

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 dementia caregivers' stress, for emotional well-being and healthy cognitive and immune aging
- Dementia prevention through behavioral interventions in those at risk
- The role of social relationships, sleep, and biological aging in 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, 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 (Tenured), School of Nursing, University of Rochester
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)
2016-2017	Associate Professor, School of Nursing, University of Rochester
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 AND ADMINISTRATIVE APPOINTMENTS

2017-present	Associate Chief of Research, Division of Geriatrics & Aging, Department of Medicine, University of Rochester School of Medicine and Dentistry
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 university professorship)
2020-2021	Selected participant, <i>Career Engagement, Revitalization, and Engagement</i> , 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, <i>Developing from Within: Mid-Level Academic Women's Leadership Program</i> (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 panel member, "Opportunities for Advancing Behavioral and Social Research on Aging: An Introduction for Psychological Scientists Workshop," Society of Psychophysiology, 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

Active

2023-2025 NCE 2025-2026	R61 AG081723 National Institutes of Health, National Institute on Aging <i>vmPFC's Role in Adherence to Cognitive Training</i>
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Role: Principal Investigator (w/ Feng Vankee Lin, PhD, RN (contact)) and Site PI

Subaward direct costs: \$546,449 Subaward total award: \$841,532

2022-2027 R01 AG078266 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 and Site PI
Subaward direct costs: \$121,163 Subaward total award: \$186,591

2022-2027 R01 AG077053 National Institutes of Health, National Institute on Aging
Enhancing Triadic Communication About Cognition for Older Adults with Alzheimer's Disease or Related Dementias Facing a Cancer Management Decision
Allison Magnuson, DO (PI)
Role: co-Investigator
Total award: \$4,028,878

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
Total award: \$3,126,216

2020-2025 R01 NR015452 (renewal) National Institutes of Health, National Institute of Nursing Research
NCE
2025-2026 *Targeting Autonomic Flexibility to Enhance Cognitive Training Outcomes in Older Adults with Mild Cognitive Impairment*
Role: Principal Investigator (contact) (w/ Feng Vankee Lin, PhD, RN)
Direct costs: \$2,361,690 Total award: \$3,189,816

Completed

2019-2024 P30 AG064103 National Institutes of Health, National Institute on Aging
NCE *Rochester Roybal Center for Social Ties & Aging Research*
2024-2025 Role: Principal Investigator (contact) (w/ Kimberly Van Orden, PhD)
Direct costs: \$2,342,537 Total award: \$3,612,008

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
Total award: \$1,492,890

2021-2023 R01 AG055469 National Institutes of Health/ National Institute on Aging

NCE 2023-2024	<i>Efficacy and Mechanisms of Combined Aerobic Exercise and Cognitive Training in MCI (The ACT Trial)</i> Fang Yu, PhD, RN, GNP-BC & Feng Vankee Lin, PhD, RN (MPI) Role: Site Principal Investigator (when Dr. Lin left the University of Rochester) Subaward direct costs: \$377,149 Total subaward: \$580,809
2021-2023 NCE 2023-2024	R01AG059654 National Institutes of health/National Institute on Aging <i>Blood Biomarkers as Surrogate Endpoints of Treatment Responses to Aerobic Exercise and/or Cognitive Training in Amnesic Mild Cognitive Impairment</i> Danni Li, PhD (PI) Role: co-Investigator & Site PI Subaward direct costs: \$133,633 Total subaward: \$205,794
2020-2022 NCE 2022-2023	R21 AG066970 National Institutes of Health, National Institute on Aging <i>Advancing Methods for Structural Connectome Acquisition and Estimation in Older Adults</i> Role: Principal Investigator (w/ Feng Vankee Lin, PhD, RN, Benjamin Risk, PhD, Zhang Zhengwu, PhD (contact), after Dr. Lin left the University of Rochester) Total award: \$438,448
2019-2022 NCE 2022-2023	R21 MH120734 National Institutes of Health, National Institute of Mental Health <i>Validate a Shared Neural Circuit Underlying Multiple Neuropsychiatric Symptoms</i> Role: Principal Investigator (contact) (w/ Feng Vankee Lin, PhD, RN) (co-I prior to Dr. Lin leaving the University of Rochester) Total award: \$419,045
2019-2024	U1QHP28738 Health Resources & Services Administration <i>Finger Lakes Geriatric Workforce Enhancement Program (FLGWEP)</i> Thomas V. Caprio, MD, MPH, MS (PI) Role: Key Personnel/Project Evaluator Total award: \$829,854
2018-2019	U1QHP28738 Health Resources & Services Administration <i>Finger Lakes Geriatric Workforce Enhancement Program (FLGWEP)</i> Thomas V. Caprio, MD, MPH, MS (PI) Role: Key Personnel/Project Evaluator Direct costs: \$693,605 Total award: \$749,093
2016-2021 NCE 2021-2023	R01 AG049764 National Institutes of Health, National Institute on Aging <i>Cognitive Training to Protect Immune Systems of Older Caregivers.</i> Role: Principal Investigator Direct costs: \$2,096,779 Total award: \$3,215,362
2016-2021 NCE	R01 AG052495 National Institutes of Health, National Institute on Aging

- 2021-2024 *Mindfulness Based Stress Reduction for Family Caregivers of Dementia Patients*
Role: Principal Investigator (co-I until 2018 when Dr. Jan Moynihan retired)
Direct costs: \$1,922,574 Total award: \$2,948,223
- 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
Total award: \$2,008,192
- 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
Direct costs: \$128,146 Total award: \$196,300
- 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)
IPA contract amount: \$42,094
- 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
IPA contract amount: \$45,626
- 2014-2016 Alzheimer's Association, New Investigator Award, *Differentiating Neurophysiological Stress Regulation in Alzheimer Disease.*
Feng (Vankee) Lin, PhD., RN
Role: Co-Investigator
Direct cost: \$100,000
- 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
IPA contract amount: \$42,094

2012-2017 NCE 2017-2018	R01 NR013909, National Institutes of Health, National Institute of Nursing Research. <i>Managing Sleep Symptoms and Modifying Mechanisms of Traumatic Stress</i> . Role: Principal Investigator (w/ Wilfred Pigeon, Ph.D. (contact)) Direct costs: \$987,000 Total award: \$1,511,300
2012-2014 NCE 2014-2016	R21 AG041942, National Institutes of Health, National Institute on Aging. <i>Slow Wave Sleep and Inflammatory Processes in Pain</i> . Role: Principal Investigator (contact) (w/ Wilfred Pigeon, Ph.D.) Direct costs: \$274,820 Total award: \$421,643
2011-2013	US Department of Veterans Affairs (VA). <i>Evaluation of Office of Mental Health Demonstration Projects on Meditation for Veterans with Post-Traumatic Stress Disorder</i> . VA Intergovernmental Personnel Act (IPA) Agreements to the University of Rochester, Department of Psychiatry. Role: Project Director IPA contract amount: \$652,743
2011-2012	GW100095, Department of Defense, Grant Consortium Development Award. <i>Integrative Physiology of Gulf War Illness: Role of Autonomic Functioning, Central Neural Processing, and Sleep</i> . 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 Total award: \$254,600
2007-2011	R24 AG031089, National Institutes of Health, National Institute on Aging. <i>The Rochester Center for Mind-Body Research</i> . Jan Moynihan, Ph.D. (PI) Role: Program Scientist Direct costs: \$1,956,892 Total award: \$2,994,992
2007-2009 NCE 2009-2010	R03 HG004158, National Institutes of Health, National Human Genome Research Institute. <i>Population Impact of Raising Perceptions of Heritable Risk</i> . Robert Gramling, MD, Ph.D. (PI) Role: Co-Investigator Direct costs: \$48,187 Total award: \$61,719
2007-2009 NCE 2009-2010	R03 AG030029, National Institutes of Health, National Institute on Aging. <i>Psychophysiological Correlates of Aging Stereotypes and Personal Aging Beliefs</i> . Role: Principal Investigator Direct costs: \$100,000 Total award: \$138,254
2006-2011	Funding recipient, National Institutes of Health Loan Repayment Program (initial award (2006) and 2 renewal awards), Clinical Research Program Total award: \$26,034.55

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
 Direct costs: \$50,000 Total award: \$72,150

Grants pending review

Submitted 2025; Under negotiation Advanced Research Projects Agency for Health (ARPA-H). Repurposing Reverse Transcriptase Inhibitors to Treat Aging.
 Vera Gorbunova and John Sedivy (MPIs)
 Role: co-Investigator and Clinical Trial Site PI

Resubmitted 2025 R01AG096464 National Institutes of Health, National Institute on Aging (NIH/NIA). Person-centered social mechanisms underlying the engagement effectiveness of home-based computerized cognitive training.
 Feng Vankee Lin, PhD, RN, Ehsan Adeli, PhD, Amar, Dhand, PhD (MPIs)
 Role: co-Investigator; Site PI

Submitted 2025 Person-Centered Outcomes Research Institute (PCORI). Comparing skills training options for dementia caregivers: caregiving mastery vs. problem-solving
 Katia Noyes, PhD, MPH and Kathi Heffner, PhD (MPIs)

Recent mentored grant submissions

2024-2025 Rose Lin, PhD, RN, R03 (Oct 2024; my role: co-I), Sigma (June 2024 (Awarded), Nov 2024 (Awarded))
 Maria Quiñones-Cordero, PhD. K23 (July 2024; March 2025 resub), NIH Loan Repayment Program (Jan 2025, Awarded)

Institutional Funding

2025-2030 Provost Transdisciplinary Research Center Award, University of Rochester: *University of Rochester Resilience Research Center*.
 Role: Lead Investigator (w/ Jennie Noll, PhD)
 Total award: \$2,000,000

2025 UR School of Nursing Joanne and David Rodgers Nursing Research Fund, University of Rochester Eastman Performing Arts in Medicine (EPAM), and UR Aging Institute: *Piano Lessons for Older Adults with Mild Cognitive Impairment: NIH Stage 1b Studies*
 Role: Principal Investigator
 Total award: \$73,000

2025 University Research Award, University of Rochester, *Understanding the Impact of Semaglutide on Mental Health through the Lens of the Stress Response System*, Yang Yu, PhD, RN (PI)
 Role: Co-Investigator

- 2024-2025 Provost Transdisciplinary Research Centers Planning Grant Award: *Center for Stress Resilience*
Role: Lead w/ co-Leads: Jennie Noll, PhD, Lisa Starr, PhD
Total award: \$60,000
- 2024-2025 Provost Transdisciplinary Research Centers Planning Grant Award: *Applied Biopsychosocial Research Center*
Role: co-Lead w/ Benzi Kluger, MD
Total award: \$40,000
- 2023-2024 University of Rochester Eastman Performing Arts in Medicine (EPAM), UR Aging Institute, and UR School of Nursing Multidisciplinary Research: *Piano Lessons for Older Adults with Mild Cognitive Impairment: NIH Stage Ia Studies*
Role: Principal Investigator
Total award: \$10,000
- 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
Total Award: \$124,828
- 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

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

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.E, 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.**, 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-Cordero, 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. 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.
46. Pigeon, W. R., Cerulli, C., Crean, H. F., Gallegos, A. M., Bishop, T. M., Walsh, P., & **Heffner, K. L.** (2022). A randomized clinical trial of cognitive-behavioral therapy for insomnia to augment PTSD treatment. *Psychotherapy and Psychosomatics*, 91, 50-62.

47. **Heffner, K. L.**, Quiñones, M. M.*, Gallegos, A. M., Crean, H. F., Lin, F. V., & Suhr, J. A. (2022). Subjective memory in adults over 50 years of age: Associations with affective and physiological markers of emotion regulation. *Aging & Mental Health*, 26, 971-979.
48. Wang, J., Cheng, Z., Kim, Y., Yu, F., **Heffner, K. L.**, Quinones M. M.*, & Li, Y. (2022). Pain and dementia in community-dwelling older U.S. adults: A nationally representative study. *Journal of Pain and Symptom Management*, 63, 654-664.
49. Yang, J.L.*, Wu, H., Yuan, S., Wang, Q., Zhong, Y., Zhang, N., **Heffner, K.**, Fox, P. T., Wang, C. (2022) A meta-analysis on neural changes of cognitive training for mental disorders in executive function tasks: increase or decrease brain activation? *BMC Psychiatry*, 22, 155.
50. Van Orden, K. A. & **Heffner, K. L.** (2022). Promoting social connection in dementia caregivers: A call for empirical development of targeted interventions. *The Gerontologist*, 62, 1258-1265.
51. Turnbull, A.*, Anthony, M.*, Tadin, D., Porsteinsson, A., **Heffner, K.**, Lin, F. (2023). Effect of online tDCS to left somatomotor cortex on neuropsychiatric symptoms among older adults at risk for dementia. *Cortex*, 159, 131-141.
52. Hamilton, N. A., Russell, J. A., Youngren, W. A., Gallegos, A. M., Crean, H. F., Cerulli, C., Bishop, T. M., Hamadah, K., Schulte, M., Pigeon, W. R., & **Heffner, K. L.** (2023). CBT-I treatment attrition in patients with weekly nightmares. *Journal of Clinical Sleep Medicine*, 19, 1913-1921.
53. Wang, J., Shen, J. Y., Conwell, Y., Yu, F., Nathen, K., **Heffner, K. L.**, Li, Y., & Caprio, T. V. (2023). Antipsychotic use among older patients with dementia receiving home health care services: Prevalence, predictors and outcomes. *Journal of the American Geriatrics Society*, 71, 3768-3779.
54. Lin, V. & **Heffner, K. L.** (2023). Autonomic nervous system flexibility for understanding brain aging, *Ageing Research Reviews*, 90, 102016.
55. Quiñones-Cordero, M., Silva, C., Ross, C., Serrano, R., Sörensen, S., Van Orden, K. A., & **Heffner, K. L.** (2023). Recruiting socially disconnected Latinos caring for a person with Alzheimer's disease and related dementias: Lessons learned. *Clinical Gerontologist*, 48, 327-340.
56. Quiñones-Cordero, M. M., Sörensen, S., Hepburn, K., & **Heffner, K. L.** (2024). Community-engaged research with Latino dementia caregivers: Overcoming challenges in community advisory board development. *The Gerontologist*, 64, 1-9.
57. Wang, Y., Turnbull, A.*, Xu, Y., **Heffner, K.L.** Lin, F.V., & Adeli, E. (2024). Vision-based estimation of fatigue and engagement. *Artificial Intelligence in Medicine*, 154, 102923.
58. Temkin-Greener, H., Conwell, Y., **Heffner, K.L.**, & Cai, S. (2025). Telemedicine experience among family caregivers of persons with dementia. *Journal of the American Geriatrics Association*, 73, 629–631.

59. **Heffner, K. L.**, Crean, H. F., Gallegos, A. M., Quiñones-Cordero, M. M., Weber, M. T., Sörensen, S., Lin, R. S. Y., Podgorski, C. A., Lin, F. V. (2025). Speed of processing training for stress adaptation in caregivers of a family member with dementia: A randomized controlled trial. *Innovation in Aging*, 9, doi: 10.1093/geroni/igaf033.
60. Lin, R.* , Robinson, L. M.* , Su, J. J., Freer, E., Norton, S., Kluger, B. M., **Heffner, K. L.** (in press). Harmonizing cognitive and psychosocial needs in cognitive training: Lessons learned from piano training in persons living with mild cognitive impairment. *Clinical Gerontologist*.
61. Gallegos, A., Chapman, B., Kaplan, J., Van Orden, K., **Heffner, K. L.** (in press). A pilot randomized mobile health mindfulness intervention for older adult caregivers of family members with Alzheimer's disease and related dementias. *Aging and Mental Health*.
62. Lin, R. S. Y.* , Gallegos, A., Crean, H., Quiñones, M., Sörensen, S., Podgorski, C., Weber, M., & **Heffner, K. L.** (in press). Protective role of sustained positive emotions in mitigating negative mood responses following acute laboratory stressor in middle-aged and older dementia caregivers. *Stress and Health*.
63. Dutcher, J. M., Brown, K. W., Lindsay, E. K., Greco, C. M., Wright, A. G. C., Gallegos, A., **Heffner, K. L.** & Creswell, J. D. (in press). Mindfulness-Based Stress Reduction effects on loneliness: Results from two randomized controlled trials. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*.
64. Pigeon, W.R., Youngren, W.A., Crean, H.F., West Staples, V., Bishop, T.M., Cerulli, C, Gallegos, A.M., **Heffner, K.L.** (in press) Adaptations to cognitive behavioral therapy for insomnia to address fear of sleep and its sequential impact on PTSD following cognitive processing therapy. *SLEEP Advances*
65. Norton, S., Carter, R., Moskow, M., Bobry, M., Wittink, M., **Heffner, K. L.**, & Van Orden, K.A. (resubmitted). Connect for Caregivers: An exemplar using the NIH Stage Model of Intervention Development. *Aging and Mental Health*.

Invited Book Chapters and Continuing Professional Education Publications

66. 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.
67. 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.
68. **Heffner, K. L.** (2009) Psychoneuroimmunology. In, S. Lopez (Ed.), *The Encyclopedia of Positive Psychology, Volume 2*. Malden, MA: Wiley-Blackwell.
69. **Heffner, K. L.** (2009). Isolation: Health effects. In H. Reis and S. Sprecher (Eds.), *The Encyclopedia of Human Relationships*, Thousand Oaks, CA: Sage.

70. 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.
71. **Heffner, K. L.** & A. Collins* (2015, reprinted 2018). Cognitive Deficits in Depression. In, J. Woods (Ed.), *periFACTS Ob/Gyn Academy*: URMIC.
72. **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)

73. **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.
74. **Heffner, K. L.** (2013). Nighttime sleep and daytime stress -- Tangled bedfellows: A comment on Williams et al., *Annals of Behavioral Medicine*, 46, 7-8.
75. **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.
76. **Heffner, K. L.** (2024). Caring about the family caregiver: A mentored journey building on the legacy of Janice Kiecolt-Glaser's pioneering research on caregivers' immune health. Special issue: Festschrift for Dr. Janice Kiecolt Glaser. *Comprehensive Psychoneuroendocrinology*, 20, 100259.

PRESENTATIONS AT NATIONAL AND INTERNATIONAL MEETINGS

Invited Presentations in Peer-Reviewed Symposia and Panels

1. November 2025. *From Concept to Completion: Strategies for Engaging Older Adults and Communities in Behavioral Clinical Trials*. Mace, R. (Chair). Role: Invited Discussant. Annual Meeting of the Gerontological Society of America, Boston, MA.
2. November 2024. *Bridging Health Equity Gaps: Cultural Tailoring and Community-Based Approaches with Diverse Older Adults*. Symposium, Mace, R. (Chair). Role: Invited Discussant. Annual Meeting of the Gerontological Society of America, Seattle, WA.
3. November 2023. *Novel Behavioral Health Approaches for Older Adults in Underserved Communities*. Symposium, Mace, R. (Chair). Role: Invited Discussant. Annual Meeting of the Gerontological Society of America, Tampa, FL.
4. April 2023. *Latinos' Engagement in Behavioral Medicine Trials: Fostering Success*. Panel, Quiñones, M. (chair & panelist). Heffner, K.L., Marquez, D., Gunnar, U., Strong, L. (panelists). 2023 Annual Meeting of the Society of Behavioral Medicine, Phoenix, AZ.

5. April 2023. *Multiple Approaches and Targets to Health Promotion for Older Adults' Health and Well-being*. Symposium, Mace, R. (chair). Mindfulness training to improve dementia caregivers' emotion regulation and depressive symptom resilience. 2023 Annual Scientific Meeting of the Society of Behavioral Medicine, Phoenix, AZ.
6. March 2023. *Challenges and Best Practices for Development and Evaluation of Interventions for Persons Living with Dementia and their Care Partners*, Linda Collins, PhD (plenary speaker). Invited Discussion Panelist. 2023 National Research Summit on Care, Services, and Supports for Persons Living with Dementia and Their Care Partners/Caregivers, National Institute on Aging (virtual).
7. April 2022. *Presidential Panel Discussion: Adapting and Evolving Our Methods in Intervention Development for Older Adults: Lessons Learned from the Global Pandemic*. Hughes, J. (chair & panelist), Heffner, K/ L. and Derry, H. (panelists). Society of Behavioral Medicine Annual Meeting, Baltimore, MD.
8. 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*. Symposium, Mace, R. (chair), Novel and Remote Interventions to Promote Healthy Cognitive Aging During COVID-19. Presented at the 2021 Society of Behavioral Medicine Annual Meeting (virtual).
9. 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).
10. 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.
11. 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.
12. 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.
13. 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.
14. 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.

15. 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.
16. 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. Gori, A., Paul, R., **Heffner, K. L.**, Chiang-Shan, R. L., Hu, S. (October 2024). *Motor Inhibition in People with Mild Cognitive Impairment: A Stop Signal Study*. Annual Meeting of the Society for Neuroscience, Chicago, IL.
2. Lin, S. Y.*, Su, J., **Heffner, K. L.** (November 2023). *Effects of Mindfulness on Cognition in Adults with Mild Cognitive Impairment: A Meta-Analysis*. Annual Meeting of the Gerontological Society of America, Tampa, FL.
3. Carter, R.* Norton, S., Moskow, M., Bobry, M., Van Orden, K., A., **Heffner, K. L.** Wittink M. N. (November 2023). *Losing Personhood: Experiences of Individuals Caring for a Family Member With Dementia*. Annual Meeting of the Gerontological Society of America, Tampa, FL.
4. Zhang, A.*, **Heffner, K. L.**, & Flannery, M. (September 2022) *Resilience in older adults with cancer: A systematic review based on the Trans-NIH Resilience Framework*. Council for the Advancement of Nursing Science (CANS) 2022 State of the Science Congress on Nursing Research: Social + Structural Determinants of Health, Washington, DC.
5. 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).
6. 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).
7. 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.
8. 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.
 9. 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.
 10. 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.
 11. **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.
 12. 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.
 13. 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.
 14. **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.
 15. 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 31st Anniversary Meeting of the Associated Professional Sleep Societies, Boston, MA.
 16. 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 31st Anniversary Meeting of the Associated Professional Sleep Societies, Boston, MA.

17. 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*. Presented at the 31st Anniversary Meeting of the Associated Professional Sleep Societies, Boston, MA.
18. **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.
19. 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.
20. 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.
21. 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.
22. **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).
23. **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.
24. 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.
25. 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.

26. 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.
27. **Heffner, K. L.**, Suhr, J. A., Mg, 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.
28. 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.
29. **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.
30. **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.
31. **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.
32. 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.
33. 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.
34. 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.
35. **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.
36. **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.
37. 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.

38. 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.
39. **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.
40. 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.
41. 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.
42. **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.
43. **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.
44. **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.
45. **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.
46. **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.
47. **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.
48. **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.
49. **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 Presentations, Colloquia, and Grand Rounds Presentations

1. April 2026 (forthcoming). *Fostering Resilience and Healthy Aging in Caregivers of a Family Member with Dementia*. Keynote Speaker, Advanced Practice Professionals Spring Forward Continuing Education Day, Sovie Center for Advanced Practice Providers, University of Rochester Medical Center
2. April 2025. *Fostering Healthy Aging in Older Adults Navigating Dementia Risk and Progression*. Nation Council Meeting, School of Nursing, University of Rochester
3. April 2023. *Stress Interventions for Family Caregivers' Emotional Health and Well-Being: Targeting Mind, Body, and Brain*. School of Nursing, University of Virginia.
4. 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.
5. January 2020. *The Rochester Roybal Center for Social Ties & Aging Research*. Grand Rounds, School of Nursing, University of Rochester.
6. 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.
7. 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.
8. 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.
9. April 2017. *Chronic Pain and Poor Sleep: Disentangling These Bedfellows to Improve Public Health*. Grand Rounds, Public Health Sciences, University of Rochester.
10. March 2017. *Toward a Model of Stress Resilience in Aging*. Grand Rounds, University of Rochester School of Nursing.
11. November 2015. *Integrative Mind-Body Research on Stress and Health: Implications for Improving Pain and Resilience in Aging*. University of Rochester School of Nursing.
12. 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.
13. 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.
14. 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.

15. 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.
16. December 2008. *Marriage, Hormones and Health*. Institute for the Family, University of Rochester Medical Center: Family Research Roundtable.
17. 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.
18. 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.
19. April 2005. *Social and Physiological Mechanisms Linking Disclosure and Health*. Department of Psychology, University of Northern Iowa, Cedar Falls, IA.
20. November 2003. *In (or out of) Control of My Character: Cardiovascular Concomitants of Impression Management Situations*. Department of Psychology, Ohio University, Athens, OH.
21. 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

- | | |
|-----------|---|
| 2024 | Speaker and Panelist, Gerontological Society of America 2024 Conference Workshop, <i>From Theory to Methodology: Designing Mechanistic Interventions in ADRD</i> |
| 2023 | Speaker and Panelist, Gerontological Society of America 2023 Pre-Conference Workshop, <i>Securing Pilot Research Funding: Strategies for Success Through the NIA Supported Center Program</i> |
| 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, *Behavioral Interventions for Sleep*, University of Rochester School of Medicine and Dentistry
- 2017 Eugenio Maria de Hostos Charter School, Guest Instructor, *Stress and the Body*, Rochester, New York

3. Undergraduate Students

University of Rochester

- 2008-present Undergraduate research assistants (numerous), University of Rochester, *research experience credits*
- 2019-2020 Mentor/Instructor, Alyssa Chenaille, Independent Study (NUR 391, 6 credits total), *Psychophysiological Research Methods*
- 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, 2nd year medical students, University of Rochester
- 2012-2016 Lecturer, *Pain and Anxiety as Inputs to the Stress Response*, Stress,
Adaptation and Transition Block, 2nd 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, 2nd 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 (2023)	PhD Program in Human Development, Warner School of Education, Comprehensive exam
Kate Kondolf, MA (2023)	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

Nicole Koopman, DPT (current)	Advisor, PhD Program in Nursing and Health Science
Davida Rogers (current)	Co-Advisor, Translational Biomedical PhD Program
Claire Shimshock (current)	Member, Clinical and Social Sciences in Psychology
Jiamin Yin (current)	Member, Public Health Sciences
Kate Kondolf (current)	Member, Warner School of Education
Jenny Le (PhD 2025)	Member, Clinical and Social Sciences in Psychology
Yu-Ching (Katie) Yang, MS, RN (PhD 2025)	Member, PhD Program in Nursing and Health Science
Ying Wang (PhD 2025)	Defense Chair, Public Health Sciences
Zhihong (Sandy) Zhang, PhD, MS, RN (PhD 2024)	Member, PhD Program in Nursing and Health Science
Mia Anthony (PhD 2024)	Defense Chair, Brain and Cognitive Sciences
Julie Kittel-Moseley (PhD 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 (PhD 2020)	Member, Clinical and Social Sciences in Psychology
Karisa Lee (PhD 2019)	Member, Clinical and Social Sciences in Psychology
Brett Peters (PhD 2017)	Member, Clinical and Social Sciences in Psychology
Lauren Campbell (PhD 2017)	Defense Chair, Public Health Sciences
Stephanie O'Keefe (PhD 2017)	Member, Clinical and Social Sciences in Psychology
Patrick Walsh (PhD 2016)	Member, Public Health Sciences
David de Jong (PhD 2016)	Member, Clinical and Social Sciences in Psychology
Adam Pazda (PhD 2015)	Member, Clinical and Social Sciences in Psychology
Michael Maniaci (PhD 2014)	Member, Clinical and Social Sciences in Psychology

Shannon Smith (PhD 2012)
Peter Caprariello (PhD 2012)

Member, Clinical and Social Sciences in Psychology
Member, Clinical and Social Sciences in Psychology

Ohio University (2004-2010)

Lynne Rochette
Brad Spickard
Melissa Vanderkaay
Birgit Shanholtzer
Andrew Fernandez
Jessica Kinkela
Zina Trost
Erin Hockman
Sarah Hanson

Member, Psychology (Experimental Health)
Member, Psychology (Clinical)
Member, Psychology (Experimental Health)
Member, Psychology (Experimental Health)
Member, Biological Sciences
Member, Psychology (Clinical)
Member, Psychology (Clinical Health)
Member, Psychology (Clinical Health)
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
H. Mei Ng
Regina Warfel
Ron Elizaga
Todd Doyle
Zina Trost
Melissa Myers
Sarah McGlone
Petya Demireva
Nicole Gullekson
Jessica Hall
Jennifer Grossheim

Chair/Advisor, Psychology (Experimental Health)
Chair/Advisor, Psychology (Clinical Health)
Chair/Advisor, Psychology (Experimental Health)
Member, Psychology (Social)
Member, Psychology (Clinical Health)
Member, Psychology (Clinical Health)
Member, Psychology (Clinical Health)
Member, Psychology (Experimental Health)
Member, Psychology (Clinical)
Member, Psychology (Industrial/Organizational)
Member, Psychology (Clinical)
External Member, Psychology (University of Northern
Iowa)

4. Postdoctoral Fellows/Early Career Faculty

2024-present Gabriela Poles, MD, MPH, Assistant Professor, Department of Surgery,
Colorectal Surgery (SMD), NIH/NIA Grants for Early Medical/Surgical
Specialists' Transition to Aging Research (GEMSSTAR) R03AG089059,
*Exploring Best Communication Practices for Shared Decision Making in
Older Adults Considering Major Colorectal Surgery*, 2024-2026, research
mentor

2024-present Annamarie Dafayette, PhD, Senior Instructor, Department of Psychiatry,
NIH/CTSI KL2, *Social Networks and Inflammation as Potential Targets for
Suicide Prevention in Young People at Clinical High-Risk for Psychosis*, 2024-
2026, co-mentor

2023-present	Sin Yi Rose Lin, PhD, RN, Postdoctoral Fellow, School of Nursing (Assistant Professor appointment, 2025)
2019-present	Brian McGarry, PhD, Assistant Professor, Division of Geriatrics & Aging, Department of Medicine. NIH/NIA K01AG078441 <i>The Impact of Alzheimer's Disease and Related Dementias on Older Adults' Medicare Coverage Choices, Financial Well-being, and Health</i> , 2022-2027, primary mentor
2017-present	Maria Quiñones, PhD, Postdoctoral Fellow, School of Nursing. NIH/NIA <i>Research Supplement to Promote Diversity in Health-Related Research</i> , 2017-2019, primary mentor. (Clinical Assistant Professor appointment, 2020)
2014-2023	Autumn Gallegos, PhD, Senior Instructor/Fellow, Department of Psychiatry. NIH/CTSI KL2, <i>Effects of Mindfulness on Markers of Trauma among IPV Survivors</i> , 2016 – 2018, co-primary mentor. (Assistant Professor appointment, 2018, Associate professor promotion, 2023)
2017-2025	Jinjiao Wang, PhD, RN, Assistant Professor, School of Nursing. NIH/NIA K76AG083276, <i>Deprescribing for Post-Acute Care Older Patients with Dementia in Home Health Care</i> , 2024-2029, primary mentor. (Associate Professor promotion, 2024; moved to UT-San Antonio, 2025)
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, NIH/NCI K07CA190529, <i>Exercise Intervention for Lesbian, Gay, Bisexual, and Transgender Survivors</i> , July 2015 – June 2020, co-mentor
2012-2013	Feng (Vankee) Lin, Ph.D., Postdoctoral fellow, School of Nursing. (Assistant Professor appointment, 2013)
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-present	Data Safety and Monitoring Officer, NIH/NIA R01AG075899, PI: Ana-Maria Vranceanu, PhD, Massachusetts General Hospital
2022-2024	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. <i>Starting the Conversation: Suicide Prevention Coordinator Toolkit for Community Outreach and Education</i>
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

2023-present	External Advisory Board Member, Bridging the Science-to-Service Gap: Prevention, Optimization, and Living Well with Persistent or Serious Illness (NIH/NIA T32 AG081327), Massachusetts General Hospital, Harvard University
2023-present	External Advisory Board Member, The Dementia Palliative Care Clinical Trials Training Program (NIH/NIA R25AG076388), Center for Aging and Serious Illness, Massachusetts General Hospital, Harvard University
2020	Member, NCATS/Clinical and Translational Science Award Program, Ad Hoc Advisory Working Group for National Team Science
2019-2024	Data Safety and Monitoring Board, NIH/NIA R01AG062649; 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

- 2025 Chair, Review Panel, Congressional Directed Medical Research Programs (CDMRP) (Oct)
- 2025 Member, Special Emphasis Panel, NIH/CSR, 2025/10 ZRG1 F16-U (20) L, NIH Fellowship: Interdisciplinary Clinical Care (Jul)
- 2024 Ad Hoc Member, NIH/CSR, Aging Systems and Geriatrics study section (Oct)
- 2024 Member, Special Emphasis Panel, NIH/NIA, 2024/05 ZAG1 ZIJ-S (M4), U54 Review Panel, State Dementia Care Research Center (Mar)
- 2023 Member, Peer Review Panel, Department of Defense (DoD) Congressionally Directed Medical Research Programs (CDMRP), (Sep)
- 2023 Member, Special Emphasis Panel, NIH/NIA, U54 Review Panel, National Survey of Professional Dementia Care Providers (Jul)
- 2023 Member, Special Emphasis Panel, NIH/NIA, ZAG1 ZIJ-D (M3), Dementia Care and Caregiver Support Intervention Research (Mar)
- 2023 Pilot Application Reviewer, Network for Emotional Wellbeing and Brain Aging, NIH/NIA (Feb)
- 2022 Member, Review Panel, NIH/NCCIH, ZAT1 JM(13), Training and Education (F, K, R13, R15) (Nov)
- 2022 Ad hoc member, NIH/CSR, Aging Systems and Geriatrics study section (Oct)
- 2022 Member, Special Emphasis Panel, NIH/NIA, ZAG1 ZIJ-D (M3) Infrastructure Development (R21/R33) (Mar)
- 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

Institutional Research Grant Reviews

2022-present	Reviewer, CTSI Faculty Translational Science Pilot Award, University of Rochester
2020-2024	Reviewer, University Research Awards, University of Rochester
2021-present	Reviewer, Clinical and Translational Science Institute KL2 Institutional Career Development Program, University of Rochester

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; Psychosomatic Medicine; 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

2025-2026	Chair, Research Council, School of Nursing
2025-present	Co-Director, University of Rochester Resilience Research Center (UR ³ C)
2020-present	Director, Elaine Hubbard Center for Nursing Research on Aging
2018-present	Executive Committee member, UR Aging Institute
2017-present	Director, Healthy Aging Research Program
2016-present	Principal Investigator/Director, Stress and Aging Research (STAR) Laboratory, School of Nursing

Membership: Current

2025-2028	University Committee on Tenure and Privileges
2025-2030	Dean's Leadership Team, URSON Strategic Plan 2025-2030, School of Nursing
2017-present	Academic Appointment, Promotion, and Tenure (AAPT) Committee, School of Nursing
2021-present	Sound Health Research Working Group, University of Rochester Medical Center and Eastman School of Music
2021-2024	Palliative Care Research Center Advisory Board, University of Rochester Medical Center

Leadership: Completed

2019-2025	Co-Director (w/ Kimberly Van Orden, PhD), Rochester Roybal Center for Social Ties & Aging Research
2024-2025	Co-Lead (w/ Sally Norton, PhD, RN, Associate Dean for Research), Research Workgroup, School of Nursing Strategic Planning Leadership Committee
2021-2023	Chair, Academic Appointment, Promotion, and Tenure (AAPT) Committee, School of Nursing
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

2021-2023	Student Affairs Committee, School of Nursing
2021-2023	Faculty Committee on Honorary Degrees, University of Rochester

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	URMC research representative, Annual Retreat of the URMC 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

December 2024	Lecture for Life Enrichment Program, "Cognitive Training for Stress Resilience and Healthy Aging." <i>The Highlands at Pittsford Senior Living Community.</i>
November 2023	Expert consultant, Blue Zone and Longevity Project, interviewed by middle school student, Columbia Preparatory Grammar and Preparatory School
January 2020	13 WHAM TV (Rochester), "New center at U. of R. focuses on health and well-being of caregivers." <i>Story and interview covering social isolation in caregivers and the new NIH-funded Rochester Roybal Center for Social Ties & Aging Research.</i>
April 2019	Lecture for Life Enrichment Program, "Promoting Self-Care for Family Members Caring for a Loved One with Dementia." <i>The Highlands at Pittsford Senior Living Community.</i>

- 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 Keynote 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 2022 New York Times. “How to Boost Your Immune System During Cold and Flu Season.” Expert contributor.
- 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*
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