

Benjamin H. K. Balderson
Curriculum Vita

Group Health Research Institute
Group Health Cooperative
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EDUCATION

B.S.	Psychology, Cum Laude	Washington State University	5/92
M.S.	Psychology	Oklahoma State University	5/96
Ph.D.	Clinical Psychology (APA Approved)	Oklahoma State University	12/00
Pre-doctoral Internship	Clinical Psychology (APA Approved)	Boston Psychology Consortium (Boston VA Medical Center, Boston University School of Medicine, & Tufts University School of Medicine)	9/99-9/00

LICENSURE

Washington State: Psychologist. License (9/04)
NPI: 1902019201

CURRENT PROFESSIONAL POSITION

Research Associate II, Group Health Cooperative, Center for Health Studies, Seattle, WA.
8/00 to present.
Clinical Psychologist, Group Health Permanente, Behavioral Health Department, Seattle, WA.
10/06 to present.
Psychologist. Private Practice. Seattle WA. 8/12 to present

EMPLOYEMENT / CLINICAL EXPERIENCE

10/92-5/93	Mental Health Aide, Court C Residential Center, Tacoma, WA.
10/92-7/94	Residential Therapist, Pearl Street Center Program, Comprehensive Mental Health, Tacoma, WA.
6/93-11/93	Counselor, Adolescent Day Treatment Program, Comprehensive Mental Health Tacoma, WA.
12/93-7/94	Youth Crisis Counselor, Tacoma Crisis Residential Center, Sound Institute,

Bremerton, WA.

- 8/94-7/95 Graduate Assistant, Psychology Diversified Students Program, Oklahoma State University, Stillwater, OK.
- 8/95-5/96 Graduate Instructor, Introductory Psychology, Oklahoma State University, Stillwater, OK.
- 8/95-6/97 Psychology Associate, Psychology Services Center, Oklahoma State University, Stillwater, OK.
- 6/96-8/98 Marriage and Family Therapist, Marriage and Family Clinic, Oklahoma State University, Stillwater, OK.
- 7/96-11/96 Behavior Medicine / Neuropsychology Intern, Health South Rehabilitation Hospital, Oklahoma City, OK.
- 7/96-12/97 Research Associate, Pediatric & Health Psychology Research Laboratory, Oklahoma State University, Stillwater, OK.
- 10/96-7/97 Assistant Graduate Director, Psychology Services Center, Oklahoma State University, Stillwater, OK.
- 6/97-7/98 Assistant Director, Psychological Services Center, Oklahoma State University, Stillwater, OK.
- 12/97-8/99 Research Assistant II, Children's Hospital of Oklahoma, University of Oklahoma Health Sciences Center, Oklahoma City, OK.
- 6/98-8/99 Pediatric Psychology Practicum Student, Children's Hospital of Oklahoma, University of Oklahoma Health Sciences Center, Oklahoma City, OK.
- 8/99-8/00 Psychology Pre-doctoral Intern, Boston Psychology Consortium, Boston Veterans Affairs Medical Center, Boston, MA.
Major rotations in Adult Behavior Medicine and Health Psychology (primary), Pediatrics, and Child and Family outpatient.

HONORS, AWARDS, SCHOLARSHIPS

Cum Laude, BS, Psychology, Washington State University, 1992

Phi Beta Kappa Honor Society

Phi Kappa Phi Honor Society

PUBLICATIONS

PEER-REVIEWED RESEARCH ARTICLES (in chronological order)

1. Mullins, L.L., **Balderson, B.H.K.**, Sanders, N., Chaney, J.M., Whatley, P.R. Therapists' perceptions of team functioning in rehabilitation contexts. International Journal of Rehabilitation and Health. 1997;3(4):281-288. doi: 10.1023/B:IJRH.0000008156.74671.6e
2. Mullins, L.L., **Balderson, B.H.K.**, Chaney, J.M. Implementing team approaches in primary and tertiary care settings: Applications from the rehabilitation context. Fam Syst Health. 1999;17(4):413-426. doi: 10.1037/h0089893
3. Mullins L.L., Chaney J.M., **Balderson, B.**, Kevin A. Hommel. The relationship of illness uncertainty, illness intrusiveness, and asthma severity to depression in young adults with long-standing asthma. International Journal of Rehabilitation and Health. 2000;5(3):177-186. doi: 10.1023/A:1012999205376
4. Mullins, L.L., Hartman, V.L., **Balderson, B.H.K.**, Chaney, J.M., Hoff, A.L. Training experiences and theoretical orientations of pediatric psychologists. J Pediatr Psychol. 2003;28(2):115-122.
5. Cote, M.P., Mullins, L.L., Hartman, V, Hoff, A, **Balderson, B.H.K.**, Chaney, J, Domek D. Psychosocial correlates of health care utilization: Children and adolescents with type 1 diabetes mellitus. Child Health Care. 2003;32(1):1-16. DOI: 10.1207/S15326888CHC3201_1
6. Von Korff, M., **Balderson, B.H.K.**, Saunders, K., Miglioretti, D.L., Lin, E.H.B., Berry, S., Moore, J.E., Turner, J.A. A trial of activating intervention for chronic back pain in primary care and physical therapy settings. Pain. 2005;113(3):323-330.
7. Levine, M., Phelan, E.A., **Balderson, B.H.K.**, Wagner, E.H. Collaborative treatment planning for older patients in primary care. Generations. 2006;30(3):83-85.
8. Phelan, E.A., **Balderson, B.**, Levine, M., Erro, J.H., Jordan, L., Grothaus, L., Perrault, P.J., LoGerfo, J.P., Wagner, E.H. Delivering effective primary care to older adults: A randomized controlled trial of the Senior Resource Team at Group Health Cooperative. J Am Geriatr Soc. 2007;55(11):1748-1756.
9. Levine, M.D., Ross, T.R., **Balderson, B.H.**, Phelan, E.A. Implementing group medical visits for older adults at Group Health Cooperative. J Am Geriatr Soc. 2010;58(1):168-172. PMID: PMC3005126.
10. McCurry, S.M., Von Korff, M., Vitiello, M.V., Saunders, K., **Balderson, B.H.**, Moore, A.L., Rybarczyk, B.D.. Frequency of comorbid insomnia, pain and depression in older adults with osteoarthritis: Predictors of enrollment in a randomized trial. J Psychosom Res. 2011;71(5):296-299. PMID: PMC3201756.
11. Catz, S.L, Thibodeau, L., Bluespruce, J., Yard, S., Seal, D.W., Amico, K.R., Bogart, L., Mahoney, C., **Balderson, B.**, Sosman, J.M. Prevention needs of HIV-positive men and

women awaiting release from prison. AIDS Behav. 2012;16(1):108-120. PMID: PMC3428225.

12. Von Korff, M., Vitiello, M.V., McCurry, S.M., **Balderson, B.**, Moore, A.L., Baker, L.D., Shortreed, S., Yarbrow, P., Saunders, K., Keefe, F., Rybarczyk, B.D. Group interventions for co-morbid insomnia and osteoarthritis pain in Primary Care: The LIFESTYLES cluster randomized trial design. Contemp Clin Trials. 2012;33(4):759-768. PMID: PMC3382989.
13. **Balderson, B.H.**, Grothaus, L., Harrison, R.G., McCoy, K., Mahoney, C., Catz, S. Chronic illness burden and quality of life in an aging HIV population. AIDS Care. 2013;25(4):451-458. PMID: PMC3535557. doi: 10.1080/09540121.2012.712669
14. Vitiello, M.V., McCurry, S.M., Shortreed, S.M., **Balderson, B.H.**, Baker, L.D., Keefe, F.J., Rybarczyk, B.D., Von Korff, M. Cognitive-behavioral treatment for comorbid insomnia and osteoarthritis pain in primary care: The Lifestyles randomized trial. J Am Geriatr Soc. (In press).

BOOKS AND BOOK CHAPTERS

1. **Balderson BHK** & Von Korff M (2002). The stepped care approach to chronic back pain. In SJ Linton (Ed.). New Avenues for the Prevention of Chronic Musculoskeletal Pain and Disability: Pain Research and Clinical Management, Vol 12. p 238-43 Elsevier Science.
2. **Balderson BHK**, Lin Elizabeth HB, Von Korff, M. (2004) The management of pain-related fear in primary care. In J.W.S. Vlaeyen, G. Asmundson & G. Crombez (Eds.) Understanding and Treating Fear of Pain. p 267-92 Oxford University Press.

MANUSCRIPTS UNDER REVIEW OR IN PREPARATION

1. **Balderson, B.H.K.**, McCurry SM, Von Korff M, Vitiello MV, Saunders K, Moore AL, Rybarczyk BD. Information without implementation: An examination of a viable sleep and pain control group.
2. Williams, E.C., Bradley, K.A., **Balderson, B.H.K.**, McClure, J., Grothaus, L., Catz, S.L. Rates and Predictors of Problem Drinking Among Older Persons Living with HIV.
3. Catz, S.L., **Balderson, B.H.K.**, Grothaus, L., Harrison, R.G., McCoy, K, Mahoney, C. Antiretroviral and Chronic Disease Treatment Adherence in a Community Sample of Older Adults Living with HIV.

RESEARCH PRESENTATIONS AND SEMINARS

1. Catz, S.L., McClure, J., **Balderson, B.**, Mahoney, C., Hogan, P., Amico, R., Thibodeau, L., Sosman, J. (Mar 20-23, 2013). Pilot Study of a Mobile Health (mHealth) Wellness Intervention for Smokers Living with HIV (WISH). Poster presentation at the 34th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. San Francisco, CA.

2. Sosman J., Thibodeau L., Catz S., Safdar N., Jorenby D., **Balderson B.**, McClure J., Amico K.R. (July 2012). Knowledge and Psychosocial Barriers to Smoking Cessation among Cigarette Smokers Living with HIV (SLWH) in the US. Poster presentation International AIDS Conference 2012. Washington DC.
3. Vitiello, M.V., McCurry, S.M., Von Korff, M., Shortreed, S.M., **Balderson, B.**, Baker, L.D., Keefe, F., & Rybarczyk, B. (June 9-13, 2012). Cognitive behavioral therapy for sleep and pain in older adults with co-morbid insomnia and osteoarthritis: Results of the LIFESTYLES randomized controlled trial. Paper presentation at the Associated Professional Sleep Societies' 25rd annual meeting. Boston, MA.
4. **Balderson B.H.**, Catz S., Mahoney C., BlueSpruce J. (June 3-5, 2012). Lessons Learned from an HIV Medication Adherence and Quality of Life Intervention for Persons 50 Years and Older: PRIME. International Association of Physicians in AIDS Care (IAPAC) 7th International Conference on HIV Treatment and Prevention. Miami, FL.
5. Catz S, Amico KR, **Balderson BHK**, Hogan P, Horberg M, Mahoney C, McClure J, Silverberg M, Ralston J. (June 3-5, 2012). Individually Tailoring a Health Information Technology Adherence Intervention Using Patient-Reported Web Survey Responses. International Association of Physicians in AIDS Care (IAPAC) 7th International Conference on HIV Treatment and Prevention. Miami, FL.
6. **Balderson, B.H.** (May, 2012). Motivational Interviewing in Medical Settings. Invited CME talk at Group Health Rehabilitative Service Line Annual Retreat. Tukwila, WA.
7. **Balderson, B.H.** (May 2012). Cognitive-Behavioral Therapy for Insomnia: Evidenced Based Practice for the Treatment of Sleep Disorders. Invited CME talk at the Group Health Behavioral Health Video Conference Series (live webcast). Seattle, WA.
8. **Balderson, B.H.** (January 2012). Collaborative Care of Chronic Pain. Invited CME talk at "Best Approach Hawaii 2012". Kona, HI.
9. **Balderson, B.H.** (January 2012). Motivational Interviewing in the Primary Care Setting. Invited CME talk at "Best Approach Hawaii 2012". Kona, HI.
10. Vitiello, M.V., McCurry, S.M., Von Korff, M., Baker, L.D., **Balderson, B.**, Saunders, K., Keefe, F., Rybarczyk, B. (2011). Interactions of sleep disturbance and pain in older adults. Gerontological Society of America 62nd annual meeting (symposium), Boston, MA.
11. **Balderson, B.H.** (2011). Back in Action: Tips on helping patients with chronic back pain. Invited CME talk at Group Health Central Hospital, Physical Therapy and Occupational Therapy Seminar. Seattle, WA.
12. **Balderson B.H.** (2011). Motivational Interviewing in Primary Care. Invited CME talk at "Treatment of Mental Health Disorders in Primary Care" Conference. Seattle, WA.

13. **Balderson B.H.** (2011). Non-pharmacological treatment of insomnia in primary care. Invited CME talk at “Treatment of Mental Health Disorders in Primary Care” Conference (live webcast). Seattle, WA.
14. **Balderson, B.H. K**, Grothaus, L, Harrison, R.G., McCoy, K., Mahoney, C, Catz, S.L. (May, 2011). Index of Readiness - Short Version: Psychometric Properties and Relationship to Adherence. Poster presented at the International HIV Adherence and Prevention Conference, Miami Beach, FL.
15. Catz, S.L., **Balderson, B.H.K.**, Grothaus, L., Harrison, R.G., McCoy, K, Mahoney, C. (May, 2011). Relation of Chronic Disease Treatment Adherence to Antiretroviral Adherence. Paper presented at the International HIV Adherence and Prevention Conference, Miami Beach, FL.
16. Sosman, J., Thibodeau L., Safdar N., Jorenby D., Catz S., **Balderson B.**, McClure J., Amico K.R. (May, 2011). Smoking Cessation-related Information, Motivation, and Behavioral Skills Specific to HIV-infected Smokers. Poster presented at the Society of General Internal Medicine 34th Annual Meeting, Phoenix, Arizona.
17. Catz S.L., Thibodeau. L., BlueSpruce, J., Yard, S., Seal, D., Amico, K.R., **Balderson, B.**, Mahoney, C., Sosman, J. (2010, July). Prevention Information Barriers in the Context of Living with HIV in a Prison Setting. Poster presented at the AIDS International Conference, Vienna, Austria.
18. Catz S.L., **Balderson, B.**, BlueSpruce, J., Anderson, H., Harrison, R.G., Grothaus, L., Mahoney, C. (2010, July). Chronic Disease Burden Association with Medication Adherence and Quality of Life in an Older HIV Population. Poster presented at the AIDS International Conference, Vienna, Austria.
19. McCurry, S.M., Von Korff, M., Saunders, K., **Balderson, B.H.**, Vitiello, M.V. (June 2010). Prevalence of Clinically Significant Sleep Problems in a Population of Older Adults with Osteoarthritis Pain. Presentation presented at The Sleep 2010 conference, San Antonio TX.
20. Catz S.L., Mahoney, C., **Balderson, B.**, Amico, K.R., Ralston, J., McClure, J., Hogan, P., Anderson, J., Charbonneau, A., Horberg, M., Silverberg, M., Grothaus, L. (2010, May). Patient Portal to Support Adherence: Acceptability and Feasibility Pilot Findings. Paper presented at the 5th International Conference on HIV Treatment Adherence, Miami, FL.
21. Catz S.L., **Balderson, B.**, Thibodeau, L., Mahoney, C., Harrison, R., Grothaus, L., Sosman, J. (2010, May). Feasibility of monitoring and addressing antiretroviral adherence among persons recently released from prison. Paper presented at the 5th International Conference on HIV Treatment Adherence, Miami, FL.
22. **Balderson, B.**, Mahoney, C., Harrison, R.G., Grothaus, L., Catz, S. (April 2010). Chronic Disease Burden and Quality of Life in an Aging HIV Population. Poster Presented at Society of Behavior Medicine Annual Conference, Seattle WA.

23. Thibodeau, L., Sosman, J.M., Yard, S., Mahoney, C., Catz, S.L., **Balderson, B.**, Amico, K.R., Seal, D.W. (August 2009). Prevention Needs of HIV+ Persons Awaiting Release from Prison: Qualitative Findings. Poster presented at 2009 National HIV Prevention Conference, Atlanta GA.
24. **Balderson, B.H.K.**, Catz, S., Oliver, M., Mahoney, C., Thibodeau, L., Sosman, J. (2007, March). The Relationship of Psychosocial Variables to Antiretroviral Adherence in a Prison Population. Poster presented at the meeting of the Society of Behavioral Medicine, Washington DC.
25. Catz, S., **Balderson, B.** Mahoney, C., Oliver, M., Thibodeau, L., Scharer, E., Sosman, J. (2006, March). Informational needs of state prisoners taking antiretroviral medications. Paper presented at the meeting of the NIMH/ IAPAC International Conference on HIV Treatment Adherence, Jersey City, New Jersey.
26. Catz, S., Thibodeau, L., Sosman, J., Oliver, M., **Balderson B.**, Mahoney, C., Scharer, E. (2007, March). Construct Validity of a Simple Telephone-Administered 30-Day Adherence Item. Paper accepted at the meeting of the NIMH/ IAPAC International Conference on HIV Treatment Adherence, Jersey City, New Jersey.
27. Catz, S., Mahoney, C., Oliver, M., **Balderson, B.**, Thibodeau, L., & Sosman, J. (2007, March). ART Adherence and Service Utilization among HIV+ Patients Recently Released from Prison. Poster accepted at the meeting of the NIMH/ IAPAC International Conference on HIV Treatment Adherence, Jersey City, New Jersey.
28. **Balderson BHK**, Catz S, Oliver M, Mahoney C, Thibodeau L, Sosman J. (2007, March). The Relationship of Psychosocial Variables to Antiretroviral Adherence in a Prison Population. Poster submitted at the meeting of the Society of Behavioral Medicine, Washington DC.
29. **B Balderson**, EA Phelan, M Levine, L Grothaus, L Jordan, JP LoGerfo, EH Wagner. (2006, May). A Randomized Controlled Trial of a Geriatric Care Team in Primary Care: The Senior Resource Team. Invited talk at the HMO Research Network Annual Meeting, Boston MA.
30. Phelan EA, **Balderson B**, Levine M, Grothaus L, Jordan L, LoGerfo JP, Wagner EH. (2005, June). A Randomized Controlled Trial of a New Model of Primary Care for Older Adults: The Senior Resource Team. 2005 Paul Beeson Physician Faculty Scholars in Aging Research Program Annual Scientific Meeting, La Jolla, CA.
31. Phelan EA, **Balderson B**, Levine M, Jordan L, Grothaus L, Wagner EH. (2005, June). Self-efficacy for caring for older adults and perceptions of the Senior Resource Team among Primary Care Providers. 2005 Paul Beeson Physician Faculty Scholars in Aging Research Program Annual Scientific Meeting, La Jolla, CA.

32. **Balderson BHK**, Lozano P, Brown JC, Wright JA, Lymp JF, Robertson AS, Chalmers FT, Christakis DA, Scholz KA. (2005). Exposure and interest in information to reduce asthma triggers in children. Presentation to the Pediatric Academic Societies 2005 annual meeting.
33. Wright JA, Brown J, Lymp J, **Balderson B**, Lozano P. (2005). Using a Tablet Computer to Gather Health Information. Presentation to the Pediatric Academic Societies 2005 annual meeting.
34. Catz S, **Balderson B**, Mahoney C. (2005, April). Chronic Care Implications of an Aging HIV Population. Poster presentation at the 2005 meeting of the Society of Behavioral Medicine, Boston, MA.
35. Lozano P, Wright JA, Brown JC, **Balderson BHK**, Chalmers FT, Lymp JF, Robertson AS, Christakis DA, Stempel DA, Scholz KA. (2005). Randomized Trial of Tailored Guideline-Based Electronic Decision Support: Can Computers Help Pediatricians Prescribe Controllers for Persistent Asthma? Presentation to the Pediatric Academic Societies 2005 annual meeting.
36. Lozano P, Wright JA, Brown JC, **Balderson BHK**, Chalmers FT, Lymp JF, Robertson AS, Christakis DA, Stempel DA, Scholz KA. (2005). Missed Opportunities to Prescribe Controllers for Children with Persistent Asthma. Presentation to the Pediatric Academic Societies 2005 annual meeting.
37. Catz S, **Balderson B**. (2004, March). Relation of antiretroviral treatment response and HIV symptom perceptions to quality of life, psychosocial functioning, and treatment outcome expectations. Paper presented at the 2004 meeting of the Society of Behavioral Medicine, Baltimore, MD.
38. Moore JE, Von Korff M, **Balderson BHK**, Saunders K, Miglioretti D, Lin EHB, Berry S, Turner JA. (2004, May). Fear reduction and activity restoration in back pain patients. Presentation at American Pain Society annual meeting Vancouver BC.
39. Moore JE, Von Korff M, **Balderson BHK**. (2004, July). Activation and fear reduction for chronic back pain patients. Poster presented at APA 2004 annual convention, Div 38 Honolulu, HI.
40. **Balderson BHK**, Von Korff M, Saunders K, Miglioretti D, Lin E, Berry S, Moore J, Turner J. (2004, October). Activation and Fear Reduction for Chronic Low Back Pain Patients in Primary Care: A Randomized Controlled Trial. Presentation given at the International Forum VII for Primary Care Research on Low Back Pain, Edmonton, Alberta.
41. Catz S, **Balderson B**, Mahoney C, Martin M, Oliver M. (2004, December). Pilot program to improve adherence in persons aged 50-plus: Project Plus. Paper presented at the meeting of the Elements of Success International Conference on Adherence to Antiretroviral Therapy, Dallas, TX.

42. Thibodeau L, Sosman, Mahoney C, **Balderson B**, Catz S. (2004, December). Pilot program to improve antiretroviral medication adherence in state prison inmates: Project TAP. Poster session presented at the meeting of the Elements of Success International Conference on Adherence to Antiretroviral Therapy, Dallas, TX.
43. **Balderson B**, Phelan EA, Sandhu N, LoGerfo JP, Levine M, Wagner EH. (2003, April). Exercise, self-efficacy for exercise, self-perceived health and healthcare utilization. Poster presented at the annual meeting of the American Geriatrics Society. Baltimore, MD.
44. Phelan EA, **Balderson B**, Sandhu N, LoGerfo JP, Levine M, Wagner EH. (2003, April). What is the Relationship of Self-Efficacy for Communicating with One's Physician to Health and Health Care Outcomes? Poster presented at the annual meeting of the American Geriatrics Society. Baltimore, MD.
45. **Balderson BHK**, Von Korff M, Lin E, Moore J, Saunders K, Turner J. (2002, May). Collaborative Management of Chronic Lower Back Pain. Paper presented at the annual meeting of the American Psychiatric Association, Philadelphia, PA.
46. **Balderson BHK**, Von Korff M, Lin E, Moore J, Saunders K, Turner J. (2002, May). Stepped self-management support: Integrating behavioral medicine and physical therapy. Paper presented at the Montreal International Forum V for Primary Care Research in Low-Back Pain, Montreal, Canada.
47. Mullins LL, Hartman VL, Chaney JM, **Balderson BHK**, Hoff AL. (August 2001). Training experiences and theoretical orientations of pediatric psychologists. Poster presented at the meeting of the American Psychological Association, San Francisco, CA.
48. **Balderson BHK**, Mullins LL, Hoff A. (March 2001). The effects of written disclosure on physical and mental health in individuals with asthma. Poster presented at the meeting of the Society of Behavioral Medicine, Seattle, WA.
49. **Balderson BHK**, Mori D. (April 2000). Psychological Assessment of Live Renal Donor Candidates. Poster presented at the meeting of the Society of Behavioral Medicine, Nashville, TN.
50. Cote MP, Hoff A, **Balderson BHK**, Aniol K, Hartman VL, Mullins LL, Domek D. (April 1999). Familial adjustment relationships: Mothers, well-siblings, and children with diabetes. Poster presented at the Florida Conference on Child Health Psychology, Gainesville, FL.
51. Hartman, VL, Mullins LL, Cote MP, Hoff A, Feummeler B, **Balderson BHK**, Jelley D. (April 1999). A disease-specific examination of cognitive processes and adjustment in children with asthma and IDDM. Poster presented at the Florida Conference on Child Health Psychology, Gainesville, FL.

52. **Balderson, BHK**, Mullins LL, Hartman VL, Cote MMP, Boyd M, Feummeler B. (April 1999). Quality of life in mothers of children with diabetes. Poster presented at the Florida Conference on Child Health Psychology, Gainesville, FL.
53. Hartman VL, Mullins LL, Cote MP, Hoff A, Fuemmeler B, **Balderson BHK**. (April 1999) A disease-specific examination of cognitive processes and adjustment in children with asthma and IDDM. Poster presented at the meeting of the Oklahoma Psychological Association, Edmond, OK.
54. Robertson J, Chaney JM, **Balderson, H**. (November 1998). Attributional style and academic performance among native american and caucasian high school students. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Washington DC.
55. Mullins LL, **Balderson BH**, Hartman VL, Chaney JM, Cote MP, Aniol K, Domek D, Seaton M. (August, 1998). Perceived contingency and control in youths with diabetes mellitus. Poster presented at the annual meeting of the American Psychological Association, San Francisco, CA.
56. Cote MP, Hartman VL, **Balderson BH**, Mullins LL, Boyd M. (May, 1998). Adjustment, uncertainty, and self-care in children and adolescents with diabetes. Paper presented at the Great Lakes Regional Conference on Child Health Psychology, Louisville, KY.
57. **Balderson BH**, Hartman VL, Mullins LL, Cote MP, King G. (April, 1998). Parental adjustment to IDDM: Role of over protectiveness and parental stress. Poster presented at the annual meeting of the Southwestern Psychological Association, New Orleans, LA.
58. Hartman VL, Mullins LL, **Balderson BH**, King G, Cote MP, King G. (March, 1998). Illness uncertainty and psychological adjustment in pediatric diabetes mellitus. Poster presented at the Oklahoma Psychological Association/ Oklahoma Psychological Society Spring Research Conference. Edmond, OK.
59. **Balderson BH**, Cote MP, King G, Daniels T, Kerr W, Hartman VL, Mullins LL. (March, 1998). Parental adjustment to IDDM: Role of overprotectiveness and parental stress. Poster presented at the Oklahoma Psychological Association/ Oklahoma Psychological Society Spring Research Conference, Edmond, OK.
60. Cote MP, Boyd M, **Balderson BH**, Hartman VL, Mullins LL. (March, 1998). Adjustment, uncertainty, and self-care in children and adolescents with diabetes. Poster presented at the Oklahoma Psychological Association/ Oklahoma Psychological Society Spring Research Conference. Edmond, OK.
61. Seaton M, **Balderson BH**, Cote MP, Aniol K, Hartman VL, Mullins LL, Chaney JM. (March, 1998). Perceived contingency and control in youths with diabetes mellitus. Poster presented at the Oklahoma Psychological Association/ Oklahoma Psychological Society Spring Research Conference. Edmond, OK.

62. **Balderson BHK**, Aniol K, Ewing C, King G, Hartman VL, Mullins LL, Chaney JM. (November 1997). Maternal uncertainty in illness and depression in adolescents with insulin dependent diabetes mellitus. Poster presented at the Association of Applied Behavior Annual Convention. Miami, FL.
63. Hartman VL, Mullins LL, Chaney J, King G, **Balderson BHK**. (August 1997). Adaptation to pediatric Insulin Dependent Diabetes Mellitus: Influence of cognitive processes on adjustment. Poster presented at the annual meeting of the American Psychological Association. Chicago, IL.
64. **Balderson BHK**, Green V. (April, 1997). Structural influences of decision making: The role of optimism and attributional style. Poster presented at the annual meeting of the Southwestern Psychological Association, Dallas, Texas.
65. Ercum A, Green V, **Balderson BHK**. (April, 1997). Metacognitive variables in decision making programs. Poster presented at the annual meeting of the Southwestern Psychological Association, Dallas, Texas.
66. Phillips JD, Himes SM, **Balderson BHK**, Mullins LL, Chaney JM. (April, 1997). Psychological adaptation in well siblings of chronically ill. Paper presented at the annual meeting of the Southwestern Psychological Association, Dallas, Texas.
67. **Balderson BHK**, Ewing C, Cote M, Hartman VL, King G, Aniol K, Mullins LL, Chaney JM. (March, 1997). The relationship between maternal depression, illness uncertainty, and family functioning in mothers of children with insulin dependent diabetes mellitus. Poster presentation at the annual meeting of the Oklahoma Psychological Association and Oklahoma Psychological Society Joint Research Convention.
68. Phillips JD, Himes SM, **Balderson BHK**, Mullins LL, Chaney JM. (April, 1997). Psychological adaptation in well siblings of chronically ill. Paper presentation at the annual meeting of the Oklahoma Psychological Association and Oklahoma Psychological Society Joint Research Convention.
69. **Balderson BHK**, Sanders-Durazzo N, Mullins LL. (November, 1996). Coping and adjustment styles of individuals with post-polio syndrome. Poster presented at the Association for the Advancement of Behavior Therapy. New York, NY.
70. Mullins LL, **Balderson BHK**, Sanders-Durazzo N. (August, 1996). Therapists' perceptions of team functioning in rehabilitation contexts. Poster presented at the annual meeting of the American Psychological Association, Toronto, Canada.
71. **Balderson BHK**, King G, Aniol K, Ewing C, Hartman VL, Mullins LL, Chaney JM. (April, 1996). Maternal uncertainty in illness and depression in adolescents with insulin dependent diabetes mellitus. Presentation at the annual meeting of the Oklahoma Psychological Association and Oklahoma Psychological Society Joint Research Convention.

72. **Balderson BHK**, King G, Aniol K, Ewing C, Hartman VL, Mullins LL, Chaney JM. (April, 1996). Maternal uncertainty in illness and depression in adolescents with insulin dependent diabetes mellitus. Presentation at the annual meeting of the Southwestern Psychological Association, Houston, Texas.

73. Durazzo NS, **Balderson B**, Green V, Davis J. (April, 1996). Retention issues in higher education: Decision-making processes. Poster presentation at the annual meeting of the Southwestern Psychological Association, Houston, Texas.

74. Kung R, Takaoka Y, Green V, **Balderson BH**. (1996, April). Decision-making and the influence of content: The representativeness heuristic. Poster presentation at the annual meeting of the Southwestern Psychological Association, Houston, Texas.

75. Mullins LL, Hartman VL, Chaney JM, King G, **Balderson BH**, Aniol K, Ewing C. (April, 1996). Adolescent adaptation to insulin-dependent diabetes mellitus: The influence of cognitive appraisal processes on psychological adjustment. Paper presented at the annual meeting of the Southwest/ Gulf Coast Regional Pediatric Psychology Conference. Fort Worth, TX.

76. Davis JD, Green V, Kung RW, Bracher JR, **Balderson B**, Takaoka Y. (1995, April). Native American and nonnative adolescent decision-making: AIDS-related sexual behavior content influences. Poster presentation at the annual meeting of the Southwestern Psychological Association, San Antonio, Texas.

77. Sanders-Durazzo N, Green V, **Balderson B**. (1995, April). Retention issues in higher education: Decision-making processes. Poster presented at the annual meeting of the Oklahoma Psychological Association, Oklahoma City, Oklahoma.

78. Watkins PL, Rullman L, Lidren D, **Balderson B**, Hall R, Champion J. (1992, April) Psychological manifestations of Type A beliefs within a clinical population. Paper presented at the annual convention of the Western Psychological Association, Portland OR.

GRANT FUNDING HISTORY

CURRENTLY FUNDED GRANT PROJECTS

Catz (PI) 3/6/2008 – 2/28/2013
 NIMH 1R01MH081750-01A1
 Patient Portal to Support Treatment Adherence.
 The goals for this project to develop and test a randomized controlled trial for increasing treatment adherence among HIV+ persons with multiple health concerns via interventions delivered via secure patient web portal.
 Role: Co-Investigator & Project Director

Vitiello (PI) 09/01/08-7/31/2013
 NIA

Integrated Care for Osteoarthritis Pain and Insomnia

The goals for this project are 1) develop an integrated intervention for osteoarthritis pain patients with sleep disturbances, 2) conduct a randomized control trial of the integrated intervention compared to a pain-only and control group for 375 osteoarthritis pain patients with sleep disturbance. The intervention will expand upon previous work in cognitive-behavioral treatment of osteoarthritis pain, integrating CBT techniques to improve sleep. Participants will be assessed at baseline and at 2, 6, 12, and 24 months.

Role: Project Director

Cherkin (PI)

/1/2011-5/31/2015

NCCAM

R01 AT006226

Comparison of CAM and Conventional Mind-Body Therapies for Chronic Back Pain

Major Goals: 1) To determine if Mindfulness-Based Stress Reduction (MBSR) is an effective adjunct to usual care for persons with chronic back pain. 2) To compare the effectiveness of MBSR and group Cognitive-Behavioral Therapy (CBT) in decreasing pain-related functional limitations and pain bothersomeness. 3) To identify the mediators of any observed effects of MBSR and group CBT on pain-related functional limitations and pain bothersomeness.

Role: Co-Investigator

COMPLETED

Catz (PI)

3/1/2007 – 2/29/2012

NIAID

1 R01 MH074380-01A2

Community-Based Self-Management of HIV and Chronic Disease

The goals for this project were to develop and test an integrated individual intervention for persons fifty years or older living with HIV and other chronic health conditions. The project is a three arm trial 1) Book only (control), 2) group telephonic illness management, education and support group, 3) individual telephonic chronic illness management group utilizing motivational interviewing, cognitive-behavioral, and problem solving techniques.

Role: Co-Investigator

Catz (PI)

4/01/2006 – 3/30/2010

NIAID

Community Telephone Adherence Project (CTAP).

The goals of this project are: 1) adapting telephone intervention manuals from an ongoing RCT conducted in a prison setting to include more targeted post-prison release content, 2) developing and refining study protocols for tracking and retaining study participants as they re-enter the community, 3) refining assessment measures, 4) conducting a randomized pilot test of a motivational and cognitive-behavioral skills based adherence intervention during the transitional period prior to and after release from prison, and 5) evaluating the feasibility and acceptability of delivering telephone intervention sessions that bridge state prison and community settings.

Role: Co-Investigator

Catz (PI)

12/19/2007-11/30/2009

NIMH

RO3 MH082630

Prevention Needs of HIV+ Persons Awaiting Release from Prison

Major Goals: This formative research on prevention needs of prisoners includes qualitative elicitation interviews with HIV+ persons awaiting release from prison and the development of a culturally appropriate and theory-based HIV prevention assessment measure for this population.
Role: Co-Investigator

Arterburn (PI) 4/06 – 6/07

Foundation for Informed Medical Decision Making

Worksite Wellness Systematic Reviews

Goal: The goal of this project is to conduct a series of rapid systematic reviews of the effectiveness and return on investment with worksite wellness programs to improve body weight, nutrition, physical activity, stress, and promote alcohol and smoking cessation.

Role: Co-Investigator

R34 MH070642 Von Korff (PI) 7/1/04-7/31/06

NIMH

Integrated Care for Back Pain and Depression.

The goals of this project are : 1) develop an integrated intervention for chronic back pain patients with major depression, 2) develop methods for inducing and assessing intervention fidelity and 3) conduct a pilot test of the integrated intervention for 100 depressed chronic back pain patients. The intervention will incorporate self-management techniques, problem-solving therapy and medication management. Participants will be assessed at baseline and at 6 months follow-up.

Role: Co-Investigator & Project Director

1 R01 MH63644-01A1 Catz (PI) 5/23/03 – 4/30/06

NIMH

Adherence Intervention for Incarcerated Persons Living with HIV

The goals of this project are : 1) to design and test a telephone-delivered adherence intervention for incarcerated persons living with HIV, 2) to determine the acceptability of the intervention, and 3) to conduct a randomized intervention study with 112 incarcerated persons living with HIV to test the potential efficacy of a telephone-delivered experimental intervention compared to adherence outcomes of a telephone-delivered health education control intervention at 1-month and 3-month follow-up points.

Role: Co-Investigator

2001-006 Wagner (PI) 6/1/01-5/30/06

John A. Hartford Foundation Inc.

Delivering Effective Primary Care to Older Adults: The Senior Resource Team t Group Health Cooperative.

The goal of this project is to improve care of older enrollees by increasing geriatric expertise in primary care.

Role: Co-Investigator

1 R18 HS11859-01 Lozano (PI) 9/1/01-8/20/05

AHRQ

Using Handheld Technology to Reduce Errors in ADHD Care

The goal of this project is to develop a computerized system that provides evidence-based decision support to primary care providers serving children with attention deficit/hyperactivity disorder in community and academic practices and to test the effectiveness and cost-effectiveness of this system.

Role: Co-Investigator

R21 MH 65858 Catz (PI) 1/1/2003-11/30/04

NIMH

Adherence Intervention for Late Middle-Aged and Older Adults Living with HIV/AIDS

The goals of this project are to design and pilot test an experimental intervention for increasing adherence to antiretroviral treatment among late middle-aged and older persons living with HIV. Intervention development will be guided by the transtheoretical model of behavior change and multi-component intervention strategies combining motivational interviewing techniques with behavioral skills training.

Role: Co-Investigator

PO1 DE08773 Von Korff (PI) 9/1/99-8/31/04

NIDR

TMD Longitudinal Studies: Clinical/ Chronic Pain Syndromes: Project 3-Chronic Pain Management in Primary Care

The goals of this project are: (1) Identify potentially modifiable determinants of long-term frequent use of health care and pain medications. (2) Evaluate the effectiveness of self-care interventions for primary care pain patients. And, (3) Assess the impact of self-care interventions on long-term health care and prescription medication use.

Role: Co-Investigator

1 R01 HL69670-01 Lozano (PI) 8/1/01-5/31/04

NHLBI

Randomized Trial of a Computerized Asthma Management System (CAMS)

The goals of this project are to develop a computerized system that provides evidence-based decision support to primary care providers serving children with asthma in community and academic practices and to test the effectiveness and cost-effectiveness of this system

Role: Co-Investigator

Mullins (PI) 10/01/96 - 2/1/00

Quantum Health Resources and Olsten
Healthcare Corporation (2 renewals)

Adaptation to Pediatric Chronic Illness: Utilization of Disease Specific Methodology

The goal of this project was to examine family and individual coping and adherence for five pediatric illnesses.

Role: Co-Investigator

Mullins (PI) 6/1/96 - 7/30/96

Oklahoma State University - Dean's Incentive Grant

Assessment of risk factors for adjustment problems in children with chronic illness and their parents.

Role: Co-Investigator

ACADEMIC AWARDS/SCHOLARSHIPS

1. Minority Researcher Fee Waiver Award for attendance to the 2001 Ethics of Research with Humans: Past, Present, & Future. University of Washington, Seattle, Washington. June 11-15
2. Travel Award, Oklahoma Psychological Society/Oklahoma Psychological Association for: Balderson, B.H., Hartman, V.L., Mullins, L.L., Cote, M.P., King, G. (April, 1998). Parental adjustment to IDDM: Role of overprotectiveness and parental stress. Poster presented at the annual meeting of the Southwestern Psychological Association, New Orleans, LA.
3. Second Place, Graduate Student Research Award, Oklahoma Psychological Society/Oklahoma Psychological Association for: Durazzo, N.S., Green, V. & Balderson B.H.K, (1995, April). Retention issues in higher education: Decision-making processes. Poster presentation at the Oklahoma Psychological Association/Oklahoma Psychological Society Annual convention.
4. Travel Award, Oklahoma Psychological Society/Oklahoma Psychological Association for: Davis, J.D., Green, V., Kung, R.W., Bracher, J.R., Balderson, B., & Takaoka, Y. (1995, April). Native American and nonnative adolescent decision-making: AIDS-related sexual behavior content influences. Poster presentation at the annual meeting of the Southwestern Psychological Association, San Antonio, Texas.
5. First Place, Graduate Student Research Award, Oklahoma Psychological Society/Oklahoma Psychological Association for. Davis, J.D., Green, V., Kung, R.W., Bracher, J.R., Balderson, B., & Takaoka, Y. (1995, April). Native American and nonnative adolescent decision-making: AIDS-related sexual behavior content influences. Poster presentation at the annual meeting of the Southwestern Psychological Association, San Antonio, Texas.
6. Travel Award, Oklahoma Psychological Society/Oklahoma Psychological Association for presentation of Balderson, B.H.K., King, G., Aniol, K., Ewing, C., Hartman, V.L., Mullins., L.L., & Chaney, J.M., (1996, April) Maternal Uncertainty in Illness and Depression in Adolescents with Insulin Dependent Diabetes Mellitus. Presentation at the annual meeting of the Southwestern Psychological Association, Houston, Texas.
7. Minority Research Award. Award to enable attendance to the 2001 Ethics of Research with Humans: Past, Present, & Future. Seattle, WA June 11-15. Amount: \$650.

TEACHING EXPERIENCE

- 8/95-5/96 Graduate Instructor, Introductory Psychology, Taught 4 Sections of Introductory Psychology to undergraduate students. Average section size was 40 students. Oklahoma State University, Stillwater, OK.
- 11/01 Invited Instructor. Stress Management and Health Promotion. University of Washington: NURS 413: Nature of Health and Health Promotion.

11/10 Psychologist Career Paths. Class instruction for University of Washington Interns.

CONSULTANT

1. Consultant for StayWell / Krames for a patient self-care packet entitled: "Living Well with a Chronic Condition: Taking Control of Your Health."
2. Consultant. Grant: Organ donation: Cross Cultural Differences in Altruism. Grant submitted to Fetzer Institute, April 2001. PI: Elizabeth Dettmer, Ph.D.
3. Consultant. Grant: Treatment of Pain in Primary Care in the VA Healthcare System. 2005 to present. PI: Steve Dobscha, Ph.D.

PROFESSIONAL MEMBERSHIPS:

American Psychological Association
Clinical Psychology Division
Health Psychology Division
Society of Behavior Medicine
American Academy of Sleep Medicine
International AIDS Society
International Association of Physicians in AIDS Care

COMMITTEES

Group Health Cooperative Human Subjects Review Committee (2000-2008, intermittent Acting Chair 2001-2004; adjunct 2008-present)
Group Health Cooperative Chronic Pain Task Force (2000-2001)
Center for Health Studies Investigator Retreat Planning Committee (2001)
Group Health Cooperative Chronic Pain (2006-2007)
Group Health Behavioral Health Clinical Shares, Co-Chair (2006-present)
Group Health Behavioral Health Safety Committee (2006-present)
Group Health Central Behavioral Health, Dissemination of Evidence Based Therapy, LEAN Task Force, Leader, (2009 – 2011)
Group Health Central Behavioral Health, Consultation Team Model, LEAN Task Force, Member (2010 – 2011)
Group Health, Central Behavioral Health, Motivational Interviewing Clinical Champion (2009-present).
Group Health, Central Behavioral Health, S.O.S Gallup response team, Member (2011)

OTHER

1. Mental Health Worker. Eastern State Mental Hospital, Fall 1991 to Spring 1992.
2. Community Educator. Washington State University Diversification Task Force, Fall 1991 to Spring 1992.
3. Student Coordinator/Community Educator. Sexual Information and Referral Center of Washington State University, Fall 1991 to Spring 1992.

4. Secretary / Treasure. Minority Graduate Student Association of Oklahoma State University, Fall 1994-Spring 1995
5. Graduate Student Representative. Ethics Committee, Oklahoma State University, August 1995 to May, 1996.
6. Therapist: Stress Screening Day, Oklahoma State University, Fall 1996.
7. Therapist. National Anxiety Disorder Screening Day, Oklahoma State University, Spring 1997:
8. Psychology Minority Student Mentor. Oklahoma State University, Fall 1994 to Summer 1997.
9. Therapist. National Mood Disorder Screening Day, Oklahoma State University, Fall 1997
10. Therapist. Anxiety and Mood Disorder Clinic Associate, Oklahoma State University, Spring 1998
11. Co-student coordinator. National Anxiety Disorder Screening Day, Oklahoma State University, Spring 1998.
12. American Psychological Association, Division 12, Post-doctoral Training Institute Volunteer (1998, 1999, 2001).
13. University of Miami, Institutional Review Board web training completion, October 2000.
14. The Chronic Disease Self-Management Program Master Trainers Training, Stanford University, March 2001.
15. 2001 Ethics of Research with Humans: Past, Present, & Future, University of Washington, June, 2001.
16. Attendee. Public Responsibility in Medicine and Research IRB 101: Educational Training Program for IRB Members, Administrators, Coordinators, Chairs, and Principal Investigators, December 1, 2001.
17. Attendee. PRIM&R and ARENA's Annual IRB Conference, December 2-4, 2001, Boston, MA.
18. Training. Psychological Interventions with Pain Patients: Evidence for Their Effectiveness. Presented by Lebovits A, Bradley LA, Gtachel R, Kessler R, Kerns R, Sanders S, McGrath P, & Okifuji A. 2nd Joint Scientific Meeting of the American Pain Society and Canadian Pain Society, Vancouver, B.C, May 6, 2004.
19. Training. PEARLS program training. Trained in PEARLS protocol including Problem Solving Therapy. Certified PEARLS intervention provider. July 19-22, 2004.
20. Training. Trained and certified in Problem Solving Therapy. Received supervision of clinical cases in PST by Evette Ludman, Ph.D. October 2004.
21. Training. Received training in advanced statistical methods via the Seattle ERIC Epidemiology, Biostatistics, and Clinical Research Methods Summer Session. Courses: Multilevel Data Analysis (Leroux), Logistic Regression Analysis (McKnight), and Longitudinal Data Analysis (Heagerty).
22. Training. Received training and certification in "Chronic Pain Disability Prevention" and "Progressive Goal Attainment Program". Michael Sullivan, PhD. December 2005.
23. Training. Received Training in Cognitive-Behavioral Therapy for Insomnia. At American Academy of Sleep Medicine Annual Conference Post Doctoral Institute, June 6-7, 2009.
24. Dissemination Training. Provided training to eight national AIDS service organizations on PRIME, a treatment intervention for older persons living with HIV/AIDS. 2011

JOURNAL REVIEWER

AIDS and Behavior (2004, 2005)

AIDS Care (2012)

Annals of Behavioral Medicine (2002)

American Journal of Industrial Medicine (2001 - 2011)
Journal of Oralfacial Pain (2003, 2004)
Medscape General Medicine (2006-2007)
Nicotine and Tobacco Research (2006)
Patient Education and Counseling (2002, 2003)
Spine (2001)
Journal of the Association of Nurses in AIDS Care (2006-2012)

GRANT REVIEWER

End of Grant Award reviewer for UK ESRC. (2004)
Grant Reviewer Netherlands (ZonMw) (2008)
Institute for Translational Health Sciences (ITHS)' Community/Practice-Based Research Activity
Funding Program (2010)