

VITA

ROBERT A. CARELS, Ph.D.

CONTACT INFORMATION

Work: Bowling Green State University
Department of Psychology
Bowling Green, OH 43403
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rcarels@bgnet.bgsu.edu

ACADEMIC DEGREES

- 1996 **Ph.D, Clinical Psychology**
University of North Carolina, Chapel Hill, NC
Comprehensive Written Exams with Distinction
- 1988 to 1989 **Doctoral Candidate, School of Business**
University of North Carolina, Chapel Hill, NC
(Withdrew in good standing)
- 1988 **MBA, Business Administration**
Bentley College, Waltham, MA
Graduation with Highest Distinction
- 1985 **BA, Business**
Michigan State University, E. Lansing, Michigan

ACADEMIC POSITIONS

- 2005 to present **Associate Professor**
Department of Psychology
Bowling Green State University, Bowling Green, OH
- 1999 to 2005 **Assistant Professor**
Department of Psychology
Bowling Green State University, Bowling Green, OH
- 1996 to 1999 **Clinical Associate**
Department of Psychiatry and Behavioral Sciences
Duke University Medical Center, Durham, NC
- 1998 **Visiting Adjunct Assistant Professor**
Department of Psychology
University of North Carolina, Chapel Hill, NC

NONACADEMIC POSITIONS

- 1986 to 1988 **Purchasing Specialist**

Digital Equipment Co., Chelmsford, MA

1985 to 1986

Buyer

RCA, Burlington, MA

TEACHING EXPERIENCE

Undergraduate courses

Introduction to Psychology (BGSU, Psyc 101H/101Q, 6 semesters)

Introduction to Psychology (UNC-CH, Psyc 10, 1 semester)

Psychophysiology (BGSU, Psyc 328, 5 semesters)

Personality (UNC-CH, Psych 28, 7 semesters)

Graduate courses

Healthy Psychology Assessment (BGSU, Psyc 790, 2 semesters)

Health Psychology (BGSU, Psyc 780, 2 semester)

Basic Skills Team (BGSU, Psyc 610, 4 semesters)

Advanced Team (BGSU, Psyc 709, 2 semesters)

Community courses

Weight Loss and Physical Activity (BGSU, 2001-2004)

Stress Management (Duke University Medical Center, 1996-98)

Anger Management (Duke University Medical Center, 1996-98)

Thesis and dissertation committees

Chair: Master's thesis

Name	Date
Erin Foster	Defended masters
Alana Raber	Defended masters
Karin Denholm	Defended masters
Kristina Philips	Defended masters
Holly Cacciapaglia	Defended masters
Olivia Douglass	Defended masters
Jessica Harper	Defended masters
Kathleen Young	Proposed masters
Carissa Coit	Proposed masters
Anna Marie Clayton	Not proposed yet
Carmen Oemig	Not proposed yet

Chair: Preliminary exam

Jody Hoffman	Defended
Erin Foster	Defended
Alana Raber	Defended
Karin Tonkin	Defended
Krista Konrad	Defended
Holly Cacciapaglia	Defended
Sofia Rydin	Defended

Chair: Dissertation

Jody Hoffman	Defended
Erin Foster	Defended
Alana Raber	Defended

Karin Denholm	Defended
Krista Konrad	Proposed
Holly Cacciapaglia	Proposed
Sofia Rydin	Not proposed yet

Member: Master's thesis committee

Dan Zomcheck, Chris Chiros, Laura Edwards-Leeper, Carlos Perez-Benitez, Gin Ano, Amy Wacholtz, Purvi Shah, Robin Frutchey, Angela Meraz, Ashley Guidroz, Jeff Vanderploeg, Robin Frutchey, Shanna McCarthy, Heather Schwetschenau, Eileen Delaney

Member: Preliminary exam and dissertation committees

Allison Collins, Nicole Yuan, Mary Goebel-Kamala, Soni Basi, Roxy Korchinsky, Ethan Benore, Dan Zomcheck, Ethan Benore, Jennifer Burnfield, Jeff Vanderploeg, Gene Ano, Chris Chiros, Purvi Shah, Amy Wacholtz, Jennifer Duette, Kristina Phillips, Jennifer Burnfield, Carlos Perez, Robin Frutchey

Clinical supervision (not including Basic and Advanced Clinical Skills Teams)

Heidi Bobson, Alexis Kulick, Lissa Mann, Alana Raber, Ethan Benore, Holly Cacciapaglia, Karin Tonkin, Erin Vosconceles, Kelly McConnel, Eileen Delaney, Rosa Aguirre, Olivia Douglass, Kavita Desai, Quinten Lynn, Jessica Harper, Sofia Rydin, Robin Frutchey

Graduate College Representative for Julie Spade

CURRICULUM DEVELOPMENT

New graduate course: Health Psychology Assessment (BGSU, Psychology 780)

PROFESSIONAL DEVELOPMENT

Post-doctoral fellowship

Clinical Associate, Duke University Medical Center (1996-99). I was a post-doctoral fellow in cardiovascular behavioral medicine at Duke University Medical Center.

RESEARCH INTERESTS

- Weight loss and physical activity interventions
- Impediments to lifestyle change
- Temptation and lapse in dieting
- Cardiovascular disease
- Ambulatory blood pressure

My two primary research interests are weight loss and physical activity interventions and cardiovascular health. I am interested in developing more effective weight loss and physical

activity interventions for individuals that are overweight and/or sedentary. The goal of these interventions is to help individuals reduce cardiovascular risk factors, such as obesity, physical inactivity, and high blood pressure and cholesterol. Also, I am interested in examining factors that impede or facilitate maintaining lifestyle changes. Currently, we are examining issues related to self-control, craving, and temptation and lapse in dieting. Finally, I am interested in how psychosocial factors influence blood pressure, myocardia ischemia, and cardiac arrhythmia.

GRANTS

Grants: Extramural funded

Granting Agency: IPRA, Ohio Civil Rights Commission

Grant Title: Work Stress Evaluation project.

Grant Amount: \$4480.00

Grant Status: Funded and completed

Grants: Extramural not funded

Grant Agency: National Institute of Health

Grant Title: Weight management and physical activity in postmenopausal women: Self-regulation, social support, and heart disease risk.

Grant Amount: \$990,000

Grant Status: Not funded

Granting Agency: American Heart Association, Scientist Development Grant

Grant Title: Congestive Heart Failure: Quality of Life, Acute Psychosocial Events, and Cardiac Arrhythmia.

Grant Amount: \$160,000

Grant Status: Not funded

Granting Agency: American Heart Association

Grant Title: Congestive Heart Failure: Quality of Life, Acute Psychosocial Events, and Cardiac Arrhythmia.

Grant Amount: \$30,000

Grant Status: Not funded

Grant Agency: National Institute of Health

Grant Title: Improving Weight Loss Maintenance Through Stepped Care.

Grant Amount: \$1,191,750

Grant Status: Not funded

Grant Agency: National Institute of Health

Grant Title: Applying a Stepped-Care Approach to Obesity Treatment

Grant Amount: \$1,413,238

Grant Status: Not funded

Grants: Internal funded

Granting Agency: Faculty Research Grant.

Grant Title: Pilot data for the “Congestive Heart Failure: Quality of Life, Acute Psychosocial Events, and Cardiac Arrhythmia” investigation.

Grant Amount: \$5,500

Grant Status: Funded

Granting Agency: FRC Scholar’s Grant

Grant Title: Weight management and physical activity in postmenopausal women: Self-regulation, social support, and heart disease risk.

Grant Amount: \$8584

Grant Status: Funded

PUBLICATIONS

Refereed Articles

Perez Benitez, C., O’Brien, WH, **Carels, RA**, Gordon, AK, Chiros, CE. Cardiovascular correlates of disclosing homosexual orientation. *Stress and Health*, in press

Carels RA, Darby LA, Cacciapaglia HM, Konrad KK, Coit C, Harper J, Kaplar, ME, Young, K, Baylen, CA, & Versland, A (2006) Using motivational interviewing as a supplement to obesity treatment: A stepped-care approach. *Health Psychology*, in press.

Carels, RA, Harper, J, Konrad, KK (2006). Qualitative Perceptions and Caloric Estimations of Healthy and Unhealthy Foods by Behavioral Weight Loss Participants, *Appetite*, 46, 199-206.

Carels, RA, Darby, L, Rydin, S, Douglass, O, Cacciapaglia, H. (2005) The Relationship between Self-Monitoring, Outcome Expectancies, Difficulties with Eating and Exercise, Physical Activity and Weight Loss in a Behavioral Weight Loss Program: Within and Between Participant Relationships. *Annals of Behavioral Medicine*, 30, 182-190.

Carels, RA, Darby, L, Cacciapaglia, H, Douglass, O, Kaplar, M, Rydin, S, Tonkin, K, Konrad, K, Harper, J (2005). Applying a Stepped-Care Approach to the Treatment of Obesity, *Journal of Psychosomatic Research*, 59, 375-383.

Carels, RA, Darby, L, Berger, B. (2006). Mood states in obese, sedentary, postmenopausal women: Predictors of physical activity and fitness. *Journal of Aging and Physical Activity*, 14, 12-28.

Carels, RA, Douglass, O Cacciapaglia, H, Rydin, S, Harper, J. (2006). Can Social desirability interfere with success in a behavioral weight loss program? *Psychology and Health*, 21(1):65-78.

- Mahoney, A, **Carels, RA**, Pargament, K, Wachholtz, A, Edwards-Leeper, L, Kaplar, M, Frutchey, R. (2005). The sanctification of the body and the behavioral health patterns of college students. International Journal of the Psychology of Religion, 15, 3, 221-238
- Carels, RA**, Darby, L, Douglass, O, Cacciapaglia, H, Rydin, S. (2005). Education on the Glycemic Index of Foods Fails to Improve Treatment Outcomes in a Behavioral Weight Loss Program. Eating Behaviors, 6,145-150.
- Carels, RA**, Darby, L, Cacciapaglia, H, Douglass, O. (2004). Reducing cardiovascular risk factors in postmenopausal women through a lifestyle change intervention. Journal of Women's Health, 13:4, 412-426.
- Carels, RA**, Cacciapaglia, H, Douglass, O, Cacciapaglia, H, O'Brien, WH (2004). An ecological momentary assessment of relapse crisis in dieting. Journal of Consulting and Clinical, 72:2, 341-348.
- Carels, RA**, Musher-Eizenman, D, Cacciapaglia, H, Perez-Benitez, Christie, S, O'Brien, WH. (2003). Quality of life and physical symptoms in congestive heart failure patients: A time series analysis. Journal of Psychosomatic Research, 56, 95-101.
- Carels, RA** (2004).The Association between Disease Severity, Functional Status, Depression and Daily Quality of Life in Congestive Heart Failure Patients. Quality of Life Research, 13, 63-72.
- Carels, RA**, Cacciapaglia, H, Douglass, O, Rydin, S, O'Brien, WH (2003). The early identification of poor treatment outcome in a women's weight loss program. Eating Behaviors, 4, 265-282.
- Carels, RA**, Cacciapaglia, H, Perez-Benetiz, C, Douglass, O, O'Brien, WH. (2003) Effects of Emotional Upset on Cardiac Arrhythmia During Daily Life, Journal Consulting and Clinical Psychology, 71 (3), 613-618.
- Carels, RA**, Hoffman, J, Collins, A, Raber, AC, Cacciapaglia, H, O'Brien, WH. (2001). Ecological momentary assessment of temptation and lapse in dieting. Eating Behaviors, 2, 307-321..
- Burker, E. J., **Carels, RA**, Thompson, LF, Rodgers, L. & Egan, T. (2000). Quality of life in patients awaiting lung transplant: Cystic fibrosis versus other end-stage lung diseases. Pediatric Pulmonology, 30,453-460.
- Carels, RA**, Sherwood, A, Szczepanski, R., Blumenthal, J. A., (2000)._Ambulatory blood pressure and marital distress in employed women. Behavioral Medicine,26, 80-85.
- Carels, RA**, Blumenthal, J.A., Sherwood, A. (2000). Emotional reactivity during daily life: Relationship to psychosocial functioning and ambulatory blood pressure. International Journal of Psychophysiology, 36, 25-33.

- Carels, R.A.,** Baucom, D. H. (1999). Support in marriage: Factors associated with online perceptions of support helpfulness. Journal of Family Psychology, 13 (2), 131-144.
- Carels, RA,** Sherwood, A., Babyak, M., Gullete, ECD, Coleman, RE, Waugh, R, Jiang, W., Blumenthal, J.A. (1999). Emotional responsivity and transient myocardial ischemia. Journal of Consulting and Clinical Psychology, 67(4), 605-610
- Carels, R.A.,** Szczepanski, R., Blumenthal, J.A., Sherwood, A. (1998). Blood pressure reactivity and marital distress in employed women. Psychosomatic Medicine, 60(5), 639-643.
- Carels, R.A.,** Blumenthal, J.A., Sherwood, A. (1998). Effect of social support on blood pressure in normotensive and borderline hypertensive men and women. International Journal of Behavioral Medicine, 5(1), 76-85.
- Carels, R.A.,** Sherwood, A., Blumenthal, J.A. (1998). Psychosocial influence on blood pressure during daily life. International Journal of Psychophysiology, 28(2), 117-130.
- Carels, R. A.,** Baucom, D. H., Leone, P., Rigney, A. (1998). Psychosocial factors and psychological symptoms: HIV in a public health setting. Journal of Community Psychology, 26(2),145-162.
- Carels, R.A.,** Blumenthal, J.A., Sherwood, A. (1998). Relationship of psychosocial and neurobehavioral functioning to hypertension. Medicine and Behavior, 1(4), 41-42.
- Carels, R.A.,** Sherwood, A. Blumenthal, J.A. (1998). High anxiety and white coat hypertension-Letter to the Editor. Journal of the American Medical Association, 279(3), 197-198.
- Gray-Little, B., **Carels, RA.** (1997). The effects of racial dissonance on academic self-esteem and achievement in elementary, junior high, and high school students. Journal of Research on Adolescence, 7(2), 109-131.
- Baucom, D., Epstein, N., Daiuto, A., **Carels, RA,** Rankin, L., Burnette, C. (1996). Cognitions in marriage: The relationship between marital standards and attributions. Journal of Family Psychology, 10(2), 209-222.

Chapters of books

- Sherwood, A., **Carels, R. A.** (2000). Blood Pressure. In George Fink (ed). Encyclopedia of Stress, 331-338. New York: Academic Press.
- Baucom, D., Epstein, N., **Carels, RA.** (1992). A cognitive-behavioral model of marital dysfunction and marital therapy. In S. Budman, M. Hoyt, & S. Friedman (Eds.), A Casebook of Brief Therapy. pgs. 89-125. New York: Guilford.
- Berger, B. G., Darby, L. A., **Carels, R. A.,** & Owen, D. R. (2004, September). Symposium participant, Exercise and Weight Loss in a Lifestyle Change Program: Role of Enjoyment and Mood Alteration. In M. C. Sorenson, A. M. Smith, D. M. Wiese-Bjornstal, & B. G. Berger, *From AAASP Keynote to Action on*

Obesity. Symposium conducted at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Minneapolis, MN.

Submissions

Coy, WB, O'Brien, WH, Winterich, CT, **Carels, RA** (2004). The effect of evaluation anxiety on cardiovascular reactivity and performance on tests. Cognition and Emotion, revise and resubmit.

Carels RA, Darby LA, Cacciapaglia HM, Konrad KK, Coit C, Harper J et al. Using motivational interviewing as a supplement to obesity treatment: A stepped-care approach. *Health Psychology*, Revise and resubmit, 2005.

Carels, RA, Harper, J. (2004) The Relationships among Responses to Hypothetical High Risk Dietary Events, Actual Dietary Crises, and Treatment Outcome in a Behavioral Weight Loss Program, *Annals of Behavioral Medicine*.

Non-refereed articles

Carels, R. A., Burker, E. J. (1995). Coping with death and dying. Part 1: Stages of grief. News From the Heart and Lungs. Newsletter of the UNC Heart and Lung Transplant support Groups, Vol. 5, #4.

Carels, R. A., Burker, E. J. (1995). Coping with death and dying. Part 2: Getting through the grieving process. News From the Heart and Lungs. Newsletter of the UNC Heart and Lung Transplant support Groups, Vol. 6, #4.

Conference presentations

Carels, RA, Darby, L, Cacciapaglia, H, Douglass, O, Kaplar, M, Rydin, S, Tonkin, K, Konrad, K, Harper, J. Applying a stepped-care approach to the treatment of obesity. Paper presented at the Society for Behavioral Medicine Annual Conference, 2005.

Rydin, SH, **Carels, RA**, Murray, SL. Binge eaters and psychological characteristics. Paper presented at the Society for Behavioral Medicine Annual Conference, 2005.

Carels, RA, Douglass, O Cacciapaglia, H, Rydin, S, Harper, J. Can Social desirability interfere with success in a behavioral weight loss program? Poster presented at the Society for Behavioral Medicine Annual Conference, 2005.

Carels, RA, Harper, J. The Relationships among Responses to Hypothetical High Risk Dietary Events, Actual Dietary Crises, and Treatment Outcome in a Behavioral Weight Loss Program. Poster presented at the Society for Behavioral Medicine Annual Conference, 2005.

Hoffman, J, Collins, A, **Carels, RA**, O'Brien, W. Ecological momentary assessment and daily diary assessment of stress, coping, mood and cardiovascular activity during workplace stress management interventions. Poster presented at the Society for Behavioral Medicine Annual Conference, 2005.

Konrad, KK, **Carels, RA**, Delaney, EM. Metabolic and psychological changes during the refeeding process of anorexic women. Poster presented at the Society for Behavioral Medicine Annual Conference, 2005.

Carels, RA, Darby, L, Douglass, OM, Cacciapaglia, HM. Momentary thoughts and other predictors of weight maintenance one-year following a behavioral weight loss program. Paper presented at the Society for Behavioral Medicine Annual Conference, 2004.

Carels, RA, Darby, L, Douglass, OM, Cacciapaglia, HM, Rydin, S. Education on the glycemic index of foods fails to improve outcomes in a behavioral weight loss program. Poster presented at the Society for Behavioral Medicine Annual Conference, 2004.

Cacciapaglia, HM, Douglass, OM, Rydin, S, Tonkin, KM, Raber, AC, **Carels, RA**. The association between a high versus low glycemic index breakfast on mood, physical symptoms, and consumption. Poster presented at the Society for Behavioral Medicine Annual Conference, 2004.

Cacciapaglia, HM, Douglass, OM, **Carels, RA**. The association between individual difference factors and temptation, lapse, and weight loss. Poster presented at the Society for Behavioral Medicine Annual Conference, 2004.

Douglass, OM, Cacciapaglia, HM, **Carels, RA**. Social support and health outcomes in a lifestyle change intervention. Poster presented at the Society for Behavioral Medicine Annual Conference, 2004.

Raber, A, **Carels, RA**, Call, C. Empowering women in a toxic environment: A health promotion program for weight-related problems. Poster presented at the Society for Behavioral Medicine Annual Conference, 2004.

Carels, RA, Darby, L, Berger, B. The determinants of exercise in a women's behavioral weight loss program. Poster presented at the Society for Behavioral Medicine Annual Conference, 2004.

Phillips, KT, **Carels, RA**, Shah, PD. Ecological momentary assessment before and after exercise: Self-reported changes in mood and body image satisfaction. Poster presented at the Society for Behavioral Medicine Annual Conference, 2004.

Carels, RA, Cacciapaglia, H, Douglass, O, O'Brien, WH. An ecological momentary assessment of relapse crisis in dieting. Paper presented at the Society for Behavioral Medicine Annual Conference, 2003. **Awarded Citation Paper.**

Carels, RA, Darby, L, Cacciapaglia, H, Douglass, O. Reducing cardiovascular risk factors in postmenopausal women through a lifestyle change intervention. Poster presented at the Society for Behavioral Medicine Annual Conference, 2003.

Cacciapaglia, H, Douglass, O, Rydin, S, **Carels, RA**. Predictors of poor treatment outcome in a women's weight loss program: Attitudes, nutrition, and exercise.

Poster presented at the Society for Behavioral Medicine Annual Conference, 2003.

Douglass, OM, Cacciapaglia, HM, Raber, AC, Tonkin, KM, **Carels, RA**. Weight-loss treatment failure: Predictors and consequences. Poster presented at the Society for Behavioral Medicine Annual Conference, 2003.

O'Brien, WH, Collins, A, Winterich, C, Collins, M, **Carels, RA**. An analysis of predoctoral training, job characteristics, and training needs of APA Division 38 Members. Poster presented at the Society for Behavioral Medicine Annual Conference, 2003.

Phillips, KT, **Carels, RA**. Exercise dependence: A comparison of psychological and physical variables among female college students. Poster presented at the Society for Behavioral Medicine Annual Conference, 2003.

Cacciapaglia, HM, Shar, PD, Douglass, OM, Frutchey, RA, Wachholtz, AB, Benore, ER, **Carels, RA**. Explaining attrition in a smoking cessation intervention. Poster presented at the Society for Behavioral Medicine Annual Conference, 2003.

Benore, E, McConnell, K, **Carels, RA**. Prayer, religious appraisals, psychosocial functioning and cardiac arrhythmia in CHF patients. Poster presented at the Society for Behavioral Medicine Annual Conference, 2003.

Frutchey, RA, Collins, AE, McGrath, JJ, Levine, JC, Korchynsky R, **Carels, RA**, O'Brien, WH. The relationship between in-vivo thought reports and cardiovascular reactivity in individuals seeking stress-management treatment. Poster presented at the Society for Behavioral Medicine Annual Conference, 2003. **Citation Paper**

Zomcheck, DS, Dubow, EF, **Carels, RA**, Klopfer, DS, Garske, GG. A cognitive intervention program targeting explanatory style. Poster presented at the American Psychological Association Annual Meeting, Toronto, 2003

Darby, LA, Berger, BG, **Carels, RA**, Owens, DR. Mood states and physiological status of sedentary, obese women before and after graded exercise tests. Paper presented at the American College of Sports Medicine's Annual Meeting, 2003

Carels, RA, Mahoney, A, Pargament, K, Wachholtz, A, Frutchey, A, Edwards-Leeper, L. Viewing the Body as Sacred: Implications for Health, Paper presented at the American Psychological Association Annual Meeting, Chicago, 2002

Carels, RA, Cacciapaglia, H, Perez-Benetiz, C, Douglass, O, O'Brien, WH. (2002). Effects of Emotional Upset on Cardiac Arrhythmia During Daily Life. Poster presented at the annual meeting of the Society of Behavioral Medicine.

Carels, RA, Musher-Eizenman, D, Cacciapaglia, H, Perez-Benitez, Christie, S, O'Brien, WH. (2002). Quality of life and physical symptoms in congestive heart failure patients: A time series analysis. Poster presented at the annual meeting of the Society of Behavioral Medicine.

- Musher-Eizenman, D, O'Brien, WH **Carels, RA**. (2002). A reconsideration of the measurement of cardiovascular recovery. Poster presented at the annual meeting of the Society of Behavioral Medicine.
- Carlos I. Pérez-Benítez, **Carels, RA**, Alana Raber, Holly Cacciapaglia, Kristina T. Philips, Daniel Zomcheck. (2002). Is food craving a psychological phenomenon? An experimental approach. Poster presented at the annual meeting of the Society of Behavioral Medicine.
- Raber, AC, **Carels, RA**. (2002). Energy intake and energy expenditure differences in overweight and nonoverweight children. Poster presented at the annual meeting of the Society of Behavioral Medicine.
- Raber, AC, **Carels, RA**. (2002). Energy intake and energy expenditure differences in the parents of overweight and nonoverweight children. Poster presented at the annual meeting of the Society of Behavioral Medicine.
- Carels, RA**, Hoffman, JA, Denholm, K, Raber, AC, Collins, A, Cacciapaglia, H, O'Brien, WH. (2001). Ecological Momentary Assessment of temptation and lapse in dieting. Poster presented at the annual meeting of the Society of Behavioral Medicine. **Best Scientific Poster Award**
- Hoffman, J, **Carels, RA**, Raber, AC, Wryobeck, J, Collins, A. (2001). Accuracy of recall of dietary lapse. Poster presented at the annual meeting of the Society of Behavioral Medicine.
- Collins, A, Hoffman, J, O'Brien, WH, **Carels, RA** (2001). The influence of perfectionism and locus of control on weight loss strategy selection. Poster presented at the annual meeting of the Society of Behavioral Medicine.
- Chiros, CE, Foster, E, Perez-Benetiz, CI, Cacciapaglia, H, Frutchey, R, Phillips, K, Denholm, K, **Carels, RA** (2001). The relationship between body image and weight loss behaviors in college students. Poster presented at the annual meeting of the Society of Behavioral Medicine.
- Foster, E., **Carels, RA** (2001). Daily experience of dieting behaviors and affective states. Poster presented at the annual meeting of the Society of Behavioral Medicine.
- Carels, RA**, Szczepanski, R., Blumenthal, J. A., Sherwood, A. (2000). Ambulatory blood pressure and marital distress in employed women. Poster presented at the annual meeting of the Society of Behavioral Medicine.
- Carels, RA**, Babyak, M., Blumenthal, J.A., Sherwood, A. (1999). Biobehavioral correlates of daily emotion: Evidence for neuroendocrine activation. Poster presented at the annual meeting of the Society of Behavioral Medicine.
- Carels, RA**, Blumenthal, J.A., Sherwood, A. (1999). Emotional reactivity during daily life: Relationship to psychosocial functioning and ambulatory blood pressure. Poster presented at the annual meeting of the Society of Behavioral Medicine.

Carels, RA, Blumenthal, J.A., Sherwood, A. (1998). Effect of social support on blood pressure in normotensive and borderline hypertensive men and women. Poster presented at the annual meeting of the Society of Behavioral Medicine.

Carels, RA, Szczepanski, R., Blumenthal, J.A., Sherwood, A. (1998). Blood pressure reactivity and marital distress in employed women. Poster presented at the annual meeting of the Society of Behavioral Medicine.

Carels, RA, Baucom, D. H. (1997). Support in Marriage: Factors associated with online perceptions of support helpfulness. Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy.

Burker, E., Wolfe, L., **Carels, RA**, Teichman, B., Egan, T. (1996). Demographic and psychological differences between patients with CF and patients with other types of lung disease being evaluated for lung transplant. Poster presented at the North American CF Conference, Orlando, Florida.

Carels, RA, Baucom, D. H., Ridenhour, C., Harkins, F. (1995). Support in marriage: Intentions, perceptions, and psychological symptomatology. Poster to be presented at the annual meeting of the Association for Advancement of Behavior Therapy, Washington.

Coop, K. L., **Carels, RA**, Baucom, D. H. (1995). Marital trauma and psychological symptomatology: Are they associated with and mediated by violated assumptions? Poster to be presented at the annual meeting of the Association for Advancement of Behavior Therapy, Washington.

Carels, RA., Baucom, D. H., Leone, P., Rigney, A. (1994). Stress, support, coping, psychological adjustment, and high risk sexual behaviors in an AIDS-HIV positive population. Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, San Diego.

Baucom, D., Epstein, N., **Carels, RA.**, Daiuto, A. Rankin, L., Burnette, C., Mayfield, A. (1993). The relationship between attributions and standards in marriage. Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, Atlanta.

Baucom, D., Epstein, N., **Carels, RA.**, Daiuto, A. (1991) The relationship attribution questionnaire: A new instrument for assessing relationship attributions and their impact. Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, New York.

SERVICE

Departmental committees

Clinical Academic Challenge Committee (2001-2002, 2002-2003, 2003-2004)

Clinical Graduate Admissions (1999-2004)

Co-chair Clinical graduate admissions (2002-2003)

Colloquium Committee (2001-2002, 2002-2003, 2003- 2004, 2004-2005)

Committee Member, Eighth Annual MCO, UT, and BGSU
Symposium on Research in Psychiatry, Psychology, and
Behavioral Science (2000-2001, 2001-2002, 2002-2003,
2003-2004 [Committee Chair], 2004-2005)
Faculty recruitment (child position) (1999-2000)
IPRA Steering Committee (2001-2002)
Salary Promotion and Tenure (2000-2001, 2001-2002, 2004-2005)
Retreat Committee (2001-2002)
Undergraduate Scholarship (1999-2000)

University

Guest Lecture: Nutrition Class, Chris Haar, 2003
Master's Thesis Reviewer for University Master's Thesis Award,
2002
Honors Student and Parent Luncheon Guest Speaker, 2003
SPAR Research Conference (2002, 2003, 2004)

Professional

Ad hoc reviewer, Coronary Artery Disease
Ad hoc reviewer, Health Psychology
Ad hoc reviewer, Psychosomatic Medicine
Ad hoc reviewer, Psychological Bulletin
Ad hoc reviewer, Women and Health
Ad hoc reviewer, Annals of Behavioral Medicine
Ad hoc reviewer, Psychiatry Research
Ad hoc reviewer, Journal of Cardiopulmonary Rehab

Grant Evaluator, NIMH B Start Grant proposal

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

American Psychological Association (1991-present)
APA Division of Health Psychology (1998-present)
Society of Behavioral Medicine (1996-present)
**Association for the Advancement of Behavior Therapy (1992-
1996)**
North Carolina Psychological Association (1992-1996)
Student Representative to the Board, 1992-1993

PROFESSIONAL CREDENTIALS

Licensed Psychologist (1999-present)
Ohio (License #5589)

Licensed Psychologist & Licensed Health Service Provider
North Carolina (License #2352) (1996-1999)

HONORS AND AWARDS

Finalist, Undergraduate Teaching Award (1993)
University of North Carolina, Chapel Hill, NC

Commendation for Undergraduate Teaching (1994)

Department of Psychology
University of North Carolina, Chapel Hill, NC

Comprehensive Written Exams, Passed with Distinction (1992)

University of North Carolina, Chapel Hill, NC

Masters of Business Administration, Highest Distinction (1988)

Bentley College, Waltham, MA

ADDITIONAL CLINICAL/EMPLOYMENT EXPERIENCE

- | | |
|-----------------|--|
| 1996 to 1997 | Weight loss and Heart Disease Retreats
Stress Management & Anger Management Interventions
Duke's Center for Living, DUMC, Durham, NC |
| 1996 to present | ENRICHD Clinical Trials Therapist
Department of Psychiatry and Behavioral Sciences
Duke University Medical Center, Durham, NC |
| 1995 to 1996 | Clinical Psychology Intern
UNC Hospitals, Department of Psychiatry, Chapel Hill, NC |
| 1993 to 1995 | Staff Psychological Associate
John Umstead Hospital, Butner, NC |
| 1990 to 1994 | Psychology Trainee
UNC Hospitals and Department of Psychology, Chapel Hill, NC |