart failure and cognitive impairment and associations with psychological distress. Poster presentation, 46<sup>th</sup> annual meeting of the Society of Behavioral Medicine, San Francisco, CA, March 2025.
75. Kumar DS\*, Keirns N, Pond H\*, Liu C\*, Gathright E, Riegel B, Cohen R, Breault C, Tripolone J, **Salmoirago-Blotcher E.** Vagal control and cognitive function among patients with heart failure (hf) and mild cognitive impairment (MCI). American Heart Association Scientific Sessions, New Orleans, November 2025. *Circulation* 152 (Suppl\_3), A4366222-A4366222.
76. Kumar DS\*, Riegel B, Pond H\*, Liu H\*, Serrano V\*, Tripolone J, Breault C, Cohen R, **Salmoirago-Blotcher E.** Associations between cognitive function with functional capacity and health-related quality of life among patients with heart failure and mild cognitive impairment. Poster presentation, Society of Behavioral Medicine, Chicago, IL, April 2026.

77. Keirns N\*, Valvi N, Stout ME, Keirns BH, **Salmoirago-Blotcher E**, Montine P, Weitlauf JC, Tinker, LF. Prevalence and correlates of perceived weight discrimination in older adult women: a Women's Health Initiative study. Society of Behavioral Medicine Annual Meeting, Chicago, IL, April 2026.
78. Serrano V\*, Pond H\*, Liu C\*, Gathright E, Kumar DS\*, Tripolone J, Breault C, Riegel B, **Salmoirago-Blotcher E**. Relationship between Sleep Quality and Vagal Control among Patients with Heart Failure and Mild Cognitive Impairment. Submitted to the Society of Behavioral Medicine, Chicago, IL, April 2026.

## INVITED PRESENTATIONS

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1. **Invited lecturer.** Integrative Medicine Fellowship program, Osher Research Center, Harvard Medical School, Boston May 4, 2011. Salmoirago-Blotcher, E. Mindfulness Training to prevent anxiety and shock in patients with ICDs.
2. **Invited Speaker.** Hadassah-Women's Zionist Organization of America Health Fair, Royal Plaza Hotel & Trade Center, April 21, 2013, Marlboro, MA. Salmoirago Blotcher E. Can You Die of A Broken Heart?
3. **Moderator.** Second Annual Conference on Medicine and Religion, May 28-30, 2013, Chicago, IL. Abstract session: Relationships of Care.
4. **Co-Chair.** Third Annual Conference on Medicine and Religion, March 7-9, 2014, Chicago, IL. Methodology Issues in Religion Research (lunch round table).
5. **Invited Speaker.** Massachusetts College of Emergency Physicians Conference "Dousing the flames of emergency medicine burnout". Waltham, MA, April 7, 2014.
6. **Presenter.** 35th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA, April 23-26, 2014. At the Heart of Religion: Is Religion Good for Cardiovascular Health?
7. **Moderator.** Master lecture, 35th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA, April 23-26, 2014. Religious and Spiritual Culture: Implications from the Lab and the Clinic for Building Bridges When You Don't Speak the Language.
8. **Invited Speaker.** Massachusetts College of Emergency Physicians (MACEP) Board Meeting, Marlboro, MA, November 17, 2015. An Exploration Of The Role Of Religiousness/Spirituality In The Promotion Of Physicians' Wellbeing In Emergency Medicine.
9. **Presenter.** 37th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, March 30-April 2, 2016, Washington DC. Theories and Techniques of Behavior Change Interventions meeting. School-based mindfulness training to promote healthy behaviors in adolescents: a pilot study.
10. **Invited member.** Meeting of the National Consortium on Psychosocial Stress, Spirituality, and Health. Harvard Medical School, Boston, MA, April 14-15, 2016
11. **Invited Speaker.** Jewish Federation of Central Massachusetts, Worcester, MA, November 14, 2015. Salmoirago-Blotcher E. Is Religion Good for Your Heart?
12. **Invited Speaker.** 2<sup>nd</sup> Annual Lifestyle Medicine Symposium, Brown University, May 4, 2017. Salmoirago-Blotcher E. The Heart Has Its Reasons...Can Negative Emotions Cause Heart Disease?
13. **Invited Speaker.** Milford Regional Medical Center ICD support group, Milford, MA September 21, 2017. Salmoirago-Blotcher E. It's the Life in Your Years: Adjusting to Life with A Cardiac Defibrillator.
14. **Invited Speaker.** Jewish Federation of Central Massachusetts, Worcester, MA, November 2017. Salmoirago-Blotcher E. Is Mindfulness a Jewish Value? Jewish Federation of Central
15. **Invited Speaker.** Worcester Senior Center Distinguished Speaker Series. Worcester, MA, March 13, 2018. Salmoirago Blotcher E. Tai Chi as an alternative exercise option for survivors of heart attacks: The Gentle Cardiac Rehab Study.
16. **Invited Speaker.** Ivy & Corporate and Foundation Relations Conference at Brown University. July 10, 2018. Talk on Brown Mindfulness Center and guided meditation.  
<https://www.brown.edu/conference/ivy-plus-corporate-and-foundation-relations/home>.

17. **Invited Lecturer.** Harvard Medical School, Integrative Medicine Seminar Series, October 2, 2019. Salmoirago Blotcher E. Mindfulness Research: Conceptual and Methodological Challenges.
18. **Co-Chair.** Wellbeing/Spirituality & Health Behaviors Paper Session, April 2nd 2020, 41st Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA.
19. **Invited Speaker.** Tai Chi and Cardiovascular Disease. 23rd Annual Toronto Ottawa Heart Summit, June 25-26, 2020, Toronto, Canada.
20. **Invited Speaker.** The Miriam Hospital Women's Association. Providence, RI, January 13, 2021. Mental Health: Tools for Putting 2020's Stress & Anxiety Behind You.
21. **Invited Speaker.** Mind, Body, Science, Soul: A conversation on physical, mental, and spiritual health. Veritas Forum, Brown University, April 20, 2022.
22. **Salmoirago-Blotcher E.** Invited Speaker, Introduction to Integrative and Lifestyle Medicine Elective Course, Brown University School of Medicine (Course Director: Makena Mette).
23. **Salmoirago-Blotcher E.** Panelist, Cardiology Preclinical Elective Research Panel. Warren Alpert School of Medicine at Brown University, March 28, 2023.
24. **Invited Speaker.** Mindfulness Science Keynote Lecture: Beyond Stress Reduction: Exploring Novel Mechanisms of Mindfulness Training to Improve Cardiovascular Health. University of Southern California - Center for Mindfulness Science. January 11, 2023.
25. **Invited Speaker.** American College of Cardiology RI Chapter. Improving Cardiovascular Health in Rhode Island: Public Health and Health System Interventions. "Reducing ASCVD Risk: Stress Management and CVD Outcomes". Friday, April 28, 2023, Marriott Providence.

#### PRESENTATIONS AT LOCAL, REGIONAL, AND INSTITUTIONAL MEETINGS

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1. **Salmoirago-Blotcher E.** Constipation and Risk Of Cardiovascular Events In Menopausal Women. Cardiology Fellowship Seminar Series, Division of Cardiology, University of Massachusetts Medical School, December 2009
2. **Salmoirago-Blotcher E.** Religion and Healthy Lifestyle Behaviors Among Postmenopausal Women - The Women's Health Initiative. Seminars of the Division of Preventive and Behavioral Medicine, University of Massachusetts Medical School, April 2010
3. **Salmoirago-Blotcher E.** A mindfulness-based intervention for treatment of anxiety in patients with Implantable Cardioverter Defibrillators. Seminars of the Division of Preventive and Behavioral Medicine, University of Massachusetts Medical School, September 2011
4. **Salmoirago-Blotcher E.** Private spiritual activity and cardiovascular risk in post-menopausal women. Seminars of the Division of Preventive and Behavioral Medicine, University of Massachusetts Medical School, November 2012
5. **Salmoirago-Blotcher E.** A phone-delivered mindfulness and educational intervention to reduce shock anxiety and promote ICD device adjustment. Brown Bag Research Seminars, Centers for Behavioral & Preventive Medicine, Alpert School of Medicine at Brown University, July 2014
6. **Salmoirago Blotcher E.** Behavioral and Integrative Cardiology: Time to End the Conflict between mind and body? Grand Rounds Presentation, Division of Cardiology, Rhode Island Hospital & Alpert School of Medicine, Brown University, September 12, 2014
7. **Salmoirago-Blotcher E.** Mind/body medicine and cardiovascular prevention. Behavioral Medicine Seminar Series, Centers for Behavioral & Preventive Medicine, Alpert School of Medicine, Brown University, November 2014
8. **Salmoirago-Blotcher E.** Behavioral & Integrative Cardiology: the "Gentle" Approach to The Treatment of Cardiovascular Disease. Meeting of the Miriam Hospital Foundation, November 2014
9. **Salmoirago-Blotcher E.** School-based mindfulness training to promote healthy behaviors in adolescents: preliminary findings and next steps. Brown Bag Research Seminars, Centers for Behavioral & Preventive Medicine, Alpert School of Medicine, Brown University, September 2015

10. **Salmoirago-Blotcher E.** Mind/Body Medicine and Cardiovascular Prevention: Time to End the Conflict Between Mind and Body? Behavioral Medicine Seminar Series, Centers for Behavioral & Preventive Medicine, Warren Alpert School of Medicine at Brown University, November 2015
11. **Salmoirago-Blotcher E.** Mindfulness Research: conceptual and methodological challenges. Behavioral Medicine Seminar Series, Centers for Behavioral & Preventive Medicine, Warren Alpert School of Medicine at Brown University, December 2016
12. **Salmoirago-Blotcher E.** Psychological attitudes and autonomic balance: an analysis from the Women's Health Initiative (WHI). Clinical Research Works in Progress. Division of Cardiology, Rhode Island Hospital & Alpert School of Medicine at Brown University, December 2016
13. **Salmoirago-Blotcher E,** Dunsiger S, Swales HH, Aurigemma G, Wittstein I. Reproductive History of Women with Takotsubo Cardiomyopathy: A Prospective Case-Control Study. Poster Presentation, Department of Medicine Annual Research Forum, Providence, June 27 2016.
14. Balletto B, Donahue M, Feulner M, Lantini R, Thind H, **Salmoirago-Blotcher E,** Bock, BC, & Scott-Sheldon, L. The Effects of Yoga on Adults with Type II Diabetes: A Systematic Review and Meta-Analysis. Annual Public Health Research Day, Brown School of Public Health, April 2017.
15. **Salmoirago-Blotcher E.** Challenges in Mindfulness Research. Centers of Behavioral and Preventive Medicine Meeting, March 20, 2017.
16. **Salmoirago-Blotcher E,** Hovey K, Andrews C, Allison M, Brunner R, Denburg N, Eaton C, Garcia L, Sealy-Jefferson S, Zaslavsky O, Kang J, Lopez L; Post S; Tindle H; Wassertheil-Smoller S. Mechanisms underlying associations between optimism, hostility, and cardiovascular risk. Poster presentation, Annual Research Forum, Department of Medicine, Brown University Medical School, June 2017.
17. **Invited speaker:** "Health Career Opportunities Reimagined (HealthCORE)". Meeting with 20 high school students from under-represented groups. July 11 2018, Brown Alpert Medical School
18. **Salmoirago-Blotcher E.** Mindfulness-Based Interventions: Origin, Effectiveness, and Challenges. Invited presentation, Seminar series, General Internal Medicine residency program, Brown University School of Medicine, November 6, 2020.
19. **Salmoirago-Blotcher E.** Role of Psychosocial Factors in the Physiopathology of Takotsubo Syndrome: Development of a Research Program. Cardiovascular Research Center Data Club – December 2020.
20. **Salmoirago-Blotcher E.** Mindfulness Research: Mindfulness-Based Interventions: Origin, Effectiveness, and Challenges. Behavioral Medicine Seminar Series, Centers for Behavioral & Preventive Medicine, Warren Alpert School of Medicine at Brown University, December 2020.
21. **Salmoirago-Blotcher E.** Mindfulness Research: Mindfulness-Based Interventions: Origin, Effectiveness, and Challenges. Behavioral Medicine Seminar Series, Centers for Behavioral & Preventive Medicine, Warren Alpert School of Medicine at Brown University, August 2023.
22. Sandhu M\*, Walsh E, Tripolone J, Breault C, **Salmoirago-Blotcher E.** Recruitment of Patients with Chronic Conditions in Randomized Controlled Trials: Challenges and Gaps. Brown Undergraduate Summer Research Symposium, August 2023.
23. Selva Kumar D\*, Riegel B, Pond H, Liu C, Keirns N, Locatelli G, Tripolone J, Breault C, **Salmoirago-Blotcher E.** Association between Interoceptive Accuracy and Self-Care in Patients with Heart Failure and Mild Cognitive Impairment. [Poster Presentation]. Mind Brain Research Day, Department of Psychiatry and Human Behavior, Warren Alpert Medical School at Brown University, Providence, RI, March 2025.
24. **Salmoirago-Blotcher, E.** Fundamentals of good medical writing. Journal Club presentation, Mind & Heart Lab, Brown Health Cardiovascular Institute. April 10 2025.

The complete list of Dr. Salmoirago-Blotcher's published work is available at:

<https://www.ncbi.nlm.nih.gov/myncbi/elena.salmoirago-blotcher.1/bibliography/public/>  
<http://orcid.org/0000-0003-4636-8698>

<https://scholar.google.com/citations?user=DgPfhKEAAAAJ&hl=en>

## GRANTS

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### Completed

1. A mindfulness-based intervention for treatment of anxiety in ICD patients, F32 AT005048  
National Center for Complementary and Integrative Health; 2009-2012  
Role: **Principal Investigator**; \$ 189,400
2. A study of the association between spirituality and burnout in emergency room physicians, FP048381;  
University of Chicago Faculty Scholar Program; 2013-2015  
Role: **Principal Investigator**; \$ 169,736
3. Mindfulness training to promote healthy diet and physical activity in teens, R21HL119665  
National Heart, Lung and Blood Institute; 2013-2015 (no-cost extension, 2016).  
Role: **Principal Investigator** (MPI: Pbert); \$ 437,325
4. Long-term prognosis, predisposing factors and psychological characteristics of transient stress  
cardiomyopathy, 13CRP13340001  
American Heart Association, 2012-2015  
Role: **Principal Investigator**; \$ 154,000
5. Development of a Tai Chi intervention to overcome barriers to cardiac rehabilitation, R34AT007569  
National Center for Complementary Integrative Health, 2013-2016 (no cost extension, 2017)  
Role: **Principal Investigator**; \$ 784,805
6. Mindfulness training to improve ART adherence and reduce risk behavior among persons living with  
HIV, R34AT008930  
National Center for Complementary and Integrative Health, 2015-2018.  
Role: **Principal Investigator** (MPI: Carey); \$ 649,879
7. Exploring synergistic effects of aerobic exercise and mindfulness training on cognitive function in older  
adults: A pilot, proof of concept study, 201602917  
Neurosciences Institute, 2016-2018  
Norman Prince  
Role: **Principal Investigator**;  
\$ 79,873
8. Psychosocial, immunological, and biobehavioral benefits of stress management interventions for chronic  
diseases: comprehensive systematic review and meta-analyses. R01AT008815  
National Center for Complementary and Integrative Health, 2016-2021  
Role: **Co-Investigator**; \$ 1,968,648
9. Exploring synergistic effects of aerobic exercise and mindfulness training on cognitive function in older  
adults. Brown University Center for Mindfulness, 2018  
Role: **Principal Investigator**; \$ 20,000
10. Asthma Symptom Management Through Mindfulness Training. R01AT008393 National Center for  
Complementary and Integrative Health, 09/01/18-08/31/19  
Role: **Mindfulness Instructor**
11. Exploring the Role of Mindfulness Training in the Promotion of Medication Adherence In Heart Failure  
Outpatients. R21HL140492.  
National Heart, Lung  
and Blood Institute, 2018-2021  
Role: **Principal Investigator**; \$  
425,607
12. Society of Behavioral Medicine 2022 Annual Meeting & Scientific Session. R13HL163945-01

National Heart, Lung and Blood Institute, 4/25/2022 – 3/31/2023

Role: **Co-Investigator**; \$ 65,000

13. Stress and resilience in women with Takotsubo syndrome: Diversity Administrative Supplement.

3R01HL149672- 03S1. Trainee: Sara Ouaddi.

National Heart, Lung and Blood Institute, 08/25/2022 – 02/28/2024.

Role: **Principal Investigator and Mentor**; \$ 9,870

#### Active

14. Heterogeneity and predictors of stress reactivity in takotsubo syndrome. R01HL149672-01

National Heart, Lung and Blood Institute, 03/01/2020 - 02/28/2026 (NCE)

Role: **Principal Investigator**; \$ 2,850,23

15. Mechanisms of mindfulness training to prevent hypertensive disorders of pregnancy. R01HL57288

National Heart, Lung and Blood Institute, 09/01/2021 – 06/30/2026

Role: **Co-Investigator**; \$ 2,777,246

16. Targeting cognitive function and interoceptive awareness to improve self-management in patients with co-morbid heart failure and cognitive impairment. R01AG076438-01.

National Institute on Aging, 5/5/2022 – 4/30/2027.

Role: **Principal Investigator**; \$ 3,338,605

17. Tai Chi Exercise and wearable feedback technology to promote physical activity in ACS Survivors.

R01AT012072-01.

National Center for Complementary and Integrative Health, 09/02/22-08/31/26.

Role: **Multiple Principal Investigator** (MPI: Yeh); \$ 1,739,511

18. Mechanisms of mindfulness training to reduce maternal and infant cardiovascular disease risk.

R01HL172869. National Heart, Lung and Blood Institute (PD/PI: Bublitz, M) 09/2021 - 06/2026

Role: **Co-Investigator**; \$3,166,122

19. Mindfulness and wearable biosensors to prevent hypertensive disorders of pregnancy.

R01AT013695. NCCIH/NICHD/NINR (MPIs: Palatnik; Bublitz). 9/22/25-8/31/28

Role: **Consultant**; \$1,256,373

#### UNIVERSITY TEACHING ROLES

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2017-2022 **Co-Director.** Concentration in Lifestyle and Integrative Medicine, Brown Medical School.

- Designed the concentration curriculum
- Advised prospective concentration candidates

2015-2020 **Co-Director.** Cardiovascular Behavioral Medicine Course (T32 HL076134), Brown Medical School. The goal of this course is to provide grounding in cardiovascular (CV) disease to postdoctoral fellows.

- Development of the course curriculum
- Presentation of 2 lectures/year (CV physiology, coronary heart disease & risk factors, heart failure)
- Presentations addressed sex and race disparities in CV disease

2014- **Mentor and lecturer.** Research Placement Program, APA Clinical Psychology Internship – Behavioral Medicine Track, Brown Medical School. Presentations addressed race disparities in mindfulness research.

- 2014- **Senior Mentor and Lecturer.** T32 HL076134 Post-doctoral Research Training Program in Cardiovascular Behavioral Medicine, Brown Medical School (Director/PI: Dr. Rena Wing).
- 2013 **Instructor.** FM105 – Physiology of the cardiovascular system. 4 lectures ~150 students and 50 students. UMass Medical School
- 2013 **Lecturer.** CPH 604 – Comprehensive Project. 1 lecture (8 students). UMass Graduate School of Medical Sciences
- 2012-2014 **Lecturer.** Clinical Research Methodology Lecture Series, Cardiology Fellowship Program, UMass Medical School
- Designed series curriculum
  - Presented 2 lectures/year (~10 fellows)
- 2011 **Lecturer.** Master of Science and Clinical Investigation, UMass Graduate School of Medical Sciences. “Assessing the validity and reliability of diagnostic and screening tests”. 1 lecture, 10 students
- 1989 **Instructor.** Bergamo School of Nursing, Bergamo, Italy. Introduction to Biostatistics. One semester, 20 students

#### HOSPITAL TEACHING ROLES

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- 2018- **Faculty.** Cardiology Fellowship Program, Brown Medical School
- Developed the curriculum of a lecture series on Clinical Research Methodology for clinicians.
  - Presented 5 lectures per AY (5-10 fellows plus research personnel)
  - Provided mentoring to cardiology fellows on the content and format of journal club presentations

#### ADVISING & MENTORING

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##### *Post-doctoral fellows & junior faculty*

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- 2025- **Mentor.** Crystal Chen, MD, MS. Post-doctoral fellow in Clinical Cardiology (Brown Medical School).
- 2025- **Co-Mentor.** K23 submission. Austin Matus, PhD, RN. NRSA-Postdoctoral Fellow (University of Pennsylvania Perelman School of Medicine)
- 2024- **Co-Mentor.** K8 award submission. Micheline Anderson, PhD; Assistant Professor (Brown Medical School)
- 2023-2024 **Mentor.** Natalie Keirns, PhD; Post-doctoral fellow (Brown Medical School)
- 2023- **Co-Mentor.** American Heart Association Career Development Award. Sharon Lee, PhD, Assistant Professor of Medicine (Brown Medical School)
- 2022- **Co-Mentor.** K23HL168158. Sharon Lee, Assistant Professor of Medicine (Brown Medical School)
- 2022 **Advisor,** K-award submission. Kristen Kraemer, Instructor (Harvard Medical School)

- 2020 **Advisor**, K award submission. Karen Sheffield-Abdullah, PhD, Postdoctoral Fellow (UNC Chapel Hill School of Medicine)
- 2019 **Advisor**, COBRE grant submission. Adam Lewkovitz, MD, MPH, Women & Infants Hospital (Brown Medical School)
- 2019-2024 **Co-Mentor**. K23HL141644. Lindsey Rosman (UNC Chapel Hill School of Medicine)
- 2018-2025 **Primary Mentor**, K23AG061214. Emily Gathwright, PhD (Brown Medical School)
- 2018-2021 **Co-Mentor**. Kristie Harris, PhD; post-doctoral fellow (Yale School of Medicine)
- 2018 **Advisor**. Shelly Rothschild, MD, Visiting Fellow (Technion Institute of Technology, Haifa, Israel)
- 2017 **Advisor**. Dikla Agur-Cohen, MD. Visiting Fellow (Technion Institute of Technology, Haifa, Israel)
- 2016-2020 **Mentor**. Margaret Bublitz, PhD, Assistant Professor (Brown University)
- 2015 **Co-Mentor**. Herpreet Thind, PhD; post-doctoral fellow (Brown University)
- 2013-2015 **Supervisor**. Research internship. Sandhya Reddy, MD, resident (UMass Medical School)
- 2011 **Advisor**. Elizabeth Konadu, MD; cardiology fellow (UMass Medical School)

*Graduate students*

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- 2025 **Research Mentor**. Clinical Psychology Training Consortium Internship Program, Brown University. Vanessa Serrano, PhD candidate (UC San Diego)
- 2023 **Supervisor**. Research Internship. Courtney Bowen, medical student (Brown)
- 2022-2023 **Research Mentor**. Clinical Psychology Training Consortium Internship Program, Brown University. Natalie Keirns, PhD candidate (Oklahoma State University)
- 2021-2023 **Co-Mentor**. Giulia Locatelli, RN, PhD candidate (University of Roma Tor Vergata)
- 2017-2018 **Research Mentor**. Clinical Psychology Training Consortium Internship Program, Brown University. Kristie Harris, PhD candidate (Ohio State University)
- 2017 **Advisor**. Clinical Psychology Training Consortium Internship Program, Brown University. LG Rollins, PhD candidate. University of Massachusetts, Boston.
- 2017 **Advisor**. William Nardi, Master student, Brown School of Public Health
- 2015-2016 **Supervisor**. Research Internship. Chelsea King, Master student. (Brown School of Public Health)
- 2015-2016 **Research Mentor**. Clinical Psychology Training Consortium Internship Program, Brown University. Lindsey Rosman, PhD candidate (East Carolina University)
- 2014 **Supervisor**. Fall semester research rotation. Nathaniel Erskine, MD/PhD candidate. (UMass Medical School)
- 2013 **Supervisor**. Fall semester research rotation. Gioia Persuitte, PhD Candidate (UMass Medical School)

- 2012      **Supervisor.** Research internship. Mark O'Connor Jr., BA; medical student (UMass Medical School)
- 2011      **Supervisor.** Research internship. Chau Tran, BA; medical student (UMass Medical School)
- 2009-2010      **Supervisor.** Research internship. Dyuti Trivedi, MS; Medical School applicant

*Undergraduate students*

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- 2025      **Supervisor.** Summer research internship. Eden Tan (Brown University).
- 2024-      **Honors Thesis advisor.** Christopher Liu (Brown University).
- 2023-      **Supervisor.** Undergraduate research internship. Christopher Liu (Brown University). 2025 Truman Scholarship Award ee for the state of Rhode Island.
- 2023      **Supervisor.** Summer research internship. Meher Sandhu (Brown University)
- 2022-2024      **Mentor.** NHLBI diversity administrative supplement. Sara Ouaddi (Brown University)
- 2021      **Mentor.** WOW Award for summer internship, Hiatt Career Center. Emma Black (Brandeis University)
- 2021      **Supervisor.** Summer Research Internship. Surya Khatri (Brown University)
- 2019      **Honors Thesis advisor.** Reagan Menz (Brown University)  
Excellence in Public Health Honors Thesis Award
- 2017      **Honors Thesis advisor.** Elizabeth George (Brown University)
- 2016-2018      **Mentor.** Royce Fellowship Award. Emma Caviness (Brown University)
- 2016      **Supervisor.** Summer Research Internship. Lili Ardente (Wesleyan University)
- 2015-2016      **Supervisor.** Summer Research Internship. Lianne Chu (Brown University)
- 2011      **Supervisor.** Undergraduate Research internship. Shweta Athilat (UMass-Amherst)

**MEDIA**

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*Chronic constipation tied to women's heart risks - Reuters (6/22/2011)*

<http://www.reuters.com/article/2011/06/22/us-chronic-constipation-idUSTRE75L7EA20110622>

*Novel mindfulness intervention may reduce anxiety in cardiac patients- UMassMedNow (5/17/2013)*

<http://www.umassmed.edu/news/news-archives/2013/05/mindfulness-intervention-cardiac-patients/>

*Study looks at mindfulness effects on health education - The Brown Daily Herald (2/26/2015)*

<http://www.browndailyherald.com/2015/02/26/study-looks-mindfulness-effects-health-education/>

*Health Check: Tai Chi for heart patients – NBC channel 10 (9/15/2015)*

<http://www.turnto10.com/story/29419760/health-check-tai-chi-for-heart-patients>

*Miriam recruiting inactive seniors for dementia study - Warwick Beacon (7/21/2016)*

<http://warwickonline.com/stories/recruits-sought-for-active-mind-at-miriam-hospital,114775>

*Providence Business News (7/18/2016)*

<http://pbn.com/Miriam-Hospital-recruiting-inactive-senior-citizens-for-study-on-dementia-exercise-and-mindfulness,115772>

*Here's why hostility could harm women's hearts - Live Science, 11/17/2016*

<http://www.livescience.com/56877-hostility-heart-health.html>

*FoxNews Health, 11/18/2016*

<http://www.foxnews.com/health/2016/11/18/heres-why-hostility-could-be-harmful-to-womens-hearts.html>

*Health Check: Who is most vulnerable to Broken Heart Syndrome? NBC – Channel 10 (1/19/2017)*

<http://turnto10.com/features/health-landing-page/health-check-broken-heart-syndrome>

*Evidence suggests Tai Chi could be used to fight heart attacks (10/24/2017) - CBS Evening News*

<https://www.cbsnews.com/news/tai-chi-could-be-used-to-fight-heart-attacks/>

“Here's How Practicing Tai Chi Can Help the Heart”

*Tai Chi helps heart attack patients to recover - Time Magazine (10/11/2017)*

<http://time.com/4977110/tai-chi-heart-attack/>

*Tai Chi holds promise as cardiac rehab exercise - Daily Mail (10/12/2017)*

<http://www.dailymail.co.uk/health/article-4969468/Tai-Chi-helps-heart-attack-patients-recover.html>

*CGTN – China Global Television Network (10/1/2017)*

*(official press agency of the People's Republic of China)*

[https://news.cgtn.com/news/32417a4e7a597a6333566d54/share\\_p.html](https://news.cgtn.com/news/32417a4e7a597a6333566d54/share_p.html)

*Tai Chi holds promise as cardiac rehab exercise (10/11/2017)*

<https://www.sciencedaily.com/releases/2017/10/171011091747.htm>

*MedpageToday*

<https://www.medpagetoday.com/primarycare/generalprimarycare/68476>

*Medical News Today*

<https://www.medicalnewstoday.com/articles/319717.php>

*Large Trial Finds Yoga Boosts Quality of Life and Return to Activity and Adds to Emerging Evidence for Rehabilitation Alternatives (Circulation 139, Issue 11, 12 March 2019, Pages 1451-1453)*

<https://doi.org/10.1161/CIRCULATIONAHA.119.039820>

*During Women's History Month, meet Women who Made History. Featured on the Lifespan Intranet at*

<https://intranet.lifespan.org/news-events/pioneering-research-in-womens-health>

March 2021

*In one swing state, 2016 election was linked with increased risk of irregular heartbeat, study says*

<https://www.cnn.com/2021/05/21/health/2016-election-heart-problems-study/index.html>

*Divisive 2016 US election linked to higher risk of heart trouble*

<https://www.theguardian.com/science/2021/may/20/divisive-2016-us-election-linked-to-higher-risk-of-heart-trouble>

May 2021

*Discoveries In Aging Research. Brown Impact Magazine, 2023, page 24-25.*

[https://issuu.com/brownuniversityresearch/docs/impact2023\\_single\\_hr](https://issuu.com/brownuniversityresearch/docs/impact2023_single_hr)

*Meditation Is Big Business. The Science Isn't So Clear. 2023.*

<https://undark.org/2023/11/08/uncertain-meditation-science/>

*'Mind Your Heart' study to enroll patients diagnosed with heart failure.*

<https://turnto10.com/features/health-landing-page/mind-your-heart-study-enrolling-patients-diagnosed-with-heart-failure-southern-new-england-rhode-island-april-26-2024>

*(E. Salmoirago-Blotcher)*