

**Curriculum Vitae**

**Kathi L. Heffner**

**Professor  
University of Rochester  
School of Nursing  
Division of Geriatrics & Aging, Department of Medicine (joint)  
Department of Psychiatry (joint)**

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**CONTACT INFORMATION**

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**RESEARCH AREAS**

My research centers on understanding the links between stress and health in older adulthood. I am particularly interested in how stress affects the immune system, and how to strengthen stress resilience to promote healthy aging in multiple domains, including cognitive and immune aging. My scientific contributions fall into three areas:

- Implications and remediation of stress, including older family caregivers' stress, for healthy cognitive and immune aging
- The influence of sleep and insomnia on stress physiology, inflammation, and clinical outcomes, including chronic pain, depression, and traumatic stress symptoms
- The role of social relationships in older adults' stress and stress resilience

**EDUCATION**

2001	Ph.D., Social Psychology (emphasis in cardiovascular social psychophysiology) University of Nevada, Reno
1994	B.A., Psychology (minor in Mathematics) State University of New York at Buffalo

**POSTDOCTORAL RESEARCH TRAINING AND FELLOWSHIP AWARDS**

2001-2003	The Ohio State University, Stress and Health Laboratory, Janice K. Kiecolt-Glaser (primary mentor)
2001-2003	Training Grant (NIH/NIMH) T32 MH18831, The Ohio State University, College of Medicine, Department of Molecular Virology, Immunology, and Medical

Genetics Postdoctoral Fellowship Award(s), Postdoctoral Fellowship in  
Psychoneuroimmunology

**FACULTY APPOINTMENTS**

- 2022-present Professor (Tenured), School of Nursing, University of Rochester
- 2022-present Professor and Associate Chief of Research, Division of Geriatrics & Aging, Department of Medicine, University of Rochester School of Medicine and Dentistry (joint)
- 2022-present Professor, Department of Psychiatry, University of Rochester School of Medicine and Dentistry (joint)
- 2017-2022 Associate Professor and Associate Chief of Research, Division of Geriatrics & Aging, Department of Medicine, University of Rochester School of Medicine and Dentistry (joint)
- 2017-2022 Associate Professor (Tenured), School of Nursing, University of Rochester (primary)
- 2016-2017 Associate Professor, School of Nursing, University of Rochester (primary)
- 2016-2022 Associate Professor, Department of Psychiatry, University of Rochester School of Medicine and Dentistry (joint)
- 2014-2016 Associate Professor, Department of Psychiatry, University of Rochester School of Medicine and Dentistry
- 2008-2014 Assistant Professor, Department of Psychiatry, University of Rochester School of Medicine and Dentistry
- 2008-2010 Adjunct Professor, Department of Psychology, Ohio University
- 2003-2008 Assistant Professor, Department of Psychology, Ohio University

**OTHER ACADEMIC APPOINTMENTS**

- 2011-2021 Clinical Researcher (without compensation (WOC)), VA Center of Excellence for Suicide Prevention, Canandaigua, NY
- 2008-2011 Program Scientist, The Rochester Center for Mind-Body Research (funded by NIH/NIA), University of Rochester Medical Center
- 2000-2001 Data Analyst and Research Specialist, Senator Alan Bible Center for Applied Research, University of Nevada, Reno

1994-2000      Laboratory Director (Ginsburg, PI), Social Psychophysiology Laboratory,  
University of Nevada, Reno

## **HONORS AND AWARDS**

2021-2023      Marie C. Wilson and Joseph C. Wilson Endowed Professorship, University of  
Rochester (termed)

2020-2021      Selected participant, *Career Engagement, Revitalization, and Engagement*,  
Office for Faculty Development, University of Rochester School of Medicine  
and Dentistry

2019              Division of Geriatrics & Aging Research Award, School of Medicine &  
Dentistry, University of Rochester Medical Center

2017-2018      Tideswell at UCSF, American Geriatrics Society, and Association of Directors  
of Geriatric Academic Programs, Emerging Leaders in Aging Program,  
Research

2017-2018      Elaine C. Hubbard Center for Nursing Research on Aging Endowed Award,  
University of Rochester, School of Nursing

2017-2018      Terry Family Research Endowed Fund Award, University of Rochester, School  
of Nursing

2015-2016      W. G. Stuber Research Fellowship Award, University of Rochester, Office of  
the Senior Associate Dean for Basic Research

2014-2015      Selected cohort member, *Developing from Within: Mid-Level Academic  
Women's Leadership Program* (nominated by department chair and selected for  
inaugural cohort of 12 medical school faculty), University of Rochester School  
of Medicine and Dentistry

2013              Excellence in Research Incentive Program Award, University of Rochester  
School of Medicine and Dentistry

2009              Citation Poster, American Psychosomatic Society, 2009 Annual Meeting

2009              Collier Research Award, First Place, Department of Psychiatry, University of  
Rochester

2008              Citation Poster, American Psychosomatic Society, 2008 Annual Meeting

2008              Invited discussant, "Opportunities for Advancing Behavioral and Social  
Research on Aging: An Introduction for Psychological Scientists Workshop,"  
sponsored by the National Institute on Aging

2006              University International Council, International Travel Award, Ohio University

2005              Faculty Development Award, College of Arts & Science, Ohio University

## **RESEARCH FUNDING/AWARD ACTIVITIES**

## External Funding

- 2022-2027 R01 AG078266 (NOA pending) National Institutes of Health, National Institute on Aging  
*Aging Hippocampus and Cognitive Control in Health and MCI*  
Sien Hu, PhD (PI), College at Oswego  
Role: co-Investigator [Site Principal Investigator]
- 2022-2027 R01 AG077053 (NOA pending) National Institutes of Health, National Institute on Aging  
*Enhancing Triadic Communication About Cognition for Older Adults with Alzheimers Disease or Related Dementias Facing a Cancer Management Decision*  
Allison Magnuson, DO (PI)  
Role: co-Investigator
- 2021-2026 R01 NR016037 (renewal) National Institutes of Health, National Institute of Nursing Research  
*More than a Movement Disorder: Applying Palliative Care to Parkinson's Disease*  
Benzi Kluger, MD, MS (PI)  
Role: co-Investigator
- 2021-2024 R01 AG073052 National Institutes of Health, National Institute on Aging  
*Telemedicine and Health Disparities Among Community-Dwelling Older Adults with ADRD During COVID-19 Pandemic*  
Shubing Cai, PhD (PI)  
Role: co-Investigator
- 2020-2025 R01 NR015452 (renewal) National Institutes of Health, National Institute of Nursing Research  
*Targeting Autonomic Flexibility to Enhance Cognitive Training Outcomes in Older Adults with Mild Cognitive Impairment*  
Role: Principal Investigator (w/ Feng Vankee Lin, PhD, RN)
- 2019-2024 P30 AG064103 National Institutes of Health, National Institute on Aging  
*Rochester Roybal Center for Social Ties & Aging Research*  
Role: Principal Investigator (contact) (w/ Kimberly Van Orden, PhD)
- 2019-2022 R21 MH120734 National Institutes of Health, National Institute of Mental Health  
*Validate a Shared Neural Circuit Underlying Multiple Neuropsychiatric Symptoms*  
Role: Principal Investigator (contact PI when Dr. Lin left the University of Rochester) (w/ Feng Vankee Lin, PhD, RN)

- 2019-2024 U1QHP28738 Health Resources & Services Administration  
*Finger Lakes Geriatric Workforce Enhancement Program (FLGWEP)*  
Thomas V. Caprio, MD, MPH, MS (PI)  
Role: Key Personnel/Project Evaluator
- 2018-2019 U1QHP28738 Health Resources & Services Administration  
*Finger Lakes Geriatric Workforce Enhancement Program (FLGWEP)*  
Thomas V. Caprio, MD, MPH, MS (PI)  
Role: Key Personnel/Project Evaluator
- 2017-2022 R01 AG055469 National Institutes of Health, National Institute on Aging  
*Efficacy and Mechanisms of Combined Aerobic Exercise and Cognitive Training in MCI (The ACT Trial)*  
Fang Yu, PhD, RN, GNP-BC & Feng Vankee Lin, PhD, RN (MPIs)  
Role: Site Principal Investigator
- 2016-2021 R01 AG049764 National Institutes of Health, National Institute on Aging  
*Cognitive Training to Protect Immune Systems of Older Caregivers.*  
Role: Principal Investigator
- 2017-2019 R01 AG049764-S1 (Supplement to Parent R01)  
*Research Supplement to Promote Diversity in Health-Related Research*  
(support for a Postdoctoral Fellow, Maria Quiñones, PhD)  
Role: Principal Investigator and Primary Mentor to fellow
- 2016-2022 R01 AG052495 National Institutes of Health, National Institute on Aging  
*Mindfulness Based Stress Reduction for Family Caregivers of Dementia Patients*  
Role: Principal Investigator
- 2015-2020 R01 NR015452 National Institutes of Health, National Institute of Nursing Research  
*Neurophysiological Aspects of Vision-based Speed of Processing Cognitive Training in Older Adults with Mild Cognitive Impairment.*  
Feng (Vankee) Lin, PhD., RN (PI)  
Role: Co-Investigator
- 2015-2017 US Department of Veterans Affairs (VA). *Development of a Community-Based Mental Health Resources Outreach Program for Veterans and their Families.*  
VA Intergovernmental Personnel Act (IPA) Agreement to the University of Rochester, Department of Psychiatry.  
Role: co-Project Director (w/ Stephanie Gamble, PhD)
- 2015 US Department of Veterans Affairs (VA). *Evaluation of A Combined Allopathic and Complementary and Alternative Medicine Program for Retired NFL Players and Military Veterans with Neurological Difficulties.* VA

- Intergovernmental Personnel Act (IPA) Agreement to the University of Rochester, Department of Psychiatry.  
Role: Project Director
- 2014-2016 Alzheimer's Association, New Investigator Award, *Differentiating Neurophysiological Stress Regulation in Alzheimer Disease*.  
Feng (Vankee) Lin, PhD., RN  
Role: Co-Investigator
- 2014-2015 US Department of Veterans Affairs (VA). *Feasibility and Effectiveness of Meditation Programs for Veterans with Post-Traumatic Stress Disorder*. VA Intergovernmental Personnel Act (IPA) Agreement to the University of Rochester, Department of Psychiatry.  
Role: Project Director/Principal Investigator
- 2012-2017 R01 NR013909, National Institutes of Health, National Institute of Nursing Research. *Managing Sleep Symptoms and Modifying Mechanisms of Traumatic Stress*.  
Role: Principal Investigator (w/ Wilfred Pigeon, Ph.D. (contact))
- 2012-2016 R21 AG041942, National Institutes of Health, National Institute on Aging. *Slow Wave Sleep and Inflammatory Processes in Pain*.  
Role: Principal Investigator (contact) (w/ Wilfred Pigeon, Ph.D)
- 2011-2013 US Department of Veterans Affairs (VA). *Evaluation of Office of Mental Health Demonstration Projects on Meditation for Veterans with Post-Traumatic Stress Disorder*. VA Intergovernmental Personnel Act (IPA) Agreements to the University of Rochester, Department of Psychiatry.  
Role: Project Director
- 2011-2012 GW100095, Department of Defense, Grant Consortium Development Award. *Integrative Physiology of Gulf War Illness: Role of Autonomic Functioning, Central Neural Processing, and Sleep*.  
Jorge Serrador, Ph.D. & Benjamin Natelson, M.D. (Co-PIs)  
Role: Co-Investigator (Subcontract PI)  
Subcontract direct costs: \$13,636      Subcontract total award: \$15,000
- 2007-2011 R24 AG031089, National Institutes of Health, National Institute on Aging. *The Rochester Center for Mind-Body Research*.  
Jan Moynihan, Ph.D. (PI)  
Role: Program Scientist
- 2007-2010 R03 HG004158, National Institutes of Health, National Human Genome Research Institute. *Population Impact of Raising Perceptions of Heritable Risk*.  
Robert Gramling, MD, Ph.D. (PI)  
Role: Co-Investigator

- 2007-2010 R03 AG030029, National Institutes of Health, National Institute on Aging. *Psychophysiological Correlates of Aging Stereotypes and Personal Aging Beliefs*.  
Role: Principal Investigator
- 2006-2011 Funding recipient, National Institutes of Health Loan Repayment Program (initial award (2006) and 2 renewal awards), Clinical Research Program
- 2001-2003 R03 AG019908. National Institutes of Health, National Institute on Aging. *Writing and Health in Older Adults*, Paul Devereux, Ph.D. (PI)  
Role: Co-Investigator

### **Institutional Funding**

- 2019-2020 Department of Psychiatry, Division of Collaborative Care & Wellness Innovation Grant Award. *Heart Rate Variability Biofeedback among Survivors of Intimate Partner Violence*, Autumn Gallegos, PhD (PI)  
Role: Co-Investigator
- 2017-2019 National Center for Advancing Translational Sciences, National Institutes of Health. University of Rochester Clinical & Translational Science Institute Incubator Award. *The Healthy Aging Research Program (HARP) Seed Funding: Social Modifiers of Stress Regulation and Healthy Aging*  
Role: Principal Investigator
- 2012-2013 Provost Multidisciplinary Award, University of Rochester. *Improving Quality of Life After a Cardiac Event: A Couples-Based Intervention*. Jennifer La Guardia, PhD (PI)  
Role: Co-Investigator
- 2006-2010 Appalachian Rural Health Institute, Diabetes Research Initiative: *Investigation of the Inflammatory Pathways Linking Diabetes and Depression among Women*. Mary de Groot, Ph.D. (PI).  
Role: Co-Investigator
- 2005-2007 Ohio University, Office of the Dean. Research Challenge Award: *Examining Physiological Mechanisms Linking Beliefs About Aging to Older Adults' Physical Well-Being*.  
Role: Principal Investigator
- 2000-2001 University of Nevada, Reno, Junior Faculty Research Award: *Linking Disclosure and Health in Older Adults* (JFRA). (dissertation support grant and submitted on my behalf by Paul Devereux, Ph.D.).  
Role: Co-Principal Investigator/Project Director

### **PUBLICATIONS**

\* undergraduate/graduate/post-doc mentee

### Peer-Reviewed Scientific Articles

1. Hartley, T. R., Ginsburg, G. P., & **Heffner, K.** (1999). Self-presentation and cardiovascular reactivity. *International Journal of Psychophysiology*, 32(1), 77-85.
2. **Heffner, K. L.**, Ginsburg, G. P., & Hartley, T. R. (2002). Appraisals and impression management opportunities: Person and situation influences on cardiovascular reactivity. *International Journal of Psychophysiology*, 4(2), 165-175.
3. Kiecolt-Glaser, J. K., Robles, T. R., **Heffner, K. L.**, Loving, T. J. & Glaser, R. (2002). Psycho-oncology and cancer: Psychoneuroimmunology and cancer. *Annals of Oncology*, 13, 165-169.
4. Loving, T. J., **Heffner, K. L.**, Kiecolt-Glaser, J. K., Glaser, R., & Malarkey, W. B. (2004). Stress hormone changes and marital conflict: Spouses' relative power makes a difference. *Journal of Marriage and Family*, 66, 595-612.
5. **Heffner, K. L.**, Kiecolt-Glaser, J. K., Loving, T.J., Glaser, R., & Malarkey, W. B. (2004). Spousal support satisfaction as a modifier of physiological responses to marital conflict in younger and older couples. *Journal of Behavioral Medicine*, 27, 233-254.
6. McGuire, L., **Heffner, K.**, Glaser, R., Needleman, B., Malarkey, W., Dickinson, S., Lemeshow, S., Cook, C., Muscarella, P., Melvin, W., Ellison, E., & Kiecolt-Glaser, J. (2006). Pain and wound healing in surgical patients, *Annals of Behavioral Medicine*, 31, 165-172.
7. **Heffner, K. L.**, Loving, T. J., Kiecolt-Glaser, J. K., Himawan, L. K., Glaser, R., & Malarkey, W. M. (2006). Older spouses' cortisol responses to marital conflict: Associations with demand/withdraw communication patterns. *Journal of Behavioral Medicine*, 29, 317-325.
8. Suhr, J., Demireva, P., & **Heffner, K.** (2008). The relation of salivary cortisol to patterns of performance on a word list learning task in healthy older adults. *Psychoneuroendocrinology*, 33, 1293-1296.
9. Kiecolt-Glaser, J. K., **Heffner, K. L.**, Glaser, R., Malarkey, W. B., Porter, K., Atkinson, C., Laskowski, B. S., Lemeshow, S., & Marshall, G. M. (2009). How stress and anxiety can alter immediate and late phase skin test responses in allergic rhinitis. *Psychoneuroendocrinology*, 34, 670-680.
10. Suhr, J.A., Patterson, S. M., Austin, A. W., & **Heffner, K. L.** (2010). The relation of hydration status to declarative memory and working memory in older adults. *The Journal of Nutrition, Health and Aging*, 14, 840-843.
11. Gramling, R., **Heffner, K. L.**, Klein, W.M.P., Zajac, L. E., Roberts, M., & Eaton, C. B. (2010). Is the association between optimistic cardiovascular risk perceptions and lower rates



- of cardiovascular disease mortality explained by biomarkers of systemic inflammation or endothelial function? A case-cohort study. *BioPsychoSocial Medicine*, 4, 11.
12. **Heffner, K. L.**, France, C. R., Trost, Z., Ng, H. M.\*, & Pigeon, W. R. (2011). Chronic low back pain, sleep disturbance, and interleukin-6. *Clinical Journal of Pain*, 27, 35-41.
  13. Rethhorst, C., Moynihan, J., Lyness, J., **Heffner, K. L.**, & Chapman, B. (2011). Moderating effects of moderate-intensity physical activity in the relationship between depressive symptoms and interleukin-6 in primary care patients. *Psychosomatic Medicine*, 73, 265-269.
  14. **Heffner, K. L.** (2011). Neuroendocrine effects of stress on immunity in the elderly: Implications for inflammatory disease. *Immunology and Allergy Clinics of North America*, 31, 95-108.
  15. Pigeon, W. R., **Heffner, K.**, Duberstein, P., Fiscella, K., Moynihan, J., & Chapman, B.P. (2011). Elevated sleep disturbance among blacks in an urban family medicine practice. *Journal of the American Board of Family Medicine*, 24, 161-168.
  16. **Heffner, K. L.**, Waring, M. E., Roberts, M. B., Eaton, C. B., & Gramling, R. Social isolation, C-reactive protein, and coronary heart disease mortality among community dwelling adults. (2011) *Social Science and Medicine*, 72(9), 1482-1488.
  17. **Heffner, K. L.**, Ng, H. M.\*, Suhr, J. A., France, C. R., Marshall, G. D., Pigeon, W. R., & Moynihan, J. A. (2012). Sleep disturbance and older adults' inflammatory responses to acute stress. *American Journal of Geriatric Psychiatry*, 20, 744-752.
  18. Poleshuck, E. L., Talbot, N. L., Moynihan, J. A., Chapman, B. P., **Heffner, K. L.** (2013). Depressive symptoms, pain, chronic medical morbidity, and interleukin-6 among primary care patients. *Pain Medicine*, 14, 686-691.
  19. **Heffner, K. L.**, Devereux, P. G., Ng, M. H.\*, Borchardt, A. R.\* & Quigley, K. S. (2013). Older adults' hemodynamic responses to an acute emotional stressor: short report. *Experimental Aging Research*, 39, 162-178.
  20. Lin, F.\* , **Heffner, K. L.**, Mapstone, M., Chen, D.G., Porsteinsson, A. (2014). Frequency of mentally stimulating activities modifies the relationship between cardiovascular reactivity and executive function in old age. *American Journal of Geriatric Psychiatry*, 22, 1210-1221.
  21. Lin, F.\* , Suhr, J., Diebold, S.\* , & **Heffner, K. L.** (2014). Associations between depressive symptoms and memory deficits vary as a function of insulin-like growth factor (IGF-1) levels in healthy older adults. *Psychoneuroendocrinology*, 42, 118-123.
  22. **Heffner, K. L.**, Kiecolt-Glaser, J. K., Glaser, R., Malarkey, W. B., & Marshall, G. D. (2014). Stress and anxiety effects on positive skin test responses in young adults with allergic rhinitis. *Annals of Allergy and Immunology*, 113, 13-18.
  23. Lin, F.\* , Roiland, R., **Heffner, K.**, Johnson, M., Chen, DG., & Mapstone, M. (2014). Evaluation of objective and perceived mental fatigability in older adults with vascular risk. *Journal of Psychosomatic Research*, 76, 458-464.

24. Pigeon, W. R., **Heffner, K. L.**, Crean, H. F., Gallegos, A. M.\*, Walsh, P., Seehuus, M., & Cerulli, C. (2015). Responding to the need for sleep among survivors of interpersonal violence: A randomized controlled trial of a cognitive-behavioral insomnia intervention followed by PTSD treatment. *Contemporary Clinical Trials*, 45(B), 252-260.
25. Devereux, P. G., **Heffner, K. L.**, Doane, M. J., Gosser, B., & Nolan, M. (2016). Identifying attentional deployment tactics in older adults' narratives about emotionally upsetting events. *Journal of Health Psychology*, 21, 2247-2258.
26. Lin, F., **Heffner, K. L.**, Ren, P., Tivarus, M., Brasch, J., Chen, D., Mapstone, M., Porsteinsson, A., & Tadin D. (2016). Cognitive and neural effects of vision-based speed of processing training in older adults with amnesic mild cognitive impairment: A pilot study. *Journal of the American Geriatrics Society*, 64, 1293-1298.
27. Lin, F., Ren, P., Cotton, K., Porsteinsson, A., Mapstone, M. & **Heffner, K. L.** (2016) Mental fatigability and heart rate variability in mild cognitive impairment. *American Journal of Geriatric Psychiatry*, 24, 374-378.
28. **Heffner, K. L.**, Crean, H. F., & Kemp, J. E. (2016). Meditation programs for veterans with posttraumatic stress disorder: Aggregate findings from a multi-site evaluation. *Psychological Trauma: Theory, Research, Practice, and Policy*, 8, 365-374.
29. Lin, F., **Heffner, K. L.**, Ren, P., & Tadin, D. (2017). A role of parasympathetic nervous system in cognitive training. *Current Alzheimer's Research*, 14, 784-789.
30. Ren, P., Anthony, M., **Heffner, K. L.**, Chapman, B., & Lin, F. (2017). Amygdala functional connectivity is associated with locus of control in the context of cognitive aging. *Neuropsychologia*, 99, 199-206.
31. Ren, P., **Heffner, K. L.**, Jacobs, A., & Lin, F. (2017). Acute affective reactivity and quality of life in older adults with amnesic mild cognitive impairment: A functional MRI study. *American Journal of Geriatric Psychiatry*, 25: 1225-1233.
32. Lin, F., Ren, P., Wang, X., Anthony, M., Tadin, D., & **Heffner, K. L.** (2017). Cortical thickness is associated with altered autonomic function in cognitively impaired and non-impaired older adults. *The Journal of Physiology*, 595, 6969-6978.
33. Gallegos, A.M.\*, Crean, H.F., Pigeon, W. R., & **Heffner, K. L.** (2017). Meditation and yoga for posttraumatic stress disorder: A meta-analytic review of randomized controlled trials. *Clinical Psychology Review*, 58, 115-124.
34. Elliot, A. J.\*, **Heffner, K. L.**, Moynihan, J. A., Mooney, C. J., & Chapman, B. P. (2018). Social relationships and inflammatory markers in older adults in the MIDUS cohort: The role of age and gender differences. *Journal of Aging and Health*, 30, 904-923.
35. **Heffner, K. L.**, France, C. R., Ashrafioun, L., Quiñones, M., Walsh, P., Maloney, M. D., Giordano, B. D., & Pigeon, W. R. (2018). Clinical pain-related outcomes and inflammatory

cytokine response to pain following insomnia improvement in adults with knee osteoarthritis. *Clinical Journal of Pain*, 34, 1133-1140.

36. Peoples, A. R., Garland, S. N., Pigeon, W. R., Perlis, M. L., Ryan Wolf, J., **Heffner, K. L.**, Mustian, K. M., Heckler, C. E., Peppone, L. J., Kamen, C. S., Morrow, G. R., and Roscoe, J. A. (2019). Cognitive behavioral therapy for insomnia reduces depression in cancer survivors. *Journal of Clinical Sleep Medicine*, 15, 129-137.
37. Wang, X., Anthony, M., **Heffner, K. L.**, & Lin, F. (2019). Stress adaptation in older adults with and without cognitive impairment: An fMRI pattern-based similarity analysis. *Aging*, 11, 6792-6804.
38. Lin, F. V., Tao, Y., Chen, Q., Anthony, M., Zhang, Z., Tadin, D., & **Heffner, K. L.** (2020). Processing speed and attention training modifies autonomic flexibility: A mechanistic intervention study. *NeuroImage*, 213, 116730.
39. Quiñones, M. M.\*, Gallegos, A. M., Lin, F. V., & **Heffner, K. L.** (2020). Dysregulation of inflammation, neurobiology, and cognitive function in PTSD: An integrative review. *Cognitive, Affective, & Behavioral Neuroscience*, 20, 455-480.
40. Chen, Q., Yang, H., Rooks, B., Anthony, M., Zhang, Z., Tadin, D., **Heffner, K. L.**, Lin, F. V. (2020). Autonomic flexibility reflects learning and associated neuroplasticity in old age. *Human Brain Mapping*, 41, 3608-3619.
41. Kong, J., Xu, H., Ji, X., Zhang, J., Yang, H., Zhang, Y., **Heffner, K. L.**, Wang, C.\*, Zhang, N. (2020). Attribution retraining group therapy and SSRIs affect differing facets of anxiety among Chinese patients with various diagnoses: A single-center, prospective study. *Psychiatry and Clinical Psychopharmacology*, 30, 97-106.
42. Gallegos, A. M.\*, **Heffner, K. L.**, Cerulli, C., Luck, P., McGuinness, S., & Pigeon, W. R. (2020). Effects of mindfulness training on posttraumatic stress symptoms from a community-based pilot clinical trial among survivors of intimate partner violence. *Psychological Trauma: Theory, Research, Practice, and Policy*, 12, 859-868.
43. Anderson, A., McDermott, K., Rooks, B., **Heffner, K. L.**, Dodell-Feder, D., & Lin, F. V. (2020) Decoding individual identity from brain activity elicited in imagining common experiences. *Nature Communications*, 11, 5916.
44. Wang, J., Cato, K., Conwell, Y., Yu, F., **Heffner, K. L.**, Caprio, T. V., Nathan, K., Monroe, T. B., Muench, U., & Li, Y. (2021). Pain treatment and functional improvement in home health care: Relationship with dementia. *Journal of American Geriatrics Society*, 69, 3545-3556.
45. **Heffner, K. L.**, Quiñones, M. M.\*, Gallegos, A. M., Crean, H. F., Lin, F. V., & Suhr, J. A. (2021, epub ahead of print). Subjective memory in adults over 50 years of age: Associations with affective and physiological markers of emotion regulation. *Aging & Mental Health*.

46. Pigeon, W. R., Cerulli, C., Crean, H. F., Gallegos, A. M., Bishop, T. M., Walsh, P., & **Heffner, K. L.** (2021, epub ahead of print). A randomized clinical trial of cognitive-behavioral therapy for insomnia to augment PTSD treatment. *Psychotherapy and Psychosomatics*.
47. Lin, F. V., **Heffner, K. L.**, Gevirtz, R., Zhang, Z., Tadin, D., & Porsteinsson, A. (2021). Targeting autonomic flexibility to enhance cognitive training outcomes in older adults with mild cognitive impairment: Study protocol for a randomized controlled trial. *Trials*, 22, 560.
48. Wang, J., Cheng, Z., Kim, Y., Yu, F., **Heffner, K. L.**, Quinones M. M., & Li, Y. (in press). Pain and dementia in community-dwelling older U.S. adults: A nationally representative study journal of pain and symptom management. *Journal of Pain and Symptom Management*.
49. Yang, J.L., Wu, H., Yuan, S., Wang, Q., Zhong, Y., Zhang, N., **Heffner, K.**, Fox, P. T., Wang, C. (in press) A meta-analysis on neural changes of cognitive training for mental disorders in executive function tasks: increase or decrease brain activation? *BMC Psychiatry*.
50. Van Orden, K. & **Heffner, K.** (in press). Promoting social connection in dementia caregivers: A call for empirical development of targeted interventions. *The Gerontologist*.

### **Invited Book Chapters and Continuing Professional Education Publications**

51. Devereux, P. & **Heffner, K. L.** (2006). The study of laughter: Psychophysiological methods in positive psychology. In A. D. Ong & M. van Dulmen (Eds.), *Handbook of Methods in Positive Psychology* (pp. 233-249), New York: Oxford University Press.
52. Loving, T. J., **Heffner, K. L.**, Kiecolt-Glaser, J. K. (2006). Physiology and interpersonal relationships. A. Vangelisti and D. Pearlman (Eds.), *Cambridge Handbook of Personal Relationships* (pp. 385-405), New York: Cambridge University Press.
53. **Heffner, K. L.** (2009) Psychoneuroimmunology. In, S. Lopez (Ed.), *The Encyclopedia of Positive Psychology, Volume 2*. Malden, MA: Wiley-Blackwell.
54. **Heffner, K. L.** (2009). Isolation: Health effects. In H. Reis and S. Sprecher (Eds.), *The Encyclopedia of Human Relationships*, Thousand Oaks, CA: Sage.
55. Moynihan, J. A., **Heffner, K. L.**, Caserta, M., & O'Connor, T. (2014). Stress and immune function in humans: A life-course perspective. In, A. Kusnecov and H. Anisman (Eds.), *Handbook of Psychoneuroimmunology*. Oxford: John Wiley & Sons.
56. **Heffner, K. L.** & A. Collins\* (2015, reprinted 2018). Cognitive Deficits in Depression. In, J. Woods (Ed.), *periFACTS Ob/Gyn Academy*: URMIC.
57. **Heffner, K. L.** & Moynihan, J. A. (2016). Stress, Aging, and Immunity. In, M. Opp (Ed.), *Primer of PsychoNeuroImmunology Research*. Los Angeles, CA: PsychoNeuroImmunology Research Society.

### **Invited Reviews, Commentaries, and Book Reviews (Journal Publications)**

58. **Heffner, K. L.**, Loving, T. J., Robles, T., & Kiecolt-Glaser, J. K. (2003). Examining psychosocial factors related to cancer incidence and progression: In search of the silver lining. *Brain, Behavior, and Immunity*, *17*(S4), S109-S111.
59. **Heffner, K. L.** (2013). Nighttime sleep and daytime stress -- Tangled bedfellows: A comment on Williams et al., *Annals of Behavioral Medicine*, *46*, 7-8.
60. **Heffner, K. L.** (2015). Book review of: "Inflammation in Psychiatry," Editors Angelos Halaris, MD, PhD and Brian E. Leonard, PhD, DSc. Karger Publishers, Basel, Switzerland. *Modern Trends in Pharmacopsychiatry*, Vol. 28, 2013. Hardcover, 208 pages, \$164. ISBN: 978-3-318-02310-7. *Annals of Allergy, Asthma & Immunology*, *115*.

## PRESENTATIONS AT PROFESSIONAL MEETINGS

### Invited Presentations in Peer-Reviewed Symposia and Panels

1. April 2022. *Adapting and Evolving Our Methods in Intervention Development for Older Adults: Lessons Learned from the Global Pandemic*. J. Hughes (chair & panelist), K. L. Heffner and H. Derry (panelists). Society of Behavioral Medicine Annual Meeting, Baltimore, MD.
2. April 2021. *Online, Computerized Brain Training to Promote Stress Adaptation and Immune Health in Caregivers of a Family Member with Dementia: Rationale and Engagement Data from an Ongoing Clinical Trial*. R. Mace (chair), Novel and Remote Interventions to Promote Healthy Cognitive Aging During COVID-19. Presented at the 2021 Society of Behavioral Medicine Annual Meeting (virtual).
3. November 2020. *The Rochester Roybal Center for Social Ties and Aging Research. Symposium*, Davidson, K. & Onken, L. (chairs), *Building National Capacity for Dementia Caregiving Research: The NIA Edward R. Roybal Centers*. Presented at the 2020 Annual Scientific Meeting of the Gerontological Society of America (virtual).
4. April 2020. *Computerized Cognitive Training for Caregivers of a Loved One with Dementia: Targeting Fluid Cognitive Abilities to Enhance Stress Adaptation and Healthy Aging*. Symposium, Mace, R. (chair), Novel Brain Health Interventions for Older Adults. Scheduled for presentation at the Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA (cancelled due to COVID-19). *Annals of Behavioral Medicine*, *54* (Suppl 1): S198.
5. November 2019. *Slow Wave Sleep and Pain After Behavioral Insomnia Treatment in Adults Over Age 50 with Knee Osteoarthritis*. Symposium, Dozier, M. (chair), Sleep in Late Life: Recent Research on Psychiatric Correlates and Treatment. Annual Meeting of the Gerontological Society of America, Austin, TX.
6. February 2014. *The Influence of Sleep Quality on the Stress Buffering Effects of Social Connectedness*. Symposium, Keneski, E. & Loving, T. (chairs), The Next Frontier in Social Support and Health Research: Clarifying the Micro-Level Mechanisms. Society for Personality and Social Psychology Annual Meeting, Austin, TX.

7. Apr 2012 *Mind-Body Relationships: Implications for Wound Healing*. Cordrey, R. (session chair), *The Wounded Psyche: The Brain-Wound Continuum*. Symposium on Advanced Wound Care, Atlanta, GA.
8. March 2010. *Autonomic Cardiac Control and Relationships to Negative Affect, Neuroendocrine, and Inflammatory Responses to Acute Stress*. Symposium, Newman, M. (chair), *Sweating the Small Stuff? Emotion, Stress and Health in Everyday Life*. American Psychosomatic Society Annual Meeting, Chicago, IL.
9. October 2006. *Aging Stereotype Effects on Physiological Reactivity to Cognitive Tasks*. National Institute on Aging (NIA)-Sponsored Symposium, Nielsen, L. (chair), *Emerging Perspectives in the Social and Affective Neuroscience of Aging*. Society for Psychophysiological Research Meeting, Vancouver, B.C.
10. July 2006. *Neuroendocrine effects of couples' actual and perceived conflict communication patterns*. Symposium, Loving, T. J. (chair), *Marriage, Hormones, and Couples' Health*, 11th International Conference on Personal Relationships, Halifax, Nova Scotia, Canada.

#### **Peer-Reviewed Research Presentations (selected)**

\* *undergraduate/graduate/post-doc/training award mentee*

1. Wang, J., Cato, K., Conwell, C., **Heffner, K. L.**, Yu, F., Caprio, T. V., & Li, Y. (November, 2021). Home health agencies with more socially vulnerable patients have lower experience of care ratings. *The Gerontological Society of America's 73rd Annual Scientific Meeting*, (virtual).
2. Russell, J. A., Youngren, W. A., Gallegos, A., Cerulli, C., Bishop, T. M., Crean, H. F., Pigeon, W., **Heffner, K. L.**, Hamilton, N. (April 2021). *The Influence of Nightmares in a Cognitive Behavioral Therapy for Insomnia Trial*. Presented at the 2021 Society of Behavioral Medicine Annual Meeting (virtual).
3. Gallegos, A., **Heffner, K. L.**, Cerulli, C., & Pigeon, W. R. (April 2020). *Quality of Life and Sleep Outcomes among Women Survivors of Interpersonal Violence: Results from a Randomized Clinical Trial of Cognitive-Behavioral Therapy for Insomnia to Increase Efficacy of PTSD Treatment*. In symposium, Stevens, N. (chair), *The Effects of Trauma Exposure on Women's Health: Examination of Novel Predictors and Interventions*. Scheduled for presentation at the Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA (cancelled due to COVID-19). *Annals of Behavioral Medicine*, 54 (Suppl 1):S156.
4. Quiñones, M. M.\* & **Heffner, K. L.** (June 2019). *Associations among markers of emotion regulation, cognitive control, and depressive and anxiety symptoms in caregivers of a loved one with dementia*. Presented at the Annual Conference of the American Academy of Clinical Neuropsychology, Chicago, IL.

5. Vargish, L., **Heffner, K. L.**, & Caprio, T.V. (May 2019). *A novel pilot curriculum in interprofessional collaboration for geriatric fellows and advanced practice providers*. Presented at the American Geriatrics Society Annual Meeting, Portland, OR.
6. Quiñones, M.M.\* & **Heffner, K.L.** (March 2019). Moderating role of perceived stress on associations among mood and executive function in older adult caregivers of a family member with dementia. Presented at the American Psychosomatic Society Annual Meeting, Vancouver, British Columbia.
7. **Heffner, K. L.**, France, C. R., Quiñones, M.\* & Pigeon, W. R. (November 2018). *Insomnia treatment in adults over age 50 with osteoarthritis pain: Effects on physical function and quality of life*. Presented at the Gerontological Society of America Annual Meeting, Boston, MA.
8. Wang, J., Caprio, T. V., Seplaki, C. L., Crean, H. F., & **Heffner, K. L.** (September 2018). *Preventing rehospitalization in older patients: The role of specific post-acute home health services*. Presented at the 2018 Council for the Advancement of Nursing Science's State of the Science Congress on Nursing Research - Precision Health, Washington, DC, USA.
9. Quiñones, M. M.\* & **Heffner, K. L.** (April 2018). *Meta-memory and self-regulation in older adults*. Presented at the Annual Meeting of the Society of Behavioral Medicine, New Orleans, LA.
10. **Heffner, K. L.** (July 2017). *Fluid cognitive abilities and autonomic and affective response to acute stressors in older adults*. Presented at the 2017 World Congress of Gerontology and Geriatrics, San Francisco, CA.
11. Pigeon, W. R., Crean, H. F., Cerulli, C., Walsh, P., Gallegos, A. M.\*, Bishop, T., Nelson, L., Casey, C., Gorman, C., Bui, A., Olenyk, C., & **Heffner, K. L.** (June 2017) *Does cognitive behavioral therapy for insomnia enhance the effects of cognitive processing therapy for ptsd among survivors of interpersonal violence?* Presented at the 31<sup>st</sup> Anniversary Meeting of the Associated Professional Sleep Societies, Boston, MA.
12. Walsh, P., Olenyk, C., Cerulli, C., Bui, A., **Heffner, K. L.**, Crean, H. F., Gallegos, A. M.\*, & Pigeon, W. R. (June 2017) *Prevalence, associations and racial differences of posttraumatic stress disorder, insomnia, and depression among adults exposed to interpersonal violence*. Presented at the 31<sup>st</sup> Anniversary Meeting of the Associated Professional Sleep Societies, Boston, MA.
13. Walsh, P., Olenyk, C., Cerulli, C., Bui, A., **Heffner, K.L.**, Crean, H., Gallegos, A. M.\*, & Pigeon, W. R. (June 2017). *Prevalence, associations and racial differences of posttraumatic stress disorder, insomnia, and depression among adults exposed to interpersonal violence*. To be presented at the 31<sup>st</sup> Anniversary Meeting of the Associated Professional Sleep Societies, Boston, MA.
14. **Heffner, K. L.**, France, C. R., Walsh, P., & Pigeon, W. R. (June 2016). *Sleep improvement in older adults with osteoarthritis is associated with lower inflammatory response to lab pain*

*and improved clinical pain.* Presented at the Psychoneuroimmunology Research Society, Brighton, UK.

15. Kamen, C. S.\*, Peppone, L. J., Morrow, G. R., Mustian, K. M., **Heffner, K. L.**, & Janelins, M. C. (June 2016). *Dyadic exercise to reduce depression and associated inflammatory cytokines among lesbian, gay, and heterosexual cancer survivors.* Presented at the American Society of Clinical Oncology Meeting, Chicago, IL.
16. Pigeon, W. R., Cerulli, C., Crean, H. F., Gallegos, A. M.\*, Nelson, L., Casey, C., Gorman, C., Walsh, P., Seehuus, M., Hoh, B., Akinpelu, N., Bui, A., Bishop, T., **Heffner, K. L.** (June 2015). *Cognitive-behavioral therapy for insomnia for survivors of interpersonal violence who subsequently receive cognitive processing therapy.* Presented at the 29th Annual Meeting of the Associated Professional Sleep Societies, Seattle, WA.
17. Kamen, C. S.\*, Janelins, M. C., **Heffner, K. L.**, Peoples, A. R., Tejani, M. A., Flannery, M. A., Peppone, L. J., Morrow, G. R., & Mustian, K. M. (May 2014). *Standardized, progressive exercise program (EXCAP) to reduce psychological distress and improve inflammatory cytokines of distress among prostate cancer survivors.* Presented at the American Society of Clinical Oncology, Chicago, IL.
18. **Heffner, K.L.** & Rohleder, N. (March 2014). *Older adults' sleep quality moderates the stress buffering effects of social support on salivary alpha amylase levels.* Accepted for presentation at the Annual Meeting of the American Psychosomatic Society, San Francisco, CA (trip cancelled due to Rochester blizzard).
19. **Heffner, K. L.**, Talbot, N. L., Krasner, M. S. & Moynihan, J. A. (June 2011). *Pain in older men is associated with interleukin (IL)-6 change across time following a mindfulness-based stress reduction intervention.* Presented at the Annual Meeting of the Associated Psychoneuroimmunological Research Society, Chicago, IL.
20. Pigeon, W. R., Perlis, M. L., Erdman, E., Gorman, C., Casey, C., **Heffner, K. L.**, & Moynihan, J. A. (June 2011). *Slow wave sleep, but not insomnia, is associated with diminished antibody response to a hepatitis B vaccine.* Presented at the Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
21. Fichter, J. L.\*, Suhr, J. A., Chapman, B. P., Ng, H. M.\*, & **Heffner, K. L.** (March 2010). *Insulin-like growth factor (IGF-1) and cognitive function in community-dwelling older adults.* Poster presented at the Annual Collier Research Day, Department of Psychiatry, University of Rochester School of Medicine and Dentistry.
22. Rethorst, C. D., Chapman, B. P., Moynihan, J., **Heffner, K. L.**, Lu, N., Kaukeinen, K. A., ... & Lyness, J. M. (March 2010). *Depression and objectively measured physical activity in US older adults.* The American Geriatrics Society Annual Meeting, Orlando, FL.
23. **Heffner, K. L.**, Suhr, J. A., Ng, H. M.\*, France, C. R., & Marshall, G. D. (March 2009). *Older adults' aging attitudes predict autonomic, vascular, and inflammatory responses to a memory challenge.* Presented at the Citation Poster Session at the American Psychosomatic Society Annual Meeting, Chicago, IL.



24. Devereux, P. G., McMullen, T., Mburia-Mwalili, A., & **Heffner, K. L.** (Nov 2009). *A day in the life: Investigating older adults' daily activities*. Presented at the Gerontological Society of America, Atlanta, GA.
25. **Heffner, K. L.** & Rochette, L. M.\* (March 2008). *Autonomic influences on heart rate reactivity to acute stress following emotional disclosure*. Presented at the Citation Poster Session at the American Psychosomatic Society Annual Meeting, Baltimore, MD.
26. **Heffner, K. L.**, Suhr, J.A., Marshall, G. M. (2008). *Socioeconomic status and interleukin-6 reactivity in older adults*. Presented at the Society of Behavioral Medicine Annual Meeting, March 2008, San Diego, CA.
27. **Heffner, K. L.**, France, C. R., Ng, H. M.\*, & Trost, Z. R. (2007). *Sleep quality, perceived stress and inflammatory IL-6 levels in chronic low back pain*. Presented at the 2007 Meeting of the Society of Behavioral Medicine, Washington, D.C.
28. Ng, H. M.\*, **Heffner, K. L.** & Devereux, P. G. (2007). *Depressive symptomology and cardiovascular reactivity during an expressive writing task*. Presented at the Society of Behavioral Medicine Annual Meeting, March 2007, Washington, DC.
29. Rochette, L. M.\*, **Heffner, K. L.**, Richards, B. J. (2007). *Disclosing emotions to friends: Effects on cardiovascular reactivity to subsequent stress*. Presented at the 8th Annual Meeting of the Society for Personality and Social Psychology Research, Memphis, TN.
30. Devereux, P. G., **Heffner, K. L.**, Nolan, M, Himler, H. (2006). *Examining older adults' writings about distressing experiences*, Presented at the 59th Annual Meeting of the Gerontological Society of America, Dallas, TX.
31. **Heffner, K.L.**, Devereux, P. G., Ng, H. M.\*, Borchardt, A. R.\*, & Ginsburg, G. P. (2006). *Social support moderates the effects of expressive writing on older adults' health outcomes*. Presented at the American Psychosomatic Society Annual Meeting, Denver, CO.
32. **Heffner, K.L.** & Rochette, L.\* (2006). *Disclosure constraints following emotional arousal: Effects on cardiovascular reactivity to subsequent stress*. Presented at the American Psychosomatic Society Annual Meeting, Denver, CO.
33. Ng, H. M.\*, **Heffner, K.L.** & Bornstein, R. (2006). *Interpersonal dependency and physiological reactivity to interpersonal loss*. Presented at the American Psychosomatic Society Annual Meeting, Denver, CO.
34. Borchardt, A. R.\*, & **Heffner, K. L.** (2006). *Social support effects on physiological reactivity during anticipation of social evaluation*. Presented at the American Psychosomatic Society Annual Meeting, Denver, CO.
35. **Heffner, K. L.**, Devereux, P. G., & Ginsburg, G. P. (2005). *Does hypertension influence older adults' cardiovascular reactivity during emotional arousal?* Presented at the Society for Psychophysiological Research Annual Meeting, Lisbon, Portugal.

36. Yang, E. V., **Heffner, K. L.**, Kiecolt-Glaser, J. K., & Glaser R. (2003). *Stress and relaxation modulate matrix metalloproteinases and cytokines in wound healing*. Presented at the Psychoneuroimmunology Research Society Meeting, Amelia Island, FL.
37. Devereux, P., **Heffner, K. L.**, Gosser, B., Weigel, D., Bullock, C., & LaMarca, P. (2003). *Receipt of emotional social support in older adults, people with paralysis, and parenting and nonparenting adolescents*. Presented at the 56th Annual Meeting of the Gerontological Society of America, San Diego, CA.
38. **Heffner, K. L.**, Kiecolt-Glaser, J. K., Loving, T. J., Glaser, R., & Malarkey W. (2002). *Social support satisfaction relates to husbands' and wives' cortisol and interferon production*. Presented at the Psychoneuroimmunological Research Society Annual Meeting, Madison, WI.
39. **Heffner, K. L.**, Devereux, P. G., Ginsburg, G. P., Nunez, B., & Lim, D. (2002). *Written disclosure and health outcomes in older adults*. Presented at the 3rd Annual Meeting of the Society for Personality and Social Psychology, Savannah, GA.
40. **Heffner, K. L.**, Ginsburg, G. P., Sarbin, T., & Colton, C. (2001). *The meanings of honor: A semantic differential analysis*. Presented at the 2001 Meetings of the Western Psychological Association, Maui, HI.
41. **Heffner, K. L.**, Ginsburg, G. P., Davis, M., & Hambrick, S. (2001). *Influences of impression management opportunities and gender on cardiovascular reactivity*. Presented at the 2nd Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.
42. **Heffner, K. L.** & Ginsburg, G. P. (2000). *The stress of rejection: Cardiovascular reactivity to accounts for moral transgressions*. Presented at the 1st Annual Meetings of the Society for Personality and Social Psychology, Nashville, TN.
43. **Heffner, K. L.**, Ginsburg, G. P., Hartley, T. R., & Hellberg, J. (1999). *Gender differences in cardiovascular reactivity in active and passive contexts*. Presented at 11th Annual Convention of the American Psychological Society, Denver, CO.
44. **Heffner, K. L.**, Ginsburg, G. P., & Hartley, T. R. (1998). *Person and situation influences on cardiovascular reactivity to stress*. Presented at the International Organization of Psychophysiology Annual Meeting, Taormina, Sicily, Italy.
45. **Heffner, K. L.**, Ginsburg, G. P., & Hartley, T. R. (1997). *Cardiovascular patterns associated with blood pressure reactivity to stress*. Presented at the Annual Meeting of the Rocky Mountain Psychological Association, Reno, NV.

#### **Invited Research Colloquia and Grand Rounds Presentations**

1. May 2021. *The Importance of Stress Adaptation for Healthy Aging: The Case of Family Caregivers*. Grand Rounds, Division of Geriatrics & Aging, Department of Medicine, University of Rochester.

2. January 2020. *The Rochester Roybal Center for Social Ties & Aging Research*. Grand Rounds, School of Nursing, University of Rochester.
3. January 2019. *Inflammation in Later Life: Implications for Health, Well-Being, and Care of Older Adults*. Grand Rounds, Division of Geriatrics & Aging, Department of Medicine, University of Rochester.
4. May 2018. *Older Adults' Sleep, Physiological Stress Regulation, and Inflammation: Implications for Well-Being in Aging*. Aging Research Day, University Committee on Interdisciplinary Studies and Rochester Aging Research Center (RoAR), University of Rochester.
5. November 2017. *The Healthy Aging Research Program: Current Studies on Social Connectedness in Older Adulthood*, Family Roundtable, Institute for the Family, University of Rochester Medical Center.
6. April 2017. *Chronic Pain and Poor Sleep: Disentangling These Bedfellows to Improve Public Health*. Grand Rounds, Public Health Sciences, University of Rochester.
7. March 2017. *Toward a Model of Stress Resilience in Aging*. Grand Rounds, University of Rochester School of Nursing.
8. November 2015. *Integrative Mind-Body Research on Stress and Health: Implications for Improving Pain and Resilience in Aging*. University of Rochester School of Nursing.
9. June 2015. *Oxytocin and the Regulation of Social Connectedness*. Social Connectedness Research Seminar Series/Grand Rounds, Office of Aging Research and Health Services and Public Health Sciences, University of Rochester School of Medicine and Dentistry.
10. Sep 2014. *What Mind-Body Relationships Tell Us About Behavioral Health...And What to Do About It*. Department of Psychiatry Grand Rounds University of Rochester School of Medicine and Dentistry.
11. November 2013. *A Love Hormone for Disease Prevention?: Application of the Neuropeptide Oxytocin to the Study of Marriage and Health*. Family Research Roundtable, Institute for the Family, University of Rochester Medical Center.
12. November 2009. *Aging Self-Perceptions, Age Stereotypes, and Stress: Pathways to Older Adults' Health*. Department of Psychology, The State University of New York, The College at Brockport.
13. December 2008. *Marriage, Hormones and Health*. Institute for the Family, University of Rochester Medical Center: Family Research Roundtable.
14. December 2005: *Expressive Writing as a Health Promotion Tool for Older Adults: Current Research*. Western Reserve Geriatric Education Center/Geriatric/Gerontology Department, Ohio University College of Osteopathic Medicine: Geriatric Education Series.

15. April 2005. *Marital Stress and Health*. Keynote Speaker for the 12th Annual College of Behavioral and Social Sciences Student Research Conference, University of Northern Iowa, Cedar Falls, IA.
16. April 2005. *Social and Physiological Mechanisms Linking Disclosure and Health*. Department of Psychology, University of Northern Iowa, Cedar Falls, IA.
17. November 2003. *In (or out of) Control of My Character: Cardiovascular Concomitants of Impression Management Situations*. Department of Psychology, Ohio University, Athens, OH.
18. November 2002. *I Love You But You Make Me Sick: Marriage, Hormones and Immunity*. Department of Psychology, University of Cincinnati, Cincinnati, OH.

\* *undergraduate/graduate/post-doc mentee*

## **EDUCATIONAL CONTRIBUTIONS: TEACHING AND MENTORING**

### **1. National/International**

- |           |   |
|-----------|---|
| 2021      | Co-Organizer and Lead (w/ Neha Goethe, PhD, University of Illinois at Urbana-Champaign), Society of Behavioral Medicine 2021 Pre-Conference Course, <i>Inclusion and Retention of Older Adults in Behavioral Medicine Clinical Trials: Why and How?</i> |
| 2021      | Presenter, Society of Behavioral Medicine 2021 Pre-Conference Course, <i>Considerations for Inclusion and Retention of Family Caregivers in Clinical Research</i>   |
| 2015-2017 | Mentor, American Psychosomatic Society Mentor-Mentee Program  |

### **2. High School**

- |      |   |
|------|---|
| 2019 | Rochester Scholars Program - Mini Medical School for High School Students, Guest Lecturer, <i>Behavioral Interventions for Sleep</i> , University of Rochester School of Medicine and Dentistry |
| 2017 | Eugenio Maria de Hostos Charter School, Guest Instructor, <i>Stress and the Body</i> , Rochester, New York  |

### **3. Undergraduate Students**

#### **University of Rochester**

- |           |  |
|-----------|--|
| 2019-2020 | Mentor/Instructor, Alyssa Chenaille, Independent Study (NUR 391, 6 credits total), <i>Psychophysiological Research Methods</i> |
|-----------|--|

- 2018-2019 Mentor/Instructor, Eden Knight, Independent Study (NUR 391, 6 credits total), *Biofeedback for Mental Health*, University of Rochester
- 2014 Preceptor, Armond Collins, Early-Assurance Program-Summer Undergraduate Research Fellowship (EAP-SURF) Research Fellow, University of Rochester School of Medicine and Dentistry
- 2013-2014 Preceptor, Katherine Thomas (Psychology), *Research Assistantship*
- 2013-2014 Preceptor, Kyung-sik Nah (Psychology), *Research Assistantship*
- 2012 Guest Lecturer, *Psychoneuroimmunology*, Social Psychology and Health Psychology course, School of Community Health Sciences, University of Nevada, Reno
- 2010- 2011 Mentor/Instructor, Craig McGuire, Independent Study (PSY 391, 6 credits total), *Optimism, Immune Function, and Health*
- 2010 Preceptor, Danielle Gentile (Psychology), *Research Internship*, The College at Brockport (internship activities at University of Rochester)
- 2009-2010 Preceptor, Stephanie Diebold (Biology), *Research Assistantship*

#### **Ohio University**

- 2004-2008 Course instructor, *Psychology of Health and Illness* (PSY 380), Department of Psychology (~50 students per class per semester)
- 2004-2008 Course instructor, *Social Psychology*, Department of Psychology (PSY 251) (~80 students per class per semester)
- 2003-2008 Academic Advisor, 30+ undergraduate psychology majors each year, Department of Psychology
- 2003-2008 Advisor to ~10 undergraduate research assistants per year (PSY 398)

#### **University of Nevada, Reno**

- Summer 1997 Course Instructor, *Introduction to Social Psychology* (PSY 261), Department of Psychology (27 students)

#### **4. Graduate & Medical Students**

##### **University of Rochester**

- 2019 Mentor/Instructor, Kate Kondolf, MS, Independent Study (NUR 591) *Biological Correlates of Social Connectedness* / Research Apprenticeship for Doctoral Program in Counseling (Warner School of Education), University of Rochester
- 2019 Mentor to Emily Rosenthal (first year medical student), SMD Summer Research Experience, *Loneliness in Family Dementia Caregivers*, University of Rochester

- 2019 Mentor/Instructor, Matthew Tansey, MS, Independent Study (NUR 591) *Psychophysiological Research Methods* / Research Apprenticeship for Doctoral Program in Counseling (Warner School of Education), University of Rochester
- 2016-present Guest presenter, NUR 560, *Role of the Clinical Researcher*
- 2014-2016 Discussion Group Facilitator, *Ethics and Professional Integrity in Research* (IND 501/506) course, 202 combined graduate students, clinical/postdoctoral faculty, and junior faculty
- 2012-2016 Lecturer, *Stress Response: Immunologic*, Stress, Adaptation and Transition Block, 2<sup>nd</sup> year medical students, University of Rochester
- 2012-2016 Lecturer, *Pain and Anxiety as Inputs to the Stress Response*, Stress, Adaptation and Transition Block, 2<sup>nd</sup> year medical students, University of Rochester
- 2013 Guest lecturer, *Couples Therapy Graduate Course*, Marriage and Family Therapy Program, Department of Psychiatry, University of Rochester
- 2012 Lecturer, *Stress Overview*, Stress, Adaptation and Transition Block, 2<sup>nd</sup> year medical students, University of Rochester
- 2009 Preceptor to Jennifer Fichter (first year medical student), Babigian Summer Research Fellowship in Psychiatry, University of Rochester

### Ohio University

- 2005-2008 Instructor, *Psychoneuroimmunology Graduate Seminar*, Ohio University
- 2005, 2007 Lecturer, *Geriatric Assessment*, Ohio University College of Osteopathic Medicine

### 3. Graduate Students

#### Qualifying/Comprehensive Exam Committees

##### University of Rochester

- |                              |  |
|------------------------------|--|
| Rachel Missell, MA (current) | PhD Program in Human Development, Warner School of Education, Comprehensive exam |
| Kate Kondolf, MA (current)   | PhD Program in Human Development, Warner School of Education, Comprehensive exam |
| Shelby Przybylek, RN (2021)  | PhD Program in Nursing and Health Science, Qualifying exam                       |
| Brian Smith, MSW (2018)      | PhD Program in Nursing and Health Science, Qualifying exam                       |
| Faith Lambert, RN (2017)     | MS/PhD Program in Nursing and Health Science, Qualifying exam                    |

Lainie Conrow, RN (2017) MS/PhD Program in Nursing and Health Science,  
Qualifying exam

**Ohio University**

Amy Borchardt, MS Psychology (Experimental Health), Comprehensive exam  
Regina Warfel, MS Psychology (Experimental Health), Comprehensive exam

**Doctoral Student Primary Advisor & Dissertation Committee Member**

**University of Rochester**

Zhihong (Sandy) Zhang (current) Member, PhD Program in Nursing and Health Science  
Yu-Ching (Katie) Yang (current) Member, PhD Program in Nursing and Health Science  
Julie Kittel-Moseley (2021) Defense Chair, Public Health Sciences  
Maxine Fearington, MS, RN Advisor, PhD Program in Nursing and Health Science  
(separated from program 8/2020)  
Yan Ruan (2020) Member, Clinical and Social Sciences in Psychology  
Karisa Lee (2019) Member, Clinical and Social Sciences in Psychology  
Brett Peters (2017) Member, Clinical and Social Sciences in Psychology  
Lauren Campbell (2017) Defense Chair, Public Health Sciences  
Stephanie O'Keefe (2017) Member, Clinical and Social Sciences in Psychology  
Patrick Walsh (2016) Member, Public Health Sciences  
David de Jong (2016) Member, Clinical and Social Sciences in Psychology  
Adam Pazda (2015) Member, Clinical and Social Sciences in Psychology  
Michael Maniaci (2014) Member, Clinical and Social Sciences in Psychology  
Shannon Smith (2012) Member, Clinical and Social Sciences in Psychology  
Peter Caprariello (2012) Member, Clinical and Social Sciences in Psychology

**Ohio University (2004-2010)**

Lynne Rochette Member, Psychology (Experimental Health)  
Brad Spickard Member, Psychology (Clinical)  
Melissa Vanderkaay Member, Psychology (Experimental Health)  
Birgit Shanholtzer Member, Psychology (Experimental Health)  
Andrew Fernandez Member, Biological Sciences  
Jessica Kinkela Member, Psychology (Clinical)  
Zina Trost Member, Psychology (Clinical Health)  
Erin Hockman Member, Psychology (Clinical Health)  
Sarah Hanson Member, Psychology (Clinical Health)

**Master's Thesis Committees**

**University of Rochester**

Christopher Mooney (2010) Member, MPH, Department of Community and Preventive  
Medicine

**Ohio University (2005-2008)**

Amy Borchardt Chair/Advisor, Psychology (Experimental Health)

H. Mei Ng	Chair/Advisor, Psychology (Clinical Health)
Regina Warfel	Chair/Advisor, Psychology (Experimental Health)
Ron Elizaga	Member, Psychology (Social)
Todd Doyle	Member, Psychology (Clinical Health)
Zina Trost	Member, Psychology (Clinical Health)
Melissa Myers	Member, Psychology (Clinical Health)
Sarah McGlone	Member, Psychology (Experimental Health)
Petya Demireva	Member, Psychology (Clinical)
Nicole Gullekson	Member, Psychology (Industrial/Organizational)
Jessica Hall	Member, Psychology (Clinical)
Jennifer Grossheim	External Member, Psychology (University of Northern Iowa)

#### **4. Postdoctoral Fellows/Early Career Faculty**

2019-present	Brian McGarry, PhD, Assistant Professor, Division of Geriatrics & Aging, Department of Medicine, <i>NIH/NIA K01 Award (pending)</i>
2014-present	Autumn Gallegos, PhD, Senior Instructor/Fellow, Department of Psychiatry, <i>NIH/CTSI KL2, Effects of Mindfulness on Markers of Trauma among IPV Survivors</i> , June 2016 – May 2018; Assistant Professor appointment, 2019), Department of Psychiatry
2017-present	Jinjiao Wang, PhD, RN, Assistant Professor, School of Nursing
2017-present	Maria Quiñones, PhD, Postdoctoral Fellow (2017-2019; <i>NIH/NIA Research Supplement to Promote Diversity in Health-Related Research</i> ), Clinical Assistant Professor (appointment, 2020), School of Nursing
2016-2017	Hyun-e Yeom, PhD, MPH, RN, Visiting Faculty Scholar, School of Nursing
2015-2016	Chun Wang, MD, Visiting Fellow, Department of Psychiatry
2014-2020	Charles Kamen, Assistant Professor, Cancer Control Unit, <i>NIH/NCI K07CA190529, Exercise Intervention for Lesbian, Gay, Bisexual, and Transgender Survivors</i> , July 2015 – June 2020
2012-2014	Feng (Vankee) Lin, Ph.D., Postdoctoral fellow (2012-2013), Assistant Professor (appointment, July 2013), School of Nursing
2009-2011	Jennifer Knight, M.D., T32 Fellow, Department of Psychiatry

#### **PROFESSIONAL ORGANIZATION MEMBERSHIPS**

Society of Behavioral Medicine / Aging Special Interest Group, Sleep Special Interest Group  
Gerontological Society of America  
American Psychosomatic Society  
Psychoneuroimmunology Research Society



**PROFESSIONAL ADMINISTRATIVE/SERVICE ASSIGNMENTS AND RESPONSIBILITIES**

**NATIONAL/INTERNATIONAL**

**Leadership**

- 2022-2025 Topic Area Chair for Annual Meeting: Aging, Society of Behavioral Medicine
- 2019-2022 Co-Chair (elected), Aging Special Interest Group, Society of Behavioral Medicine
- 2014-2017 Co-Lead and Developer, Department of Veterans Affairs Office of Mental Health, Washington, DC. *Starting the Conversation: Suicide Prevention Coordinator Toolkit for Community Outreach and Education*
- 2011-2013 Director and Scientific Lead, Department of Veteran Affairs Central Office Sponsored Demonstration Projects of Meditation for Veterans with Post-Traumatic Stress Disorder

**Membership**

- 2020 Member, Clinical and Translational Science Institute, Ad Hoc Advisory Working Group for National Team Science
- 2019-2024 Data Safety and Monitoring Board, NIA grant AG062649-01; PI: Hae-Ra Han, PhD, RN, FAAN, Johns Hopkins University
- 2018-present Abstract reviewer, Society of Behavioral Medicine
- 2018 Reviewer Participant, NIH Center for Scientific Review Anonymization Study
- 2010-present National Institutes of Health grant reviewer (specific review committees listed below)
- 2015-present Abstract reviewer for Gerontological Society of America Annual Meeting/ World Congress of Gerontology and Geriatrics abstract reviewer
- 2009-present Abstract reviewer for annual meeting of the American Psychosomatic Society
- 2008 Workgroup committee member, National Healthy Marriage Resource Center: “Making Connections: Effects of Marriage and Couple Relationships on the Health of Infants, Adolescents and Older Adults.”
- 2006 Panel member for National Institute on Aging-sponsored workshop on social neuroscience research funding opportunities.
- 2004 Consulting reviewer for “Health Problems and Behavior” chapter for textbook *Abnormal Psychology* (12th ed.) by J. N. Butcher, S. Mineka, & J. M. Hooley. Allyn & Bacon, Boston. November 2004.

**Federal, National, & International Research Grant Review Committees**

- 2021 Member, Special Emphasis Panel, NIH/NIA, Research Infrastructure Development for Interdisciplinary Aging Studies (R21/R33) (Nov)
- 2021 Member, Peer Review Panel, Peer Reviewed Alzheimer's Research Program, Department of Defense (DOD) Congressionally Directed Medical Research Programs (CDMRP), Innovations in Care and Support (INCAS) (Sep)
- 2021 Member, Special Emphasis Panel, NIH/NINR, NRRC 81, Research Training and Career Development (F31, F32, K) (Jun)
- 2021 Member, Review Panel, NIH/NCCIH, ZAT1 PJ (12) Clinical Trials of Mind and Body Interventions (R01, R34) (Mar)
- 2020 Member, Review Panel, NIH Director's Early Independence Award (Dec)
- 2020 Ad hoc member, NIH/CSR, Biobehavioral Mechanisms in Emotion, Stress, and Health study section (Oct)
- 2020 Member, Special Emphasis Panel, NIH/CSR, Research on Alzheimer's Disease and Its Related Dementias (R01, R03) (Jul)
- 2020 Member, Special Emphasis Panel, NIH/NCCIH, Exploratory Clinical Trials of Mind and Body Interventions (R34, U01, UG3/U24) (Jun)
- 2019 Member, Review Panel, NIH/NCCIH, ZAT1 JM(04), Training and Education R13 & R15 (Jul)
- 2019 Member, Special Emphasis Panel, NIH/NCCIH, ZAT1 JM(01), Loan Repayment Program (May)
- 2019 Invited reviewer, National Fellowship Committee for Graduate Women in Science (May)
- 2019 Member, Special Emphasis Panel, NIH/NCCIH, ZAT1 SM (46), Mechanisms of Mind and Body Interventions (Feb)
- 2019 Invited reviewer, United States-Israel Binational Science Foundation (Jan)
- 2018 Member, Special Emphasis Panel, NIH/NCCIH, ZAT1 PJ-(02), Mechanisms of Mind and Body Interventions (Oct)
- 2018 Ad Hoc Member, NIH/CSR, Adult Psychopathology and Disorders of Aging Study Section (Feb)
- 2017 Member, Special Emphasis Panel, NIH/NCCIH, ZAT1 YW (03) S, Mechanistic Studies to Optimize Mind and Body Interventions in NCCIH High Priority Research Topics (R33/R61) (Oct)
- 2017 Ad Hoc Member, NIH/CSR, Adult Psychopathology and Disorders of Aging Study Section (Feb; June)
- 2016 Member and Alternate Chair, NIH/CSR, ZRG1 BBBP-Z (04) M, Member Conflict Panel, Sleep, Depression, Addictions, and Child/Adolescent Health

- 2016 Member, Special Emphasis Panel, NIH/NINR, ZNR1 REV-M (25), Promoting Caregiver Health Using Self- Management
- 2016 Member, Special Emphasis Panel, NIH/NCCIH, ZAT1 HS-25, Clinical Studies of Mind-Body Interventions
- 2016 Ad Hoc Member, NIH/CSR, Adult Psychopathology and Disorders of Aging Study Section (Feb, Oct)
- 2015 Member, NIH/CSR ZRG1 BBBP-Y (92), Member Conflict Review Panel: Sleep, Psychopathology, Emotion, and Stress.
- 2015 Member, NIH/CSR, ZRG1 BBBP-Y 03, Member Conflict Review Panel: Sleep, Psychopathology, Emotion, and Stress
- 2015 Invited ad hoc reviewer, National Science Foundation
- 2015 Member, NIH/CSR, Member Conflict Review Panel, Neuroscience of Stress, Sleep, and Psychopathology
- 2015 Member, Special Emphasis Panel, NIH/NCCIH, Exploratory Clinical Trials of Mind and Body Interventions for NCCAM High Priority Research Topics (R34)
- 2014 Member, Special Emphasis Panel (Stage 1 review), NIH/NCCAM, Botanical Dietary Supplement Research Centers (P50)
- 2013 Member, Special Emphasis Panel, NIH/NIAID, ZAI1 LAR-1, Immunity in the Elderly
- 2010 Member, Special Emphasis Panel (Stage 1 review), NIH, ARRA RC4 Sustainable Community - Linked Infrastructure Panel
- 2005, 2008 Ad hoc reviewer, National Science Foundation

### **Editorial Assignments/Service to Professional Journals**

Editorial Board, 2006-2014, *Annals of Behavioral Medicine*  
Editorial Board, 2005-2009, *Journal of Behavioral Medicine*

Invited reviewer (selected journals)

*Annals of Behavioral Medicine; Brain, Behavior and Immunity; Health Psychology; Nursing Research; Journal of Behavioral Medicine; Psychoneuroendocrinology; Psychological Bulletin; Psychology and Aging; Psychophysiology; Social Science and Medicine*

### **Federal Technical (Evaluation) Reports**

1. Oct 2012, **Heffner, K.L.**, Meditation for PTSD Demonstration Project: Interim Report to Mental Health Services, Department of Veterans Affairs

2. Jan 2014, **Heffner, K. L.**, Crean, H., Caine, E. D., on behalf of the University of Rochester Evaluation Team, Meditation for PTSD Demonstration Project: Final Report to Mental Health Services, Department of Veterans Affairs

## **INSTITUTIONAL AND COMMUNITY**

### **University of Rochester**

#### **Leadership: Current**

- 2021-2023 Chair, Academic Appointment, Promotion, and Tenure (AAPT) Committee, School of Nursing
- 2020-present Director, Elaine Hubbard Center for Nursing Research on Aging
- 2019-present Co-Director (w/ Kimberly Van Orden, PhD), Rochester Roybal Center for Social Ties & Aging Research
- 2018-present Executive Committee member, UR Aging Institute, University of Rochester
- 2017-present Associate Chief of Research, Division of Geriatrics & Aging, Department of Medicine, School of Medicine and Dentistry
- 2017-present Director, Healthy Aging Research Program, University of Rochester
- 2016-present Principal Investigator/Director, Stress and Aging Research (STAR) Laboratory, School of Nursing

#### **Membership: Current**

- 2021-present Faculty Committee on Honorary Degrees, University of Rochester
- 2021-present Sound Health Research Working Group, University of Rochester Medical Center and Eastman School of Music
- 2021-present Palliative Care Research Center Advisory Board, University of Rochester Medical Center
- 2021-present Student Affairs Committee, School of Nursing
- 2017-present Academic Appointment, Promotion, and Tenure (AAPT) Committee, School of Nursing

#### **Leadership: Completed**

- 2014-2016 Director, Stress and Health Laboratory, Department of Psychiatry
- 2014-2016 Organizer, Social Connectedness Research Seminar Series, Jointly Sponsored by the Office of Aging Research and Health Services and Public Health Sciences

2015 Co-Lead (with Catherine Ovitt), Promoting Gender Equality in Science, Office for Inclusion and Culture Development Colloquium, URM

**Membership: Completed**

2017-2021 Research Council, School of Nursing  
2017-2021 Faculty Governance Committee, School of Nursing  
2018-2019 Member, Research Director Search Committee, Division of Palliative Care, Department of Medicine  
2018-2019 Member, Associate Chair for Research Search Committee, Department of Psychiatry  
2018-2019 Member, Professionalism Council Task Force, School of Nursing  
2017-2018 Member, Ad Hoc Faculty Search Committee, School of Nursing  
2009 URM research representative, Annual Retreat of the URM Community Advisory Board

**Ohio University**

2006-2008 Director, Experimental Health Psychology Track, Department of Psychology, Ohio University  
2008 Chair, Graduate Student Admissions Committee, Department of Psychology, Experimental Section, Ohio University  
2007 Member, Graduate Student Admissions Committee, Department of Psychology, Experimental Section, Ohio University  
2005-2007 Member, Department of Psychology Faculty Evaluation Committee, Ohio University  
2003-2008 Director, Stress and Health Laboratory, Ohio University  
2003-2008 Co-Director, Department of Psychology Biospecimen and Assay (“Wet”) Laboratory, Ohio University

**Community**

January 2020 13 WHAM TV (Rochester), “New center at U. of R. focuses on health and well-being of caregivers.” *Story and interview covering social isolation in caregivers and the new NIH-funded Rochester Roybal Center for Social Ties & Aging Research.*  
April 2019 Lecture for Life Enrichment Program, “Promoting Self-Care for Family Members Caring for a Loved One with Dementia.” *The Highlands at Pittsford Senior Living Community.*

- December 2018 Lunch and Learn Presentation, “Self-Care for the Caregiver of a Loved One with Dementia: Why and How?”, *University of Rochester School of Nursing Office of Alumni Relations*
- Nov 2017/Nov 2018 Community education program presentation, “A Randomized Clinical Trial of Cognitive Training Effects on Stress Resilience and Immune Health in Older Caregivers.” *Engaging Older Adult Learners as Health Researchers (ENGOAL)* (PCORI Engagement Award (Sörensen: Project lead)), *Common Ground Health*
- September 2017 Lecture for Life Enrichment Program, “Stress Resilience: Understanding the Mind-Body Connection for Healthy Aging.” *The Highlands at Pittsford Senior Living Community*.
- April 2017 Expert contributor to article, “Younger people feel the stress of Alzheimer’s caregiving.” *Democrat & Chronicle*.
- March 2017 WXXI CityWise (Rochester). “Clinical trials to reduce stress and improve immune function in caregivers.” *Story and interview covering caregiver stress and Heffner and Moynihan clinical trials for caregivers of a family member with dementia*.
- February 2017 Expert contributor to Rochester Healthy Life Story, “Can you really suffer from a broken heart?” *Democrat & Chronicle*.
- July 2016 WROC-TV (Rochester) “URMC researchers trying to find out which games work best.” *Story and interview covering dementia and Heffner and Lin’s clinical trials on cognitive training for dementia caregivers and mild cognitive impairment patients*.
- October 2015 Expert contributor to Rochester Healthy Life Story, “Yes, stress can be good for you.” *Democrat & Chronicle*.
- April 2015 Key Note Address, *Social Connections, Health, and Aging*. Mental Health Association’s Annual Older Persons Mental Health Forum, Rochester, NY
- August 2014 Author, “Memory lapses may signal depression.” *Health Checkup Column, Democrat & Chronicle*.

#### **Other Public/National Reach & Media Contributions**

- October 2021 Heffner, K. L., Van Orden, K. A., & Hughes, J. M. Behavioral Interventions for Social Connectedness in Older Family Caregivers: A Call to Behavioral Medicine. *Society for Behavioral Medicine Outlook Newsletter*
- October 2020 Heffner, K. L., Hughes, J., & Orsega-Smith, E. Fostering Collaborations Between SBM and GSA: An Interview with Dr. Barbara Resnick. *Society for Behavioral Medicine Outlook Newsletter*

- January 2018 Expert contributor to article about how poor self-perceptions of aging may influence biological aging. *Democrat & Chronicle*.
- October 2017 Medscape. “Lack of Sleep Plus Marital Strife Ups Inflammation.” Expert commentary. <http://www.medscape.com/viewarticle/882333>
- September 2016 Cambridge Insights for Impact Report. Heffner et al. *Soc Sci Med* (2011) paper selected for high-impact contribution to the field.
- February 2015 ScienceNews. “Chronic stress can wreak havoc on the body”. Expert contributor and graphic consultant. (<https://www.sciencenews.org/article/chronic-stress-can-wreak-havoc-body>)
- August 2013 ABC News/Health.com. “12 ways to fight stress and help your heart.” Expert contributor. (<http://abcnews.go.com/Health/Wellness/12-ways-fight-stress-heart/story?id=19853500>)
- June/July 2012 AARP: The Magazine. You First: 3 Ways to Enrich Your Life Starting Now. *To Sleep Better*. Expert contributor.
- November 2010 Medscape. “Negative Social Encounters May Reduce Sensitivity to Physical Pain.” Expert commentary. <http://www.medscape.com/viewarticle/732350>