

CURRICULUM VITAE
Erin M. O'Brien

Contact Information

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Behavioral Medicine Clinical Services
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Education

Undergraduate

B.S. Saint Joseph's University, 1996-2000.
Psychology
Board of Trustees Scholarship recipient

Graduate

M.S. Saint Joseph's University, 2000-2001.
Experimental Psychology
Sigma Xi Intramural Grant recipient, Graduate Fellowship
Award Recipient

Thesis: Adolescent Sleep Habits and Risk-Taking Behaviors
Chair: Jodi A. Mindell, Ph.D.

Ph.D. University of Florida, 2003-2008
Accredited by the American Psychological Association
Clinical Psychology

Dissertation: Sleep Disturbance in Chronic Pain Patients
Chair: Michael E. Robinson, Ph.D.
Equipment grant from Mini-Mitter/Respironics Inc. for
dissertation research, University of Florida Travel Grant
recipient (2005, 2006, 2007)

Postgraduate Training

Internship Alpert Medical School, Brown University, 2007-2008
Psychology Intern specializing in Behavioral Medicine
Accredited by the American Psychological Association

Fellowship Postdoctoral Research Fellow in Behavioral Sleep Medicine and Methods to Improve Diagnostic Assessment and Services (MIDAS) project, 2008-2010
Rhode Island Hospital & Brown University Medical School

Professional License

11/09 Psychologist License # PS01161

Academic Appointments

8/08-7/10 Postdoctoral Fellow, Brown University Medical School, Department of Psychiatry and Human Behavior

2/11-5/12 Instructor in Psychiatry and Human Behavior (Research), Brown Medical School, Providence, RI

6/12-Present Clinical Assistant Professor in Psychiatry and Human Behavior, Brown Medical School, Providence, RI

Hospital Appointments

3/12-Present Staff Psychologist, The Miriam Hospital/Lifespan Physician Group, Providence, RI

7/10-3/12 Staff Psychologist, Rhode Island Hospital, Providence, RI

8/10-10/12 Interventionist, Weight Control and Diabetes Research Center The Miriam Hospital, Providence, RI

Membership in Societies

2009 – Present Society for Behavioral Sleep Medicine (SBSM)

2005 – Present Society for Sleep Research (SRS); Education Committee Member; APSS First-Time Attendee Travel Award, Sleep Research Society Honorable Mention Abstract award

2005 – 2010;
2013 – Present American Pain Society (APS); Young Investigator Travel Award for APS Conference

2011 – 2012 The Obesity Society (TOS)

2003 – Present American Psychological Association (APA); APA Travel Award

2001 – 2003 Association of Clinical Research Professionals (ACRP)

Publication List

Original Publications in Peer-Reviewed Journals

1. **O'Brien, E. M.**, & Robinson, M. E. (2004). Sex or gender: Influences on pain perception. *XX vs. XY: Journal of Sex Differences*, 2(1), 26-31.
2. **O'Brien, E. M.**, & Mindell, J. A. (2005). Sleep and risk-taking behavior in adolescents. *Behavioral Sleep Medicine*, 3(3), 113-133.
3. **O'Brien, E. M.**, Atchison, J. W., Gremillion, H. A., Waxenberg, L. B., & Robinson, M. E. (2008). Somatic focus/awareness: Relationship to negative affect and pain in chronic pain patients. *European Journal of Pain*, 12, 104-115.
4. **O'Brien, E. M.**, Staud, R. M., Hassinger, A. D., McCulloch, R. C., Craggs, J. G., Price, D. D., & Robinson, M. E. (2009). Patient-Centered Perspective on Treatment Outcomes in Chronic Pain. *Pain Medicine*, 11, 6-15.
5. **O'Brien, E. M.**, Waxenberg, L. B., Atchison, J. W., Gremillion, H. A., Staud, R. M., McCrae, C. S., & Robinson, M. E. (2010) Negative mood mediates the effect of poor sleep on increased pain among chronic pain patients, *Clinical Journal of Pain*, 26(4), 310-319.
6. Dzierzewski, J. M., **O'Brien, E. M.**, Kay, D., & McCrae, C. S. (2010). Tackling sleeplessness: Psychological treatment options for insomnia in older adults. *Nature and Science of Sleep*, 2, 47-61.
7. **O'Brien, E. M.**, Waxenberg, L. B., Atchison, J. W., Gremillion, H. A., Staud, R. M., McCrae, C. S., & Robinson, M. E. (2011). Intraindividual variability in daily sleep and pain ratings among chronic pain patients: Bi-directional association and the role of negative mood, *Clinical Journal of Pain*, 27, 425-433.
8. **O'Brien, E. M.**, Zimmerman, M., Chelminski, I., Young, D., Dalrymple, K., and Hrabosky, J. (2011). Clinical characteristics and psychosocial functioning in depressed outpatients with or without severe insomnia, *Journal of Psychiatric Research*, 45, 1101-1105.
9. Dalrymple, K.L., Galione, J., Hrabosky, J., Chelminski, I., Young, D., **O'Brien, E.**, & Zimmerman, M. (2011). Diagnosing social anxiety disorder in the presence of obesity: Implications for a proposed change in DSM-5, *Depression and Anxiety*, 28, 377-382.
10. **O'Brien, E. M.**, Dalrymple, K., Hrabosky, J., Chelminski, I., Young, D., & Zimmerman, M. (2012). Insomnia is associated with impaired quality of life among bariatric surgery candidates, *Obesity Research and Clinical Practice*, 6(2), e91-e102.

11. Finestone, H. M., Singer, S., Mayo, N. E., **O'Brien, E.**, and Fisher, W. A. (2012). The Pain Explanation and Treatment Diagram: A Tool to Enhance Patient Self management of Persistent Pain, *Physical Medicine & Rehabilitation*, 4(6), 456-458.
12. **O'Brien, E. M.**, Fava, J., Subak, L. L., Stone, K., Hart, C., Demos, K., and Wing, R. (2012). Sleep Duration and Weight Loss Among Overweight/Obese Women Enrolled in a Behavioral Weight Loss Program, *Nutrition & Diabetes*, 2, e43.

Other Peer-Reviewed Publications

Books and Book Chapters

1. **O'Brien, E. M.**, McCrae, C. S. (2008). Insomnia due to mental disorder. Winkelman, J. W., Henderson, J. H., Kotagal, S., Lee-Chiong, T. L., Lichstein, K. L., Murray, B. J., & Schenck, C. H. (Eds.). *The sleep medicine case book-A learning companion to the International Classification of Sleep Disorders, 2nd ed., Diagnostic and Coding Manual*. Westchester, IL: American Academy of Sleep Medicine.
2. Robinson, M. E., & **O'Brien, E. M.** (2009). Chronic pain. Frank, R. G., Rosenthal, M., & Caplan, B. (Eds.). *Handbook of rehabilitation psychology, 2nd edition*. Washington, DC: American Psychological Association (pp. 119-132).

Publications Submitted on In Preparation

1. **O'Brien, E. M.**, Hart, C. N., Wing, R. R. (in submission) Is Self-Report an Accurate Proxy for Actigraphy-Determined Sleep Duration?
2. Hart, C., Fava, J., Subak, L., Stone, K., Demos, K., **O'Brien, E.**, Cairns, A., Wing, R. Short Sleep is Associated with Higher BMI and Lower Physical Activity in Women Seeking Weight Loss Treatment.
3. **O'Brien, E. M.**, Posner, D. CBT-I Treatment Initiation is Predicted by Pain, Mood, Gender, and Age.
4. **O'Brien, E. M.**, Riley, III, J. L., Gremillion, H. A., Waxenberg, L. B., & Robinson, M. E. Impact of Sleep Disturbance on Chronic Facial Pain Patients.

Abstracts

National Presentations

1. Mindell, J. A., **O'Brien, E. M.**, & Spokas, M. (2000). Sleep in twins:

Concordance rates between identical and fraternal twins. *Sleep*, 23, A394..
Poster presented at the annual meeting of the Association of Professional Sleep Societies, Las Vegas, NV.

2. Hirsch, A. T., Chung, S. K., **O'Brien, E. M.**, George, S. Z., Cianfrini, L., Atchison, J. W., Gremillion, H., Waxenberg, L. B., & Robinson, M. E. (2004). *Does the catastrophizing subscale of the Coping Strategies Questionnaire provide unique information regarding the pain experience?* Poster presented at the annual meeting of the American Pain Society, Vancouver, Canada.
3. **O'Brien, E. M.**, & Robinson, M. E. (2005). Somatic focus/awareness: Relationship to negative mood and pain. *Journal of Pain*, 6(3, suppl), S66. Poster presented at the annual meeting of the American Pain Society, Boston, MA.
4. **O'Brien, E. M.**, Riley III, J. L., Gremillion, H. A., Waxenberg, L. B., & Robinson, M. E. (2006). Impact of sleep disturbance on chronic facial pain patients. *Journal of Pain*, 7(4, suppl), S74. Poster presented at the annual meeting of the American Pain Society, San Antonio, TX.
5. **O'Brien, E. M.**, & Mindell, J. A. (2006). Sleep and daytime functioning in adolescents with ADHD or a learning disability. *Sleep*, 29(suppl), A379. Poster presented at the annual meeting of the Associate Professional Sleep Societies, Salt Lake City, UT.
6. **O'Brien, E. M.**, McCulloch, R. C., Hassinger, A. D., Craggs, J. G., Staud, R. M., & Robinson, M. E. (2007). Incorporating the patient's perspective into treatment: Unique subgroups in fibromyalgia. *Journal of Pain*, 8(4, suppl), S60. Poster presented at the annual meeting of the American Pain Society, Washington, D.C.
7. **O'Brien, E. M.**, Staud, R. M., Atchison, J. W., Gremillion, H. A., Waxenberg, L. B., & Robinson, M. E. (2008). Negative mood mediates the relationship between poor sleep and increased pain in chronic pain patients. *Sleep*, 31(suppl), A300. Poster presented at the annual meeting of the Associate Professional Sleep Societies, Baltimore, MD.
8. **O'Brien, E. M.**, & Carskadon, M. A. (2008). Self-selected versus stabilized sleep schedules: Actigraphic sleep estimates in children, adolescents, and young adults. *Sleep*, 31(suppl), A77. Poster presented at the annual meeting of the Associate Professional Sleep Societies, Baltimore, MD.
9. **O'Brien, E. M.**, Atchison, J. W., Gremillion, H. A., Staud, R. M., Waxenberg, L. B., McCrae, C. S., & Robinson, M. E. (2009). Intra-individual variability in daily sleep and pain ratings among chronic pain patients. *Sleep*, 32(suppl), A334. Poster presented at the annual meeting of the Associate Professional Sleep Societies, Seattle, WA.
10. **O'Brien, E. M.**, Zimmerman, M., Chelminski, I., Young, D., Dalrymple, K., and Hrabosky, J. (2010). Clinical characteristics and psychosocial functioning in depressed outpatients with or without severe insomnia. Oral presentation at the annual meeting of the Associate Professional Sleep Societies, San Antonio, TX.

11. **O'Brien, E. M.**, Posner, D. (2011). CBT-I Treatment Initiation is Predicted by Pain, Mood, Gender, and Age. *Sleep*, 33(suppl), A175. Poster presented at the annual meeting of the Associate Professional Sleep Societies, Minneapolis, MN.
12. **O'Brien, E. M.**, Leahey, T., Fava, J., Subak, L. L., Stone, K., Hart, C. N., Cairns, A., Demos, K., & Wing, R. (2011). Sleep Duration does not Predict Weight Loss Outcomes and does not Change Following a Behavioral Weight Loss Program. Presented at the annual meeting of The Obesity Society, Orlando, FL.

Regional Presentations

1. **O'Brien, E. M.**, Spokas, M. E., Mindell, J. A. (April 1999). *Sleep in twins: Is it genetically or environmentally determined?* Poster presented at the annual meeting of the Delaware Valley Undergraduate Psychology Conference, Philadelphia, PA.
2. **O'Brien, E. M.**, Spokas, M. E., Mindell, J. A. (April 1999). *Sleep in twins: Is it genetically or environmentally determined?* Poster presented at the annual meeting of the Sigma Xi Undergraduate Research Conference, Philadelphia, PA.
3. **O'Brien, E. M.**, & Mindell, J. A. (April 2000). *The relationship between adolescent sleep habits and risk-taking behavior.* Poster presented at the annual meeting of the Sigma Xi Undergraduate Research Conference, Philadelphia, PA.
4. **O'Brien, E. M.** & Mindell, J. A. (April 2001). *The relationship between adolescent sleep habits and risk-taking behavior.* Poster presented at the annual meeting of the Sigma Xi Undergraduate Research Conference, Philadelphia, PA.
5. Hirsch, A. T., Chung, S. K., **O'Brien, E. M.**, George, S. Z., Cianfrini, L., Atchison, J. W., Gremillion, H., Waxenberg, L. B., & Robinson, M. E. (2004). *Does the catastrophizing subscale of the Coping Strategies Questionnaire provide unique information regarding the pain experience?* Poster presented at the University of Florida College of Public Health and Health Professions annual research fair.
6. **O'Brien, E. M.**, Waxenberg, L. B., Atchison, J. W., Lafayette-Lucy, A., & Robinson, M. E. (2005). *Somatic focus/awareness: Relationship to negative mood and pain.* Poster presented at the University of Florida College of Public Health and Health Professions annual research fair.
7. **O'Brien, E. M.**, Riley III, J. L., Gremillion, H. A., Waxenberg, L. B., & Robinson, M. E. (2006). *Impact of sleep disturbance on chronic facial pain patients.* Poster presented at the University of Florida College of Public Health and Health Professions annual research fair.
8. **O'Brien, E. M.**, & Carskadon, M. A. (2008). Self-selected versus stabilized sleep schedules: Actigraphic sleep estimates in children, adolescents, and

young adults. Poster presented at the Brown University Department of Psychiatry and Human Behavior annual Research Day, Providence, RI.

Invited Presentations

1. **O'Brien, E. M.**, & Robinson, M. E. (2007). Sleep in chronic pain patients. Symposium presentation for the annual meeting of the American Psychological Association, San Francisco, CA.

Grants

1. **Principal Investigator.** Sleep Disturbance in Chronic Pain Patients.
Source of Funding: Mini Mitter/Respironics, Inc.
Term of Funding: 2006-2008

University Teaching Roles

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| 2000 | Teaching Assistant, <u>Statistics course,</u> undergraduate class Saint Joseph's University |
| 2000 | Teaching Assistant, <u>Developmental Psychology lab course,</u> undergraduate class Saint Joseph's University |
| 2001 | Teaching Assistant, <u>Statistics course,</u> undergraduate class Saint Joseph's University |
| 2001 | Teaching Assistant, <u>Human Sexuality,</u> undergraduate class Saint Joseph's University |
| 2004 | Instructor, <u>Critical Thinking in Health Care,</u> undergraduate class (approximately 30 students) University of Florida |
| 2005, 2006 | Instructor, <u>Introduction to Clinical Psychology,</u> undergraduate class (approximately 65 students, and 35 students, respectively) University of Florida |

Hospital Teaching Roles

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| 2011-2012 | <u>Cognitive-Behavior Therapy Supervision,</u> 3 Psychiatry Residents |
| 2012-Present | <u>Behavioral Medicine Rotations Supervision,</u> 4 Clinical Psychology Residents |