

Behavioral Medicine and Clinical Psychology

RESEARCH AND TRAINING DETAILS



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Faculty	50
Joint Appointment Faculty	2
Research Fellows	11
Research Students	63
Support Personnel	62
Direct Annual Grant Support	\$7,230,814
Direct Annual Industry Support	\$19,250
Peer Reviewed Publications	114

CLINICAL ACTIVITIES AND TRAINING

Clinical Staff	45
Staff Physicians	30
Clinical Fellows	3
Clinical Students	5
Other Students	35
Inpatient Encounters	4,770
Outpatient Encounters	43,700

Significant Publications

Becker SP, Luebke AM, Joyce AM. **The Child Concentration Inventory (CCI): Initial Validation of a Child Self-Report Measure of Sluggish Cognitive Tempo.** *Psychol Assess.* 2015 Sep;27(3):1037-52.

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.

Epstein JN, Kelleher KJ, Baum R, Brinkman WB, **Peugh J**, Gardner W, Lichenstein P, Langberg J. **Variability in ADHD care in community-based pediatrics.** *Pediatrics.* 2014 Dec;134(6):1136-43.

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.

Lynch-Jordan AM, Sil S, **Peugh J**, **Cunningham N**, **Kashikar-Zuck S**, Goldschneider KR. **Differential changes in functional disability and pain intensity over the course of psychological treatment for children with chronic pain.** *PAIN.* 2014 Oct;155(10):1955-61.

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.

McGrady ME, Ran JL, Brown GA, Cushing CC. **Topical Review: Theoretical Frameworks in Pediatric Adherence-Promotion Interventions: Research Findings and Methodological Implications.** *J Pediatr Psychol.* 2015 Sep;40(8):721-6

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.

Division Publications

1. Ammerman RT, Altaye M, Putnam FW, Teeters AR, Zou Y, Van Ginkel JB. **Depression improvement and parenting in low-income mothers in home visiting.** *Arch Womens Ment Health.* 2015; 18:555-63.
2. Aylward BS, Rausch JR, Modi AC. **An examination of 1-year adherence and persistence rates to antiepileptic medication in children with newly diagnosed epilepsy.** *J Pediatr Psychol.* 2015; 40:66-74.

3. Beal SJ, Crockett LJ. **Adolescents' Occupational and Educational Aspirations and Expectations: Links in High School Activities and Adult Education Attainment.** In: AT Vazsonyi, ed. *Adolescence: Biological Processes, Puberty, and Brain Development.* Washington D.C.: SAGE Publications; Jun 2015.
4. Beal SJ, Dorn LD, Sucharew HJ, Sontag-Padilla L, Pabst S, Hillman J. **Characterizing the longitudinal relations between depressive and menstrual symptoms in adolescent girls.** *Psychosom Med.* 2014; 76:547-54.
5. Beal SJ, Hillman J, Dorn LD, Out D, Pabst S. **Associations between the prenatal environment and cardiovascular risk factors in adolescent girls: Internalizing and externalizing behavior symptoms as mediators.** *Child Health Care.* 2015; 44:17-39.
6. Beal SJ, Negriff S, Dorn LD, Pabst S, Schulenberg J. **Longitudinal associations between smoking and depressive symptoms among adolescent girls.** *Prev Sci.* 2014; 15:506-15.
7. Beal SJ, Nye A, Marraccini A, Biro FM. **Evaluation of readiness to transfer to adult healthcare: What about the well adolescent?.** *Healthcare.* 2014; 2:225-231.
8. Beal SJ, Nye A, Shoreman J, Thornton D, Woodward J. **Implementing Healthcare Transition in Clinical Practice.** In: C Holland-Hall, PK Braverman, eds. *AM:STARs: Hot Topics in Adolescent Health, Vol. 25, No. 2.* Elk Grove, IL: American Academy of Pediatrics; 2014:425-437.
9. Beal SJ, Wingrove T, Weisz V. **Judicial case management in predicting length of stay in foster care.** *Children and Youth Services Review.* 2014; 44:16-19.
10. Becker SP. **Sluggish cognitive tempo and peer functioning in school-aged children: a six-month longitudinal study.** *Psychiatry Res.* 2014; 217:72-8.
11. Becker SP. **External validity of children's self-reported sleep functioning: associations with academic, social, and behavioral adjustment.** *Sleep Med.* 2014; 15:1094-100.
12. Becker SP, Ciesielski HA, Rood JE, Froehlich TE, Garner AA, Tamm L, Epstein JN. **Uncovering a clinical portrait of sluggish cognitive tempo within an evaluation for attention-deficit/hyperactivity disorder: A case study.** *Clin Child Psychol Psychiatry.* 2014; .
13. Becker SP, Langberg JM, Byars KC. **Advancing a biopsychosocial and contextual model of sleep in adolescence: a review and introduction to the special issue.** *J Youth Adolesc.* 2015; 44:239-70.
14. Becker SP, Langberg JM, Evans SW. **Sleep problems predict comorbid externalizing behaviors and depression in young adolescents with attention-deficit/hyperactivity disorder.** *Eur Child Adolesc Psychiatry.* 2014; .
15. Becker SP, Langberg JM, Evans SW, Girio-Herrera E, Vaughn AJ. **Differentiating Anxiety and Depression in Relation to the Social Functioning of Young Adolescents With ADHD.** *J Clin Child Adolesc Psychol.* 2014; :1-15.
16. Becker SP, Luebbe AM, Joyce AM. **The Child Concentration Inventory (CCI): Initial Validation of a Child Self-Report Measure of Sluggish Cognitive Tempo.** *Psychol Assess.* 2015; 999.
17. Becker SP, Luebbe AM, Langberg JM. **Attention-deficit/hyperactivity disorder dimensions and sluggish cognitive tempo symptoms in relation to college students' sleep functioning.** *Child Psychiatry Hum Dev.* 2014; 45:675-85.
18. Becker SP, Paternite CE, Evans SW. **Special Educators' Conceptualizations of Emotional Disturbance and Educational Placement Decision Making for Middle and High School Students.** *School Mental Health.* 2014; 6:163-174.

19. Becker SP, Ramsey RR, Byars KC. **Convergent validity of the Child Behavior Checklist sleep items with validated sleep measures and sleep disorder diagnoses in children and adolescents referred to a sleep disorders center.** *Sleep Med.* 2015; 16:79-86.
20. Berlin KS, Hains AA, Kamody RC, Kichler JC, Davies WH. **Differentiating peer and friend social information-processing effects on stress and glycemic control among youth with type 1 diabetes.** *J Pediatr Psychol.* 2015; 40:492-9.
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Roux-en-Y gastric bypass in an adolescent sample. *Surg Obes Relat Dis.* 2015; 11:14-8.

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 111. Wojtowicz AA, Greenley RN, Gumidyala AP, Rosen A, Williams SE. **Pain severity and pain catastrophizing predict functional disability in youth with inflammatory bowel disease.** *J Crohns Colitis.* 2014; 8:1118-24.
 112. Woodson KD, Thakkar S, Burbage M, Kichler J, Nabors L. **Children with chronic illnesses: factors influencing family hardiness.** *Issues Compr Pediatr Nurs.* 2015; 38:57-69.
 113. Wu YP, Rausch J, Rohan JM, Hood KK, Pendley JS, Delamater A, Drotar D. **Autonomy support and responsibility-sharing predict blood glucose monitoring frequency among youth with diabetes.** *Health Psychol.* 2014; 33:1224-31.
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-

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 in 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 Opiari-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

Grants, Contracts, and Industry Agreements

Grant and Contract Awards

Annual Direct

Ammerman, R

Engaging Fathers in Home Visitation: Incorporation of a Co-Parenting Intervention

National Institutes of Health

R01 HD069431	8/10/2012-6/30/2017	\$387,040
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Treatment of Maternal Depression in Home Visitation

National Institutes of Health

R01 MH087499	8/15/2010-6/30/2015	\$290,528
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Beebe, D

Sleep Restriction and the Adolescent Diet: Impact and Mechanisms

National Institutes of Health

R01 HL120879	9/1/2014-6/30/2018	\$297,586
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Sleepy Teens as Novice Drivers (STAND): Does Better Sleep Improve Adolescent Driving Skills?

Ohio Department of Public Safety

	9/4/2014-6/30/2015	\$50,000
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Deficient Sleep Lung Function, And Functional Outcomes In Adolescents With Asthma

National Institutes of Health (National Jewish Health)

R01 HL119441	11/17/2014-10/31/2018	\$11,682
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Bensman, H

Health & Wellbeing of Sexually Abused Females and Offspring: 25 and 27 Yr Followup

National Institutes of Health (Pennsylvania State University)

R01 HD072468

8/15/2013-1/31/2017

\$61,166

Crosby, L

Patient-Provider Interventions to Improve Transition to Adult Care in SCD

National Institutes of Health

K07 HL108720

8/18/2011-7/31/2015

\$351,340

Cunningham, N

Stepped Care Approach for Delivering CBT to Youth with Functional Abdominal Pain

American Pain Society

4/1/2015-5/20/2017

\$35,000

Drotar, D

Self-Management of Type 1 Diabetes During Adolescence

National Institutes of Health

R01 DK069486

7/1/2013-6/30/2018

\$486,416

Hommel, K

Development of the Self-Management Transition Enhancement Program (STEP)

Crohn's & Colitis Foundation of America

10/1/2013-9/30/2016

\$90,000

Telehealth Enhancement of Adherence to Medication in Pediatric IBD (TEAM Study)

National Institutes of Health

R01 HD067174

8/1/2011-7/31/2016

\$390,748

Self-Management Assistance for Recommended Treatment (SMART) Portal

National Institutes of Health

R21 HD074842

7/5/2013-6/30/2015

\$97,200

Enhancing Treatment Adherence

National Institutes of Health

T32 HD068223

5/1/2012-4/30/2017

\$223,683

Kashikar-Zuck, S**Behavioral Interventions and Long-Term Outcomes in Juvenile Fibromyalgia Syndrome**

National Institutes of Health

K24 AR056687 8/1/2014-7/31/2019 \$154,729

Fibromyalgia Integrative Training Program for Teens (FIT Teens)

National Institutes of Health

R21 AR063412 9/20/2013-8/31/2015 \$106,250

Randomized Clinical Trial of FIT Teens for Juvenile Fibromyalgia (JFM)

National Institutes of Health

U34 AR067978 4/13/2015-3/31/2016 \$237,227

Messer, E**Training of Marine Corps Therapists in PCIT and CARE**

Department of Defense

9/21/2011-9/30/2015 \$6,299

Modi, A**Supporting Treatment Adherence Regimens in Pediatric Epilepsy: The STAR Trial**

National Institutes of Health

R01 HD073115 4/1/2013-3/31/2018 \$359,827

Noll, J**Abused and Non-abused Females High Risk Online Behaviors: Impact on Development**

National Institutes of Health

R01 HD073130 8/10/2012-6/30/2017 \$380,498

Pai, A**Teen Adherence in Kidney Transplant: Effectiveness of an Intervention Trial (TAKE IT)**

National Institutes of Health (The Research Institute of McGill University)

R01 DK092977 9/1/2011-05/31/16 \$50,200

A Clinic-Based Interdisciplinary Intervention for Parents of Children with Cancer

National Institutes of Health

R01 NR014248 9/26/2014-7/31/2019 \$491,622

NonAdherence: Undermining Health Outcomes in Pediatric HSCT?

National Institutes of Health

R01 CA157460

03/01/2012-02/29/2018

\$126,677

Powers, S / Hershey, A

Amitriptyline and Topiramate in the Prevention of Childhood Migraine

National Institutes of Health

U01 NS076788

9/30/2011-8/31/2015

\$1,111,884

Powers, S / Zeller, M

Research Training in Child Behavior and Nutrition

National Institutes of Health

T32 DK063929

7/1/2013-6/30/2018

\$217,264

Stark, L

Clinic and Home Family Based Behavioral Treatment for Obese Preschoolers: LAUNCH

National Institutes of Health

R01 DK091251

9/20/2011-8/31/2016

\$406,543

Tamm, L

Improving Self-Regulation and School Readiness in Preschoolers

Brady Education Foundation

12/31/2014-12/30/2017

\$82,918

Executive Function/Metacognitive Training for At-Risk Preschoolers

National Institutes of Health

R34 MH095911

7/1/2012-6/30/2015

\$150,000

Zeller, M

Tracking Adolescents After Bariatric Surgery: Substance, HIV and Suicide Risks

National Institutes of Health

R01 DA033415

5/15/2012-4/30/2017

\$300,331

Adolescent Bariatric Surgery: Weight and Psychosocial Risk in Young Adulthood

National Institutes of Health

R01 DK080020

6/1/2014-5/31/2019

\$276,156

Current Year Direct

\$7,230,814

Industry Contracts

Somers, M

Vertex Pharmaceutical Inc.

\$19,250

Current Year Direct Receipts

\$19,250

Total

\$7,250,064

Preschoolers With CF Benefit When Parents Learn to Optimally Address Behavioral and Nutritional Needs



Scott Powers, PhD, ABPP

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.”

RESEARCH AND TRAINING DETAILS

Faculty	50
Joint Appointment Faculty	2
Research Fellows	11
Research Students	63
Support Personnel	62
Direct Annual Grant Support	\$7.2M
Direct Annual Industry Support	\$19,250
Peer Reviewed Publications	114

Powers SW, Stark LJ, Chamberlin LA, Filigno SS, Sullivan SM, Lemanek KL, Butcher JL, Driscoll KA, Daines CL, Brody AS, Schindler T, Konstan MW, McCoy KS, Nasr SZ, Castile RG, Acton JD, Wooldridge JL, Ksenich RA, Szczesniak RD, Rausch JR, Stallings VA, Zemel BS, Clancy JP. Behavioral and nutritional treatment for preschool-aged children with cystic fibrosis: a randomized clinical trial. *JAMA Pediatr.* 2015;169(5):e150636.

CHANGES IN ENERGY INTAKE, WEIGHT AND HEIGHT

Mean (SD)								
Variable	Behavioral & Nutritional Treatment (n = 36)			Education & Attention Control Treatment (n = 42)			Group Mean Difference in Change (95% CI)	P Value
	Baseline	Post-treatment	Change	Baseline	Post-treatment	Change		
Energy intake, kcal/d ^b	1462 (330)	1947 (459)	485 (335)	1461 (332)	1529 (387)	58 (248)	431 (282 to 581)	< .001
Weight z score	-0.36 (0.75)	-0.24 (0.76)	0.12 (0.40)	0.51 (0.85)	-0.45 (0.77)	0.06 (0.32)	0.09 (-0.6 to 0.24)	.25
	Baseline	Follow-up	Change	Baseline	Follow-up	Change		
Height z score	-0.39 (0.85)	-0.30 (0.88)	0.09 (0.26)	-0.69 (0.82)	-0.71 (0.86)	-0.02 (0.32)	0.14 (0.001 to 0.27)	.049
Energy intake, kcal/d ^{b, c}	1462 (330)	1960 (440)	545 (504)	1461 (332)	1739 (416)	227 (429)	239 (33 to 444)	.02
Weight z score ^c	-0.36 (0.75)	-0.22 (0.83)	0.15 (0.48)	-0.51 (0.85)	-0.40 (0.96)	0.11 (0.62)	0.07 (-0.19 to 0.32)	.61

^a 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).

^b 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).

^c Tests were post hoc exploratory comparisons.

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*.

“Our hope is that this type of evidence will become part of routine care.”