

CURRICULUM VITAE

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

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EDUCATION

- M.D. **University of Milan Medical School**, Milan, Italy (Summa Cum Laude)
1979-1985 Area: Medicine
Thesis Advisor: Prof. E. 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

- 1985-1989 **Cardiology fellowship**
University of Milan Medical School, Policlinico Hospital, Milan, Italy
Thesis Advisor: Prof. Paolo Giani, M.D.
- 1987-1988 **Clinical Trials Fellowship**, Gruppo Italiano per lo Studio della Sopravvivenza nell'Infarto Miocardico (GISSI – 2) Clinical Trial Mario Negri Institute, Milan & Division of Cardiology, Bolognini Hospital, Seriate, Italy.
- 1995-1998 **Fellowship, Interventional Cardiology**, Hadassah University Hospital, Jerusalem, Israel.
Supervisor: Prof. Chaim Lotan, M.D.
- 2009-2012 **NRSA Post-Doctoral Fellowship in Integrative & Behavioral Medicine (F32)**
National Center for Complementary and Integrative Health (NCCIH)
Mentor: Prof. Ira Ockene, M.D.

OTHER POST-GRADUATE TRAINING

- 2003 Mindfulness Based Stress Reduction (MBSR) in mind-body medicine: 7-days residential training for health care practitioners - Bremen, Germany.
- 2003 Intensive Seminar in MBSR. Center for Mindfulness in Medicine, Health and Society, UMass Medical School, Worcester, MA
- 2016 Teacher Development Intensive Training, Center for Mindfulness in Medicine, Health and Society, UMass Medical School, Shrewsbury, MA

POSTGRADUATE HONORS AND AWARDS

- 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 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

PROFESSIONAL LICENSES AND BOARD CERTIFICATION

- 1985- Medical License (# 37551), Italy
- 1989- Board Certified, Cardiology, Italy
- 1998-2012 Medical License, Israel
- 2016- Mindfulness Instructor, University of Massachusetts Medical School

ACADEMIC APPOINTMENTS

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| 1988-1989 | Instructor of Biostatistics | University of Bergamo Graduate School of Nursing, Bergamo, Italy |
| 2009-2011 | Post-doctoral fellow | Division of Preventive and Behavioral Medicine, UMass Medical School |
| 2011-2012 | Instructor of Medicine | Division of Cardiovascular Medicine, UMass Medical School |
| 2012-2014 | Assistant Professor of Medicine | Division of Cardiovascular Medicine, UMass Medical School |
| 2014-2015 | Adjunct Assistant Professor | Graduate School of Biomedical Sciences, University of Massachusetts |
| 2014-2019 | Assistant Professor of Medicine & Epidemiology | School of Medicine & School of Public Health, Brown University |
| 2018- | Primary faculty | Center for Mindfulness, Brown University School of Public Health |

2019-	Associate Professor of Medicine and Epidemiology	School of Medicine & School of Public Health, Brown University
2021-	Associate Professor of Psychiatry and Human Behavior	Department of Psychiatry, School of Medicine, Brown University

HOSPITAL APPOINTMENTS

1982-1985	Intern	Division of Internal Medicine, Bassini Hospital, Milan, Italy
1985-1989	Cardiology Fellow	Policlinico University Hospital, Milan, Italy
1989-1990	Attending cardiologist	San Pietro Hospital, Ponte San Pietro, Italy
1990-1995	Attending cardiologist	Division of Cardiology - San Paolo University Hospital, Milan, Italy
1995-1998	Staff cardiologist	Division of Cardiology - Hadassah University Hospital, Jerusalem, Israel
2002-2005	Staff cardiologist	Division of Cardiology - Humanitas Hospital, Rozzano, Italy
2014-2019	Research Scientist	Centers for Behavioral & Preventive Medicine, The Miriam Hospital, Providence RI
2019-2022	Senior Research Scientist	Centers for Behavioral & Preventive Medicine, The Miriam Hospital, Providence RI
2022-	Senior Research Scientist	Division of Cardiology and Cardiovascular Institute The Miriam Hospital, Providence RI

OTHER PROFESSIONAL APPOINTMENTS, POSITIONS, AND ROLES

1991-1994	Site Principal Investigator	Gruppo Italiano per lo Studio della Sopravvivenza nell'Infarto Miocardico (GISSI 3) – Pilot Study and Multicenter Clinical Trial
2006-2007	Project Manager	Division of Preventive and Behavioral Medicine University of Massachusetts Medical School
2011-	Consultant	Women's Health Initiative Extension Study Northeast Regional Center, School of Public Health, University at Buffalo
2019-	DSMB Member	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 large, multi-center, large national study investigating molecular markers of exercise activity.</i>
2021-	Permanent Member	Biobehavioral Mechanisms of Emotion, Stress and Health Study Section. Center for Scientific Review, National Institutes of Health. IRG Chief: Maribeth Champoux, Ph.D.

2021-	DSMB Member	R01AT011184. Establishing Multi-site Feasibility and Fidelity of Yoga to Improve Management of Type-2 Diabetes. Principal Investigator: Dr. Beth Bock.
2023-	Security Officer	K23AG081547. Developing a nonpharmacological pain intervention for community dwelling older adults with dementia. Principal Investigator: Dr. Annalisa Na.
2023	Invited Promotion & Tenure evaluation	Graduate School of Applied and Professional Psychology Rutgers, The State University of New Jersey (Chair: Professor Brian Chu).

EDITORIAL AND SCIENTIFIC REVIEW

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
- 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
- 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, University of Massachusetts Medical School (2013)
- Warren Alpert Medical School Academic Symposium (2017, 2019, 2020, 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 **Temporary member. Center for Scientific Review, National Institutes of Health.** Biobehavioral Mechanisms of Emotion, Stress, and Health (MESH) study section. Scientific Review Officer: Dr. Benjamin Shapiro.
- 2020 **Invited reviewer. NCCIH/National Institutes of Health.** Refused due to overlap with MESH grant review request). 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- **Permanent member, National Institutes of Health Center for Scientific Review.** Biobehavioral Mechanisms of Emotion, Stress and Health (MESH) Study Section, Scientific Review Officer: Dr. Alyssa Brooks.
- 2022 **Invited reviewer. Agency for Health Quality and Assessment of Catalonia** (declined due to conflict with MESH review). Program Coordinator: Esther Vizcaino.
- 2023 **Invited Reviewer.** NCCIH ZAT1 MH (03) 1 Review Panel. Scientific Review Officer: Dr. Marta Hamity.

UNIVERSITY COMMITTEES

- 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)

MEMBERSHIP IN SOCIETIES

- 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
 - **Elected Chair** - Spirituality and Health Special Interest Group (2017- 2018)
 - **Elected Co-Chair** - Cardiovascular Behavioral Medicine Special Interest Group (2018-2020)

ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS

* indicates trainees/mentees

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. Utilità del test da sforzo nella valutazione dell'efficacia del trattamento antiipertensivo (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, Tharp 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, and 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;5(2):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. Aspry 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. PMCID: 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; PMCID: 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. PMCID: 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; PMCID: 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. PMCID: 29021268; PMCID: 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.
52. Dias A, Núñez Gil IJ, Santoro F, Madias JE, Pelliccia F, Brunetti ND, **Salmoirago-Blotcher E**, Sharkey SW, Eitel I, Akashi YJ, El-Battrawy I, Franco E, Akin I, Jaguszewski M, Dawson D, Figueredo VM, Napp LC, Christensen TE, Hebert K, Ben-Dor I, Ozaki Y, García-Garcia HM, Kajita AH, Akasaka T, Kurisu S, Lerman A, Waksman R. Takotsubo syndrome: State-of-the-art review by an expert panel - Part 1. *Cardiovasc Revasc Med*. 2019; 20:70-79. PMID: 30528096.
53. Dias A, Núñez Gil IJ, Santoro F, Madias JE, Pelliccia F, Brunetti ND, **Salmoirago-Blotcher E**, Sharkey SW, Eitel I, Akashi YJ, El-Battrawy I, Franco E, Akin I, Jaguszewski M, Dawson D, Figueredo VM, Christian Napp L, Christensen TE, Hebert K, Ben-Dor I, Ozaki Y, García-Garcia HM, Kajita AH, Akasaka T, Kurisu S, Lerman A, Waksman R. Takotsubo syndrome: State-of-the-art review by an expert panel - Part 2. *Cardiovasc Revasc Med* 2019; 20:153-166. PMID: 30581088.
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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 26th 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* 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, 33rd 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, 40th 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, 40th 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. Accepted as a poster presentation, 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. Accepted as a Moderated Digital poster presentation, American Heart Association Scientific Sessions, Philadelphia, PA, November 2023.
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. Accepted as a Moderated Digital poster presentation, American Heart Association Scientific Sessions, Philadelphia, PA, November 2023.

INVITED PRESENTATIONS

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.** 2nd 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. (conference cancelled due to Covid-19 pandemic).
19. **Invited Speaker.** Tai Chi and Cardiovascular Disease. 23rd Annual Toronto Ottawa Heart Summit, June 25-26, 2020, Toronto, Canada (conference cancelled due to Covid-19 pandemic).
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. **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.
23. **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

24. **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
25. **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
26. **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
27. **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
28. **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
29. **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
30. **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
31. **Salmoirago-Blotcher E.** Behavioral & Integrative Cardiology: the “Gentle” Approach to The Treatment of Cardiovascular Disease. Meeting of the Miriam Hospital Foundation, November 2014
32. **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
33. **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

34. **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
35. **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
36. **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.
37. 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.
38. **Salmoirago-Blotcher E.** Challenges in Mindfulness Research. Centers of Behavioral and Preventive Medicine Meeting, March 20, 2017.
39. **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.
40. **Invited speaker:** "Health Career Opportunities Reimagined (HealthCORE)". Meeting with 20 high school students from under-represented minorities. July 11 2018, Alpert Medical School
41. **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.
42. **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.
43. **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.
44. **Salmoirago-Blotcher E.** Guest Speaker, Introduction to Integrative and Lifestyle Medicine Elective Course, Brown University School of Medicine (Course Director: Makena Mette).
45. **Salmoirago-Blotcher E.** Panelist, Cardiology Preclinical Elective Research Panel. Warren Alpert School of Medicine at Brown University, March 28, 2023.
46. 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.

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=DgPfhKEAAAJ&hl=en>

GRANTS

Awarded

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**;
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. Heterogeneity and predictors of stress reactivity in takotsubo syndrome. R01HL149672-01
National Heart, Lung and Blood Institute, 03/01/2020 - 02/28/2025
Role: **Principal Investigator**; \$ 2,850,23

13. 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
14. 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
15. 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
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, 09/02/22-08/31/25.
Role: **Principal Investigator** (MPI: Yeh); \$ 1,739,511

UNIVERSITY TEACHING ROLES

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| 2017-2022 | Co-Director. Concentration in Lifestyle and Integrative Medicine, Brown Medical School. <ul style="list-style-type: none">▪ Designed the concentration curriculum▪ Advised prospective concentration University 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. <ul style="list-style-type: none">▪ Development of the course curriculum▪ Presentation of 2 lectures/year (CV physiology, coronary heart disease & risk factors, heart failure) |
| 2014- | Mentor. Research Placement Program, APA Clinical Psychology Internship – Behavioral Medicine Track, Brown Medical School |
| 2014- | Mentor. 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 <ul style="list-style-type: none">▪ 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

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

ADVISING & MENTORING

Post-doctoral fellows & junior faculty

- 2023 **Co-Mentor,** American Heart Association Career Development Award. Sharon Lee, T32-Post-doctoral fellow (Brown Medical School)
- 2022 **Co-Mentor,** K-award submission. K23HL168158. Sharon Lee, T32-Post-doctoral fellow (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, MPHS, Women & Infants Hospital (Brown Medical School)
- 2019- **Co-Mentor,** K award K23HL141644. Lindsey Rosman (UNC Chapel Hill School of Medicine)
- 2018- **Primary Mentor,** K award K23AG061214. Emily Gathwright, PhD, Assistant Professor (Brown Medical School)
- 2018-2021 **Co-Mentor.** Kristie Harris, PhD; post-doctoral fellow (Yale School of Medicine)
- 2018 **Research advisor.** Shelly Rothschild, MD, Visiting Fellow (Technion Institute of Technology, Haifa, Israel)
- 2017 **Research advisor.** Dikla Agur-Cohen, MD. Visiting Fellow (Technion Institute of Technology, Haifa, Israel)
- 2016-2020 **Faculty 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, residency applicant (UMass Medical School)
- 2011 **Research Advisor.** Elizabeth Konadu, MD; cardiology fellow (UMass Medical School)
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Graduate students

- 2022- **Research Mentor.** Clinical Psychology Training Consortium Internship Program, Brown University. Natalie Keirns, PhD candidate (Oklahoma State University).
- 2021-2023 **Research Co-mentor (with Barbara Riegel, PhD).** Giulia Locatelli, RN, PhD candidate (University of Roma Tor Vergata & Australian Catholic University)
- 2017-2018 **Research Mentor.** Clinical Psychology Training Consortium Internship Program, Brown University. Kristie Harris, PhD candidate (Ohio State University).
- 2017 **Research Advisor.** Clinical Psychology Training Consortium Internship Program, Brown University. LG. Rollins, PhD candidate. University of Massachusetts, Boston.
- 2017 **Research 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.** Nathaniel Erskine, MD/PhD candidate. Fall semester research rotation (UMass Medical School)
- 2013 **Supervisor.** Gioia Persuitte, PhD Candidate. Fall semester research rotation (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; Internal Medicine residency applicant (UMass Medical School)

Undergraduate students

- 2023 **Mentor.** Summer research internship. Meher Sandhu (Brown University)
- 2022- **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)

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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>

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