Behavioral Medicine and Clinical Psychology


Division Data Summary

Research and Training Details

<table>
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<tr>
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Clinical Activities and Training

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Lori J. Stark, PhD, Professor; Division Director
  Research Interests: Improving health and nutritional outcomes of children with chronic conditions including cystic fibrosis and obesity through behavioral interventions

Robert Ammerman, PhD, Professor; Scientific Director, Every Child Succeeds
  Research Interests: Development of early childhood preventive interventions to promote optimal child development and reduce negative behavioral and health outcomes.

Dean Beebe, PhD, Associate Professor Clinical
  Research Interests: Investigating the daytime cognitive and behavioral effects of pediatric sleep problems

Kelly Byars, PhD, Associate Professor Clinical
  Research Interests: The assessment and treatment of pediatric insomnia and pediatric obstructive sleep apnea.

Peggy A. Crawford, PhD, Assistant Professor Clinical
  Research Interests: Understanding individual and family factors associated with better outcomes in children with diabetes

Lori Crosby, PhD, Associate Professor Clinical; Director O'Grady Residency Program in Psychology
  Research Interests: Understanding psychosocial factors as they impact sickle cell disease, adherence, anxiety, adolescents, health disparities

Dennis Drotar, PhD, Professor; Director, Center for the Promotion of Treatment Adherence
  Research Interests: Understanding and improving adherence to treatment in pediatric chronic illness

Jeffrey N. Epstein, PhD, Associate Professor; Director, Center for ADHD
  Research Interests: Improving health and behavioral outcomes of children with ADHD through development and dissemination of evidence-based treatments

Michelle Ernst, PhD, Assistant Professor Clinical; Director, Consultation Liaison Services
  Research Interests: Clinical effectiveness of pediatric psychology interventions within the inpatient pediatric setting.

Kevin Hommel, PhD, Research Assistant Professor
  Research Interests: Improving adherence to treatment regimens in pediatric inflammatory bowel disease, eosinophil and associated gastrointestinal disorders

Korey Hood, PhD, Research Assistant Professor
  Research Interests: Investigation of the impact of psychological and family factors on type 1 diabetes management and outcomes, the biologic and environmental links between depression and type 1 diabetes

Susmita Kashikar-Zuck, PhD, Associate Professor
  Research Interests: Psychosocial issues and behavioral treatment of pediatric chronic pain

Joshua Langberg, PhD, Research Assistant Professor
  Research Interests: Development of effective treatments for adolescents with ADHD

Richard Loren, PhD, Assistant Professor Clinical
  Research Interests: Dissemination of effective treatments for ADHD

Anne Lynch-Jordan, PhD, Assistant Professor Clinical
  Research Interests: Understanding the role of pain expression and factors contributing to decreased functioning such as school attendance/absences in the pediatric chronic pain population.

Monica J. Mitchell, PhD, Assistant Professor Clinical
  Research Interests: To develop culturally-appropriate, family-based interventions for children with sickle cell disease and children with other pediatric conditions, and to improve health outcomes in children

Avani C. Modi, PhD, Research Assistant Professor
  Research Interests: Examining adherence to medical regimens for children with chronic illnesses (e.g., epilepsy, cystic fibrosis) and its impact on health outcomes

Jennie G. Noll, PhD, Associate Professor; Director, Data Core
  Research Interests: Understanding long-term bio-psycho-social sequelae of childhood abuse

Marsha Nortz, PhD, Assistant Professor Clinical
  Research Interests: Understanding neurobehavioral outcomes following childhood cancer, pediatric traumatic brain injury, and their clinical interventions

Lisa Opipari-Arrigan, PhD, Adjunct Associate Professor
  Research Interests: Improving health outcomes and quality of life for pediatric patients with chronic illnesses

Ahna Pai, PhD, Research Assistant Professor
  Research Interests: Understanding and improving adherence to transplant regimens including solid organ, stem cell and bone marrow
Erica Pearl, PsyD,  Instructor Clinical  
Research Interests: Developing and disseminating evidence-based interventions for children exposed to violence

Carrie Piazza-Waggoner, PhD,  Assistant Professor Clinical  
Research Interests: Understanding the impact of family functioning and chronic illness outcomes

Scott Powers, PhD,  Professor ; Director, Fellowship Program  
Research Interests: Two primary foci, Child Behavior and Nutrition and Pediatric Pain

Douglas Ris, PhD,  Professor ; Director, Neuropsychology Program  
Research Interests: Investigating the neurobehavioral outcomes of children treated for brain tumors and those exposed to lead

Helmut Roehrig, PhD,  Assistant Professor Clinical  
Research Interests: Pediatric obesity determinants and treatment, adolescent pregnancy after bariatric surgery

Patricia Ryan, PhD,  Adjunct Assistant Professor  
Research Interests: Understanding radiation late-effects in treatment for pediatric brain tumors

Janet R. Schultz, PhD,  Adjunct Associate Professor

Nicolay Walz, PhD,  Assistant Professor Clinical  
Research Interests: Undertaking and improving child and family outcomes following traumatic brain injury

Meg Zeller, PhD,  Adjunct Associate Professor  
Research Interests: Psychosocial outcomes of pediatric obesity and adolescent bariatric surgery

Joint Appointment Faculty Members

Richard Ittenbach, PhD,  Associate Professor  
Division of Biostatistics and Epidemiology  
Measurement of treatment adherence, research bioethics, and mixed methods studies, particularly as they relate to study and design-related issues

Clinical Staff Members

- James Brewer, EdD
- Joanne Carey, PhD
- Sanford Chertock, PhD
- Linda Endres, PhD
- Jessica McClure, PsyD
- Wendi Lopez, PsyD
- Lynne Merk, PhD
- Ann Moser, PhD
- James Myers, PhD
- Robert Nestheide, PhD
- Tara Proano-Raps, PsyD
- William Sirbu, PhD
- Beverly Smolyansky, PhD

Trainees

- Richard Boles, PhD,  PL-2, University of Kansas
- Brenna LeJeune, PhD,  PL-2, Indiana University
- Irina Parkins, PhD,  PL-2, University of Cincinnati
- Sandra Cortina, PhD,  PL-1, University of Iowa
- Jessica Martin, PhD,  PL-1, Southern Illinois University
- Jennifer Potter, PhD,  PL-1, University of Cincinnati
- Chad Shenk, PhD,  PL-1, University of Nevada-Reno
- Shalanda Slater, PhD,  PL-1, University of Florida
- Stephanie Spear, PhD,  PL-1, University of Nevada-Reno
Significant Accomplishments in FY08

Center for ADHD Improves Use of Evidence-Based Guidelines by Community Physicians

The American Academy of Pediatrics (AAP) has established a set of consensus guidelines for the care of children with Attention Deficit Hyperactivity Disorder (ADHD). These guidelines can be challenging to implement. The CCHMC Center for ADHD has developed a program called the ADHD Collaborative to promote the adoption of these guidelines among community pediatricians. The program focuses on modifying the office system using academic detailing and quality improvement (QI) methodology to accommodate prescribed practice changes. The ADHD Collaborative has trained over 200 physicians at over 50 practices in the Greater Cincinnati area. Significant improvements in the quality of ADHD care as a result of the ADHD Collaborative training have been documented (Epstein et al., 2008, Pediatrics). The Center for ADHD has been working on adapting the ADHD Collaborative intervention model for widespread dissemination. The didactic trainings with physicians and interactive office flow modification sessions have been modified for internet-delivery. Further, an online web portal has been developed that allows pediatricians to create an ADHD patient registry, collect, score, and interpret parent and teacher rating scales, communicate with parents and teachers, track patient outcomes, and monitor their own ADHD-related practice behaviors. With funding from NIH and the CCHMC Health Outcomes initiative, the Center for ADHD is testing the dissemination of the ADHD Collaborative intervention in Dayton, OH and Omaha, NE. After the effectiveness, satisfaction, and cost utility of the transportable version of the ADHD Collaborative intervention have been demonstrated, efforts will be made for a widespread dissemination of this intervention model. Widespread dissemination will be aided by the fact that the ADHD Collaborative intervention has recently been approved as an American Board of Pediatrics-approved “Performance in Practice” activity which will be a future requirement for most pediatricians applying for re-credentialing.

CCHMC Establishes the First Center of Its Kind to Improve Adherence to Treatment for Children with Chronic Disorders

The Center for Treatment Adherence and Self Management was developed in 2007 to address the need to develop cutting edge science, clinical care, and training programs that address the critical problem of non-adherence to chronic illnesses treatment, which has high prevalence, impact on clinical care, and scientific significance. Led by Dr Dennis Drotar, a nationally recognized expert in the field of pediatric psychology, and adherence faculty, top young scientists have been recruited to develop research programs in pediatric treatment adherence. Center faculty research programs have generated 1.3 million in NIH support and produced 37 peer-reviewed publications and 21 in press in 2007. Center faculty investigator initiated research encompasses a range of NIH priorities, family influences including the impact of maternal and child depression to adherence to treatment and metabolic control in adolescents with Type 1 diabetes; predictors of adherence treatment in new onset epilepsy; measurement and prediction of treatment adherence in inflammatory bowel disease; family illness management responsibilities and adherence to renal transplantation treatment, and a randomized trial of family problem solving to promote adherence to maintenance therapy in adolescents with leukemia. Adherence Center faculty are also collaborating with CCHMC faculty on innovative interventions to promote adherence to treatment for asthma, juvenile rheumatoid arthritis, and sickle cell disease through the use of computer and cell phone technology in combination with behavioral approaches, such as motivational interviewing.

Significant Publications in FY08


The first and only meta-analysis in the area of adherence. Describes effective interventions and future directions for the field of adherence research


The first controlled study of peer and social functioning in adolescents suffering from juvenile fibromyalgia syndrome and demonstrated that adolescents with fibromyalgia experience significant social isolation difficulties with peer relationships.

One of the first studies to report a successful intervention strategy for disseminating evidence-based guidelines into practice for ADHD.


This is the first prospective evidence that childhood sexual abuse is directly related to high-risk BMI growth trajectories and obesity. This issue had been highly controversial as all previous evidence was derived from cross-sectional studies relying on retrospective reports of abuse and has direct implications for clinical practice such that integrating knowledge regarding abuse histories and family violence may improve health outcomes for patients and should be considered an integral part of routine health care.


This is the first clinical trial to contrast a behavioral and pharmacological treatment for social phobia in childhood. Results indicate that both the behavioral and pharmacological treatments were effective relative to placebo, and that the behavioral treatment led to broader and more extensive improvements in psychosocial functioning relative to medication. These findings significantly advance the range and breadth of treatment options available to children with social phobia, a condition that is the third most frequent psychiatric diagnosis in children.


This is the first study to examine the phenomenon of white coat compliance in a pediatric population and importantly found it did not occur.

Division Highlights

Susmita Kashikar-Zuck, PhD

Dr. Kashikar-Zuck is nationally known for her research in pediatric chronic pain. She leads the Pediatric Pain Research Program in the Division of Behavioral Medicine, and her research focuses on understanding how children and adolescents cope with pain, the impact of pain on school, social and family functioning, and development of evidence-based biobehavioral treatments for pediatric pain. She is currently the PI on an NIH funded R01 which the first multi-site randomized clinical trial of cognitive-behavioral treatment for juvenile fibromyalgia in children and adolescents.

M. Douglas Ris, PhD

Dr. Ris is a leading researcher on the neurobehavioral outcomes of children treated for brain tumors. His research has yielded important findings on the full range of neurobehavioral toxicities, from low grade glioma in patients receiving surgery only, to medulloblastoma in patients receiving multimodal therapy (surgery, chemotherapy, radiotherapy). His studies have contributed to the growing awareness of the complex needs of survivors of pediatric brain tumors, information that informs improved treatments for brain tumors as well as interventions that mitigate their deleterious effects. His current R01 through the NCI brings together recent advances in radiotherapy, neuro-imaging, and neuropsychology to compressively model the effects of radiation on brain structure/function and neurodevelopment. A new, multicenter R01 study to be launched this year will investigate the adult outcomes of survivors of pediatric brain tumors as well as patterns of cognitive aging in this context.

Scott W. Powers, PhD

Dr. Powers is a leading biobehavioral researcher who currently holds R01s in the area of nutritional health in young children with cystic fibrosis and behavioral interventions to improve pediatric headache. In each of these areas Dr. Powers has designed the most rigorous test of his innovative interventions and is addressing issues of significant health outcomes. In addition, he is the Director of an NIH training award (T32) from NIDDK on Child Behavior and Nutrition that was renewed for years 6 -10.

Meg Zeller, PhD

Dr. Zeller is becoming a leading authority on the health and psychosocial consequences of extreme obesity. Adolescents with extreme obesity (BMI > 40 kg/m2), estimated at 4% of today’s teenagers, are a growing subpopulation experiencing considerable health and psychosocial consequences. This year Dr. Meg Zeller was awarded an R01 "Adolescent Bariatrics: Controlled Longitudinal Study of Psychosocial Development" to study the psychosocial risks and benefits of bariatric surgery during this unique developmental period. Pilot work for this
Mentions in Consumer Media

- Nagging texts help teens remember to take meds  
  USATODAY, Newspaper
- Heavy children may have more headaches  
  ABCNews, Television

Division Publications


20. Froehlich TE, Lanphear BP, Epstein JN, Barbaresi WJ, Katusic SK, Kahn RS. _Prevalence, recognition, and_


42. Noll JG, Schulkin J, Trickett PK, Susman EJ, Breech L, Putnam FW. Differential pathways to preterm delivery for...


66. Stallings VA, Stark L, Robinson KA, Ferranchak AP, Quinton H. Evidence-based practice recommendations for nutrition-related management of children and adults with cystic fibrosis and pancreatic insufficiency: results


Grants, Contracts, and Industry Agreements

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<th>Grant and Contract Awards</th>
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<td>Treatment of Depression of Mothers in Home Visitation</td>
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<td>Increasing Retention in Home Visitation</td>
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<td>R40 MC 06632</td>
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OSA In Obese Teens And Preteens: Neurobehavioral Effects | National Institutes of Health |
| K23 HL 075369 | 01/05/04 - 12/31/08 | $110,154 / $544,166 |

Drotar, D

Self-Management of Type 1 Diabetes During Adolescence | National Institutes of Health |
| R01 DK 069486       | 08/01/07 - 07/31/11                   | $414,746 / $1,705,154 |

Promoting Treatment Adherence in Adolescent Leukemia | National Institutes of Health |
| R01 CA 119162       | 09/28/07 - 07/31/12                   | $589,361 / $3,006,866 |

Epstein, J

Response Variability in Children with ADHD | National Institutes of Health |
| R01 MH 074770       | 06/01/06 - 03/31/10                   | $218,475 / $900,000 |

Disseminating a Model Intervention to Promote Improved ADHD Care in the Community | National Institutes of Health |
<p>| R21 MH 082714       | 06/01/08 - 05/31/10                   | $135,000 / $247,500 |</p>
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<td>Novel Adherence Measurement and Intervention in Children with New Onset Epilepsy</td>
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<td>Preventing Teen Pregnancy: Prepregnancy Psychosocial Mechanisms for at-risk Females</td>
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<td>HRCT &amp; Growth in Preschoolers Receiving Behavioral TX</td>
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<td>Behavioral Treatment and Nutrition in Pediatric Chronic Disease</td>
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<td>Social Development Following Preschool Brain Injury</td>
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<td>Adolescent Bariatrics: Controlled Longitudinal Study of Psychosocial Development</td>
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