# Behavioral Medicine and Clinical Psychology

## RESEARCH AND TRAINING DETAILS

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<tr>
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<td>Peer Reviewed Publications</td>
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## CLINICAL ACTIVITIES AND TRAINING

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**Significant Publications**


Recent research shows that some children display a unique pattern of attentional difficulties that is not captured by ADHD. This cluster of attentional symptoms is referred to as “sluggish cognitive tempo” (SCT) and includes excessive daydreaming, confusion, seeming to be “in a fog,” and slowed behavior/thinking. This study provides initial support for children being able to rate on their own SCT symptoms and fills a gap in the measures currently available for assessing SCT. Importantly, children’s SCT ratings were significantly associated with several indicators of psychosocial functioning, including increased loneliness, lower self-esteem, and poorer emotion regulation.


Using reviews of over 1500 patient charts, this study demonstrated that community-based ADHD care is not consistent with evidence-based practice. Furthermore, variability in much of community-based ADHD care is unrelated to the provider suggesting that innovative, system-wide interventions are needed to improve ADHD care.


This is one of the first studies that identifies the trajectories of key clinical outcomes (functional disability and pain intensity) over the course of cognitive behavioral therapy (CBT) for management of pediatric chronic pain. It provides empirical evidence (to support widespread clinical lore) that functional improvements occur initially and more rapidly than changes in pain intensity over the course of CBT. This study has significant clinical implications for a rehabilitative focus for treating pediatric chronic pain, particularly the need to move and function despite the presence of pain symptoms.


Results of this review suggest that pediatric adherence-promotion interventions lack a common theoretical framework or a consistent language for describing intervention content, elements critical for intervention replication and dissemination. This article includes the adaptation of a standardized categorization system to describe pediatric adherence-promotion intervention content. Future use of this system has the potential to reduce variability in intervention development and reporting.

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**Division Publications**


33. Cushing CC, Peugh JL, Brode CS, Inge TH, Benoit SC, Zeller MH. Longitudinal trends in food cravings following...


64. Kazak AE, Schneider S, Didonato S, Pai AL. Family psychosocial risk screening guided by the Pediatric Psychosocial Preventative Health Model (PPPHM) using the Psychosocial Assessment Tool (PAT). *Acta Oncol.*


68. Langberg JM, Dvorsky MR, Kipperman KL, Moltor SJ, Eddy LD. Alcohol use longitudinally predicts adjustment and impairment in college students with ADHD: The role of executive functions. Psychol Addict Behav. 2015; 29:444-54.


92. Rood JE, Schultz JR, Rausch JR, Modi AC. Examining perceived stigma of children with newly-diagnosed


103. Spiel CF, Evans SW, Langberg JM. *Evaluating the content of Individualized Education Programs and 504 Plans of young adolescents with attention deficit/hyperactivity disorder.* *Sch Psychol Q.* 2014; 29:452-68.


**Faculty, Staff, and Trainees**

**Faculty Members**

*Lori J. Stark, PhD*, Professor
- **Leadership** Division Director; Associate Chair for Finance; Arnold W. Strauss Endowed Chair for Mentoring
- **Research Interests** The use of behavioral interventions to improve health and nutritional outcomes of children with chronic conditions including cystic fibrosis and obesity.

*Robert T. Ammerman, PhD*, Professor
- **Leadership** Scientific Director, Every Child Succeeds; Cincinnati Children's Research Foundation Endowed Chair
- **Research Interests** Development of early childhood preventive interventions to promote optimal child development and reduce negative behavioral and health outcomes.

*Cynthia Austin, PhD*, Assistant Professor
- **Research Interests** Traumatic brain injury; process, outcomes, and parent satisfaction with pediatric neuropsychological assessment.

*Katherine Baum, PhD*, Assistant Professor
- **Research Interests** Standardizing clinical care for patients with acute and chronic medical and neurological conditions, with a focus on oncological and hematological disorders; identifying risk and resiliency factors that predict outcomes in these patient populations.

*Sarah Beal, PhD*, Assistant Professor
- **Research Interests** Understanding mechanisms that shape the health and development of adolescents and young adults in high-risk social groups, including those in foster care.

*Stephen Becker, PhD*, Instructor
- **Research Interests** Understanding the development, consequences, and treatment implications of comorbidity among youth with ADHD, with a specific interest in sluggish cognitive tempo (SCT), internalizing symptoms (anxiety/depression), and sleep problems.
Dean Beebe, PhD, Professor
  Leadership Director, Neuropsychology Program
  Research Interests Investigating the effects of pediatric sleep problems on health, safety, and daytime cognitive, behavioral, emotional, and neurological functioning.

Heather Bensman, PsyD, Assistant Professor
  Research Interests The assessment and treatment of children and adolescents who have experienced trauma (e.g., physical/sexual abuse, neglect, domestic violence)

Kelly Byars, PsyD, Professor
  Research Interests The assessment and treatment of pediatric sleep disorders.

Heather Ciesielski, PhD, Assistant Professor
  Research Interests Assessment and treatment of attention deficit/hyperactivity disorder and related issues; bioethics.

Sandra Cortina, PhD, Assistant Professor
  Research Interests Understanding and improving adherence to treatment in pediatric chronic illness.

Lori Crosby, PsyD, Professor
  Leadership Co-Director, Innovations in Community Research; Director, Training CCTST Community Engagement Core
  Research Interests Understanding the impact of psychosocial factors on sickle cell disease, treatment adherence and self-management, the transition to adult care, health outcomes, community-based research, and health disparities.

Natoshia Cunningham, PhD,
  Research Interests Understanding the co-occurrence of anxiety in youth with chronic pain in relation to impairment and behavioral treatment response; developing and testing tailored behavioral interventions to enhance outcomes for youth with chronic pain.

Dennis Drotar, PhD, Professor
  Research Interests Understanding and improving adherence to treatment in pediatric chronic illness.

Jeffrey N. Epstein, PhD, Professor
  Leadership Director, Center for ADHD; Cincinnati Children's Research Foundation Endowed Chair
  Research Interests Improving health and behavioral outcomes of children with ADHD through development and dissemination of evidence-based treatments.

Michelle Ernst, PhD, Associate Professor
  Research Interests Increasing access to evidence-based treatments, psychosocial correlates of cardiovascular disease, disorders of sexual development.

Stephanie (Spear) Filigno, PhD, Assistant Professor
  Research Interests Develop, test, disseminate family-based interventions with early intervention focus to improve outcomes in cystic fibrosis patients and obese preschoolers; quality improvement, psychosocial risk assessment and improved mental health outcomes in CF.

Melissa Gerstle, PhD, Assistant Professor
  Research Interests Neuropsychological sequelae of chronic medical illness in pediatric populations.

Shanna Guilfoyle, PhD, Assistant Professor
  Leadership Training Director, O'Grady Residency in Psychology
  Research Interests Focus on the psychological comorbidities associated with pediatric epilepsy and how the family context (i.e., including factors at the patient, parent, and family levels) can optimize epilepsy management; understanding how family functioning impacts treatment adherence and management across various pediatric chronic health conditions.

Kevin Hommel, PhD, Associate Professor
Leadership  Director, Center for Health Technology Research; Director, Divisional Data Core

Research Interests  Use of technology to improve disease management and health outcomes in pediatric chronic conditions, particularly inflammatory bowel disease; self-management and adherence assessment and intervention; design and evaluation of behavioral treatment protocols for treatment nonadherence.

Naomi Joffe, PhD, Assistant Professor
Research Interests  Adherence/self-management and coping among patients with sickle cell disease and patients undergoing bone marrow transplant.

Katherine Junger, PhD, Assistant Professor
Research Interests  Clinical effectiveness of pediatric psychology interventions within the epilepsy population.

Susmita Kashikar-Zuck, PhD, Professor
Leadership  Research Director; Cincinnati Children’s Research Foundation Endowed Chair
Research Interests  Psychosocial issues in pediatric pain, long term physical and psychosocial outcomes of youth with chronic pain as they transition to young adulthood, clinical trials of combined behavioral and exercise interventions for chronic musculoskeletal pain.

Jessica Kichler, PhD, Associate Professor
Leadership  Clinical Lead
Research Interests  Improving child and family adjustment, coping, and adherence as well as understanding psychosocial outcomes associated with chronic illness, including diabetes.

Joshua Langberg, PhD, Adjunct
Research Interests  Development of effective treatments for adolescents with ADHD.

Richard E. A. Loren, PhD, Assistant Professor
Leadership  Clinical Director Center for ADHD
Research Interests  Measuring impact of group-based behavioral parent training on functional impairment of children with ADHD; develop and disseminate group-based behavioral parent training to reduce negative impact of ADHD; quality improvement for ADHD service delivery

Anne Lynch-Jordan, PhD, Associate Professor
Leadership  Clinical Lead, BMCP Outpatient Behavioral Pain Management Service
Research Interests  Understanding the role of pain expression in the pediatric pain experience; investigating parenting factors and family dynamics surrounding chronic pain; collecting and improving clinical outcomes in behavioral pain management.

Abigail Matthews, PhD, Assistant Professor
Leadership  Associate Director, Eating Disorders Program
Research Interests  Clinical effectiveness of brief family-based interventions in eating disorders in inpatient medical care; sibling well-being in families of children with eating disorders; impact of illness perceptions in anorexia on symptom severity and outcomes.

Meghan McGrady, PhD, Assistant Professor
Research Interests  Understanding and targeting the medication adherence decision-making process among adolescents and young adults with cancer; quantifying the economic impact of non-adherence.

Michael Mellon, PhD, Professor
Research Interests  Measuring the effectiveness of acceptance and commitment therapy for children who have inflammatory bowel disease and their parents.

Erica (Pearl) Messer, PsyD, Assistant Professor
Research Interests  Training and disseminating evidence-based interventions for children exposed to trauma and violence; parent child interaction therapy for children at risk for abuse.

Monica J. Mitchell, PhD, Professor
Leadership  Senior Director, Community Relations; Co-Director, INNOVATIONS in Community Research
**Research Interests** To develop culturally-appropriate, family-based interventions and community-based interventions to improve health outcomes in children.

**Avani C. Modi, PhD**, Associate Professor

Leadership: Director, Center for Treatment Adherence and Self-Management; Co-Director, New Onset Seizure Clinic in Neurology

**Research Interests** Adherence to medical regimens for children with epilepsy and its impact on health outcomes; patient-reported outcomes in pediatric chronic illnesses; dissemination of adherence assessment and intervention in clinic-based settings.

**Jennie G. Noll, PhD**, Adjunct

**Research Interests** Understanding long-term bio-psycho-social sequelae of childhood abuse, high-risk internet and social media behaviors for at-risk teens.

**Lisa Opipari-Arrigan, PhD**, Associate Professor

**Research Interests** Development and implementation of interventions to optimize co-production of healthcare, development and implementation of mobile health applications linked to care management.

**Ahna Pai, PhD**, Associate Professor

Leadership: Director, Patient and Family Wellness Center in the CBDI

**Research Interests** Understanding factors that influence and determining methods to improve treatment adherence to pediatric oncology and hematopoietic stem cell and solid organ transplant regimens.

**James Peugh, PhD**, Associate Professor

**Research Interests** Monte Carlo simulation methods to test the efficacy of various latent variable mixture models.

**Carrie Piazza-Waggoner, PhD**, Associate Professor

Leadership: Director, BMCP Consultation-Liaison Service

**Research Interests** Understanding the impact of family functioning and chronic illness outcomes.

**Scott Powers, PhD**, Professor

Leadership: Director of Clinical and Translational Research; Director, Center for Child Behavior and Nutrition Research and Training; Co-Director, The Headache Center; Cincinnati Children’s Research Foundation Endowed Chair

**Research Interests** Three primary foci: child behavior and nutrition, pediatric pain/headache, and clinical trials

**Megan B. Ratcliff, PhD**, Assistant Professor

**Research Interests** Understanding child and family motivation for and engagement in various types of overweight/obesity treatment including behavioral weight management and bariatric surgery; motivational interviewing.

**Joseph Rausch, PhD**, Associate Professor

**Research Interests** Longitudinal data analysis, analysis of randomized clinical trials, adherence to treatment regimens.

**Janet R. Schultz, PhD**, Adjunct

**Research Interests** Craniofacial anomalies.

**Chad Shenk, PhD**, Adjunct

**Research Interests** Psychological and biological responses to severe and chronic stress, namely childhood maltreatment; evaluating prevention and intervention programs that facilitate coping with traumatic events.

**Shalonda Slater, PhD**, Assistant Professor

**Research Interests** Ensuring the psychological well-being of children under consideration for organ transplantation and children with chronic pain conditions.

**Leanne Tamm, PhD**, Associate Professor

Leadership: Director of the Clinical Research Enhancement Outcomes (CORE) program

**Research Interests** Numerous aspects of the functioning of children with ADHD including brain-behavior
relationships, executive function, efficacy of treatment, and prevention/early intervention.

Aimee Thompson, PsyD, Assistant Professor
Research Interests Psychosocial hematology/oncology, clinical effectiveness of pediatric psychology interventions within the pediatric hematology/oncology population; adolescent and young adult oncology.

Aaron Vaughn, PhD, Assistant Professor
Leadership Director, ADHD Summer Treatment Program; Associate Training Director, O'Grady Residency in Psychology
Research Interests The assessment and treatment of ADHD including better understanding of the social, academic, and behavioral impairments exhibited by children and adolescents with attention-deficit/hyperactivity disorder (ADHD) from a developmental psychopathology perspective.

Nicolay Walz, PhD, Associate Professor
Research Interests Understanding and improving child and family outcomes following traumatic brain injury.

Sara Williams, PhD, Assistant Professor
Leadership Clinical Director, Functional Independence Restoration Program for Chronic Pain Rehabilitation
Research Interests Psychosocial factors affecting pediatric chronic pain; parent-child interaction; collecting and improving outcomes for inpatient pediatric pain rehabilitation.

Meg Zeller, PhD, Professor
Leadership Co-Director, Center for Child Behavior and Nutrition; Director, Psychology Fellowship Training
Research Interests Psychosocial correlates of pediatric obesity; psychosocial health and risks of adolescent severe obesity and adolescent bariatric surgery outcomes.

Joint Appointment Faculty Members

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

Sian Cotton, PhD, Associate Professor (UC Center for Integrative Health and Wellness)
Research Interests Complementary and integrative health approaches.

Clinical Staff Members
- Rebecca Apseloff, PsyD
- Lydia Barhight, PhD
- Anne Bradley, PhD
- James Brewer, EdD
- Rebecca Brewer, PhD
- Joanne Carey, PsyD
- Teri Caudill, PsyD
- Eileen Chaves, PhD
- Sanford Chertock, PhD
- Jennifer Creedon, PhD
- Jessica Cyran, PhD
• Kristine Huiet, PhD
• Brenna LeJeune, PhD
• Patricia Logan, PhD
• Wendi Lopez, PsyD
• Jessica McClure, PsyD, Clinical Director
• Lynne Merk, PhD
• James Myers, PhD, Lead Satellite Psychologist
• Robert Nestheide, PhD
• Irina Parkins, PhD
• Jonathan Perle, PhD
• S. Rachelle Plummer, PsyD
• Tara Proano-Raps, PsyD
• Angela Roddenberry-Vaz, PhD
• Grace Shelby, PhD
• William Sirbu, PhD
• Beverly Smolyansky, PhD, QI Lead Psychologist
• Julie Tiemeier-Bemerer, PsyD
• Christian von Thomsen, PsyD
• Nicole Zahka, PhD

Trainees
• Jennifer Becnel, PhD, PL-2, Arizona State University, Tempe, AZ
• Cassie Brode, PhD, PL-2, Virginia Commonwealth University, Richmond, VA
• Pamela Counts, PsyD, PL-1, Pepperdine University, Malibu, California
• Annie Garner, PhD, PL-3, University of Alabama at Birmingham, Birmingham, AL
• Marissa Gowey, PhD, PL-0, University of Florida, Gainesville, FL
• Sarah Haas, PhD, PL-0, University at Buffalo, Buffalo, NY
• Margaret Hudepohl, PHD, PL-2, Georgia State University, Atlanta, GA
• Jennifer Lee, PHD, PL-0, University of Georgia. Athens GA
• Kristin Loiselle, PhD, PL-1, University of Georgia, Athens, GA
• Shannon Looney, PhD, PL-2, University of Tennessee, Knoxville, TN
• MaryBeth McCullough, PhD, PL-1, Suffolk University, Boston, MA
• **Claire Peterson, PhD**, PL-1, University of Georgia, Athens, GA
• **Rachelle Ramsey, PhD**, PL-1, Oklahoma State University, Stillwater, OK
• **Jamie Ryan, PhD**, PL-2, Oklahoma State University, Stillwater, OK
• **Cathleen Stough, PhD**, PL-0, University of Kansas, Lawrence, KS
• **Lauren Szulczewski, PhD**, PL-1, Xavier University, Cincinnati, OH
• **Angelique Teeters, PhD**, PL-3, Xavier University, Cincinnati, OH
• **Susan Tran, PsyD**, PL-1, University of Wisconsin, Milwaukee, WI
• **Justin Williams, PhD**, PL-0, Georgia State University, Atlanta, GA

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### Grants, Contracts, and Industry Agreements

#### Grant and Contract Awards

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<td>Engaging Fathers in Home Visitation: Incorporation of a Co-Parenting Intervention</td>
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<td>Sleep Restriction and the Adolescent Diet: Impact and Mechanisms</td>
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<td>Deficient Sleep Lung Function, And Functional Outcomes In Adolescents With Asthma</td>
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<td>National Institutes of Health (Pennsylvania State University)</td>
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<td>Patient-Provider Interventions to Improve Transition to Adult Care in SCD</td>
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<td>Stepped Care Approach for Delivering CBT to Youth with Functional Abdominal Pain</td>
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<td>Hommel, K</td>
<td>Development of the Self-Management Transition Enhancement Program (STEP)</td>
<td>Crohn's &amp; Colitis Foundation of America</td>
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<td>Telehealth Enhancement of Adherence to Medication in Pediatric IBD (TEAM Study)</td>
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<td>Kashikar-Zuck, S</td>
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<td>Fibromyalgia Integrative Training Program for Teens (FIT Teens)</td>
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<td>Randomized Clinical Trial of FIT Teens for Juvenile Fibromyalgia (JFM)</td>
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<td>Messer, E</td>
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<td>Modi, A</td>
<td>Supporting Treatment Adherence Regimens in Pediatric Epilepsy: The STAR Trial</td>
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<td>Noll, J</td>
<td>Abused and Non-abused Females High Risk Online Behaviors: Impact on Development</td>
<td>National Institutes of Health</td>
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<td>A Clinic-Based Interdisciplinary Intervention for Parents of Children with Cancer</td>
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<td>NonAdherence: Undermining Health Outcomes in Pediatric HSCT?</td>
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<td>Amitriptyline and Topiramate in the Prevention of Childhood Migraine</td>
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<td>Clinic and Home Family Based Behavioral Treatment for Obese Preschoolers: LAUNCH</td>
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<td>Improving Self-Regulation and School Readiness in Preschoolers</td>
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<td>Tracking Adolescents After Bariatric Surgery: Substance, HIV and Suicide Risks</td>
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### Industry Contracts

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<tr>
<td>Somers, M</td>
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| Current Year Direct Receipts | $19,250 |

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<th>Total</th>
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Preschoolers With CF Benefit When Parents Learn to Optimally Address Behavioral and Nutritional Needs

PUBLISHED MAY 4, 2015

JAMA Pediatrics

Researchers in the Division of Behavioral Medicine and Clinical Psychology have discovered that in-person and telephone intervention programs designed for parents of preschool children with cystic fibrosis (CF) can help the children improve their eating habits and daily calorie intake—a major challenge in meeting the important nutritional needs and critical growth milestones known to improve their survival into adolescence.

Parents who participated in the behavior- and nutrition-focused sessions for six months learned about food records, mealtime behaviors, energy intake goals, snacking, directed praise of the child when eating, strategies for introducing new foods and other tactics to help their children meet their daily calorie needs and the specific enzyme/nutritional demands of CF, a chronic respiratory disease.

The children’s food intake increased by 485 calories a day and met 140 percent of the dietary recommendations for an active preschool child, according to the May 4, 2015, study in JAMA Pediatrics. Children whose parents participated in the program also experienced increases in scores for height milestones, but not weight, according to the multi-center study led by Scott Powers, PhD, ABPP. The study, involving parents of 78 children from seven CF centers across the United States (including Cincinnati Children’s), compared results from the behavior-nutritional intervention program against a control group of parents who received basic education about their children’s nutritional and enzyme needs, respiratory control, growth milestones and child safety.

“Our most important findings are that clinical trials can be successfully executed in this age range across multiple centers, and that intervention has an impact on change in growth in this age group,” says Powers. “Our hope is that this type of evidence will become part of routine care and be incorporated into the new CF Foundation Preschool Care Guidelines to be used by CF centers in the U.S.”

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Preschool children with cystic fibrosis experienced a mean increase in caloric intake of 485 calories per day after their parents participated in behavior- and nutrition-focused intervention sessions for six months and demonstrated greater change in height than the control group, according a study published May 4, 2015, in *JAMA Pediatrics*.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Baseline</th>
<th>Post-treatment</th>
<th>Change</th>
<th>Baseline</th>
<th>Post-treatment</th>
<th>Change</th>
<th>Group Mean Difference in Change (95% CI)</th>
<th>P Value</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Behavioral &amp; Nutritional Treatment (n = 36)</strong></td>
<td></td>
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<tr>
<td>Energy intake, kcal/d&lt;sup&gt;a&lt;/sup&gt;</td>
<td>1462 (330)</td>
<td>1947 (459)</td>
<td>485 (335)</td>
<td>1461 (332)</td>
<td>1529 (387)</td>
<td>58 (248)</td>
<td>431 (282 to 581)</td>
<td>&lt; .001</td>
</tr>
<tr>
<td>Weight z score&lt;sup&gt;b&lt;/sup&gt;</td>
<td>-0.36 (0.75)</td>
<td>-0.24 (0.76)</td>
<td>0.12 (0.40)</td>
<td>0.51 (0.85)</td>
<td>-0.45 (0.77)</td>
<td>0.06 (0.32)</td>
<td>0.09 (-0.6 to 0.24)</td>
<td>.25</td>
</tr>
<tr>
<td>Height z score</td>
<td>-0.39 (0.85)</td>
<td>-0.30 (0.88)</td>
<td>0.09 (0.26)</td>
<td>-0.69 (0.82)</td>
<td>-0.71 (0.86)</td>
<td>-0.02 (0.32)</td>
<td>0.14 (0.001 to 0.27)</td>
<td>.049</td>
</tr>
<tr>
<td>Energy intake, kcal/d&lt;sup&gt;c&lt;/sup&gt;</td>
<td>1462 (330)</td>
<td>1960 (440)</td>
<td>545 (504)</td>
<td>1461 (332)</td>
<td>1739 (416)</td>
<td>227 (429)</td>
<td>239 (33 to 444)</td>
<td>.02</td>
</tr>
<tr>
<td>Weight z score&lt;sup&gt;c&lt;/sup&gt;</td>
<td>-0.36 (0.75)</td>
<td>-0.22 (0.83)</td>
<td>0.15 (0.48)</td>
<td>-0.51 (0.85)</td>
<td>-0.40 (0.96)</td>
<td>0.11 (0.62)</td>
<td>0.07 (-0.19 to 0.32)</td>
<td>.61</td>
</tr>
</tbody>
</table>

<sup>a</sup> All change variables are calculated as change from baseline. All group mean differences in change account for missing data using maximum likelihood estimation, when necessary, and are model based, which yields an adjusted difference, controlling for covariates. Least-square estimation was used when no missing data were present (this approach is equivalent to maximum likelihood for our models in this special case).

<sup>b</sup> At baseline, the mean (SD) energy intake met 110% (26%) of the estimated energy requirement benchmark (mean [SD], 106% [20%] for the behavioral and nutritional treatment group and 113% [30%] for the education and attention control treatment group); posttreatment mean (SD) energy intake met 129% (31%) of the estimated energy requirement benchmark overall (mean [SD], 142% [27%] for the behavioral and nutritional treatment group and 117% [30%] for the education and attention control group); follow-up mean (SD) energy intake met 139% (41%) of the estimated energy requirement benchmark overall (145% [42%] for the behavioral and nutritional treatment group and 134% [40%] for the education and attention control treatment group).

<sup>c</sup> Tests were post hoc exploratory comparisons.