**Judith Tedlie Moskowitz, PhD, MPH**

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<http://www.moskowitzlab.com/>

**EDUCATION:**

1985 - 1986 The University of Wisconsin, Oshkosh

1989 B.A., Psychology, The College of Wooster, Wooster, OH

1993 Ph.D., Social Psychology, Dartmouth College, Hanover, NH

1994 M.P.H., Epidemiology, University of California, Berkeley

**ACADEMIC APPOINTEMENTS:**

7/1993 - 12/1994 Postdoctoral Fellow, Center for AIDS Prevention Studies,

University of California, San Francisco

Fall, 1996 Instructor, Methods of Social Research

Mills College, Department of Sociology, Oakland, CA

Fall, 1999 Instructor, Graduate Seminar in Stress and Coping

University of California Berkeley, Department of Social Welfare

Summer, 2001 Instructor, Health Psychology

University of California Berkeley, Department of Psychology

1/1995-8/2001 Assistant Research Psychologist/Specialist, Center for AIDS Prevention Studies, University of California, San Francisco

8/2001 – 7/2014 Faculty, Osher Center for Integrative Medicine,

University of California, San Francisco

12/2003 – 6/2009 Assistant to Associate Adjunct Professor, Department of Medicine,

University of California, San Francisco

7/2009 – 7/2013 Associate to Full Professor in Residence, Department of Medicine,

University of California, San Francisco

7/2013 – 7/2014 Professor in Residence, Department of Medicine,

University of California, San Francisco

7/2014- present Adjunct Professor

Department of Medicine, University of California, San Francisco

7/2014 – present Professor, Department of Medical Social Sciences,

Feinberg School of Medicine, Northwestern University, Chicago, IL

9/2015 – present Director of Research, Osher Center for Integrative Medicine

Northwestern University, Chicago, IL

4/2015 – present Director, Behavioral, Social, and Implementation Sciences Core

Third Coast Center for AIDS Research, Northwestern University

**OTHER EMPLOYMENT:**

2004-2014 Faculty, NIMH Psychology and Medicine postdoctoral program, UCSF

2006-2014 Faculty, NIMH Traineeship in AIDS Prevention Studies postdoctoral program, UCSF

2007-2014 Faculty, NCCAM Osher Center TRIM (T32) fellowship program, UCSF

2009-2014 Co-Director, NCCAM Osher Center TRIM (T32) fellowship program, UCSF

2011-2014 Core training faculty, NIMH Bay Area Predoctoral Training Consortium in Affective Science, UC Berkeley

2014 – present Member, Northwestern Feinberg School of Medicine

Mentor Development Academy

2014-present Faculty, Center for Behavioral Intervention Technologies,

Northwestern University

2015 – present Faculty, NCI T32 Behavioral and Psychosocial Research Training Program in Cancer Prevention and Control, Northwestern University

**HONORS AND AWARDS:**

7/1993 - 12/1994 NIMH Postdoctoral Fellowship in AIDS Prevention Studies

11/2000 – 7/2007 NIH Review committee Behavioral and Social Consequences of HIV

2001 Positive Psychology Summer Institute Scholar, Sea Ranch, CA

2006 UCSF-Coro Faculty Leadership Collaborative

2009 Inducted into the Oshkosh North High School Hall of Fame for significant contributions to local, state, or national quality of life

2010 External Review Committee, U Penn Masters Program in Applied Positive Psychology

2010-2014 Advisory Panel Member, Shobe Endowed Lectureship in Ethics and Spirituality

2014 Steering Committee, American Psychological Association Office of AIDS Cyber Mentor Program

2017 Elected member of the Association of Behavioral Medicine Research (ABMR)

**GOVERNMENT AND OTHER PROFESSIONAL SERVICE:**

**2000** Reviewer, NIH Role of Family in Preventing and Adapting to HIV

**2000** Reviewer, NIH Behavioral and Biobehavioral Processes Predoctoral Fellowships

**2000-2007** Reviewer, NIH Behavioral and Social Consequences of HIV/AIDS

**2006-2007** Reviewer, NCCAM Training and Education Review

**2009** Reviewer, ARRA R15 Review

**2009** Reviewer, ARRA Challenge Grants, first round reviews

**2011** Participant, National Cancer Institute Affective Sciences Workgroup

**2013, 2015** Reviewer (guest), NIH Behavioral and Social Consequences of HIV/AIDS

**2016** External Peer Reviewer, National Health and Medical Research Council,

Australia

**DEPARTMENT AND CAMPUS-WIDE SERVICE**

**2001** UCSFCenter for AIDS Prevention Studies Executive Committee Member

**2002-2003** UCSF Mount Zion Research Fund Osher Center Review Committee

**2004-2011** UCSFCo-Director Osher Center Monthly Research Presentations

**2006-2011** Member, UCSF Academic Senate Committee on Research,

Vice Chair, 2010-2011

**2007 - 2011** UCSF Chancellor's Council on Faculty Life (CCFL)

• ChairCCFL Faculty Wellness Subcommittee, Co-chair faculty compensation committee; member leadership subcommittee;

**•** UCSF-Coro Faculty Leadership Collaborative Selection Committee

**2010-2012** Member, UCSF Research Allocation Program (RAP) Clinical HIV Review Committee

**2010-present** UCSF Chancellor’s workgroup on employee wellness: Living Well

**2011-2012** Chair, UCSF Academic Senate Committee on Research

**2011-2014** Member, UCSF Research Advisory Board, Advises Provost

**2012-2014** Chair, UCSF Resource Allocation Program Behavioral and Social Sciences Grant Review Committee

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| **2012 - 2014** | University of California Academic Senate  University Committee on Research Policy | UCSF Representative |

**2012-2014** Search Committee for UCSF Human Research Protection Program Associate Director

**2013-2014** UCSFClinical and Outcomes Research Search Committee

* Subcommittee responsible for conducting searches for the next 6 faculty proposed for an in-residence or ladder-rank position in clinical or outcomes research

**2016** Chair, Tenure-Eligible Faculty Search Committee, Medical Social Sciences,

Northwestern University

**2016** Chair, Team Scientist Faculty Search Committee, Medical Social Sciences,

Northwestern University

**2016** Committee Member, Center for AIDS Research Methodologist, Team

Scientist Faculty Search, Northwestern University

**PUBLIC SERVICE**

**2009** Rooftop Alternative School PTA presentation on student and parent stress

**2009-present** Brainstrom Foundation, an educational nonprofit http://www.brainstormfoundation.org/brainstorm\_foundation.html

Advisory Board Member

**2010** Lowell High School Teacher ½ day Professional Development Workshop on positive emotion and coping with stress

**2010** San Francisco Unified School District Student Support Personnel Professional Development Workshop on positive emotion and stress

**2011** Brandeis Hillel Day School Teacher Professional Development Workshop

**2011** Lowell High School Parent-Teacher-Student Association presentation on teens and stress

**2013-2014** Relavo.com http://www.relavo.com/advisory-board/

Advisory Board Member

**TEACHING & MENTORING**

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| 1992 | Introductory Statistics, instructor | Dartmouth College, Hanover, NH |

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| 1996 | Methods of Social Research, instructor | Mills College, Oakland, CA |

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| 1997 | Postdoc Seminar in Models of Coping Effectiveness | University of California, San Francisco |
| 1999 | Graduate Seminar in Stress and Coping | University of California, Berkeley |

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| 2001 | Health Psychology instructor | University of California, Berkeley |

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| 2004-2012 | Psychology and Medicine Postdoctoral Lectures | University of California, San Francisco |

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| 2005-2007,  2010-2011 | Mentor for high school summer interns | University of California, San Francisco |
| 2008-2014 | Research in Integrative Medicine Postdoctoral seminars | University of California, San Francisco |
| 2010-2015 | NIMH K24 Mid Career Mentoring Grant | University of California, San Francisco |
| 2015 | Mentor Summer Research Opportunity Program | Northwestern University |
| 2014 - | Social Sciences and Health Track Leader  Health Sciences Integrated PhD Program | Northwestern University, Feinberg School of Medicine |
| 2016 | Mentor Summer Intership in Integrative Medicine Research | Northwestern University, Osher Center for Integrative Medicine |
| 2017, Winter | Course Director, Introduction to Social Sciences and Health | Northwestern University, Feinberg School of Medicine |

**GRANT AWARDS** **(Current Funding):**

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| **R34MH101265 (PI)**  **NIH/NIMH**  *Positive affect skills for depression: Optimizing internet and mobile delivery* | **08/01/2014-07/31/2017**  **$178,447 direct/yr 1**  **$544,329 total** |

This grant aims to 1) Maximize acceptability and relevance of intervention content for people with elevated depressive symptoms or clinical depression; (2) Develop methods for boosting retention and adherence, and (3) collect preliminary data regarding proximal mediators of efficacy of the program for reducing levels of depressive symptoms.

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| **R01NR014435  (MPI)**  **NIH/NINR**  *Life Enhancing Activities for Family Caregivers of People with Dementia* | | **09/18/2013 - 06/30/2018**  **$341,680 direct/yr 1**  **$1,538,077 total** |
| The purpose of this randomized clinical trial is to test the Life Enhancing Activities for Family Caregivers (LEAF) intervention, a positive emotion skill-building program designed to improve psychological well-being (positive and negative affect, stress, burden, strain, mood) and coping. The intervention is unique in that it is delivered via video conference, as opposed to in-person, which vastly increases the accessibility for caregivers. | | |
| **R01 DA033854 (MPI)**  **NIH/NIDA**  *RCT of an integrative intervention for non-treament-seeking meth users* | **01/01/2013 - 12/31/2017**  **$458,307 direct/yr1**  **$2,515,439 total** | | |
| This randomized controlled trial (RCT) will examine the efficacy of an intervention (i.e., contingency management and a 5-session positive affect intervention) with 230 HIV-positive, methamphetamine-using men who have sex with men.  The primary outcome is HIV viral load.  **R01NR015223 (MPI)**  **09/26/14-06/30/19**  **NIH/NINR** **$495,507 direct yr 1**  *Interventions for Symptom Management in Older Patients with HAND* **$2,499,907 total**    Despite treatment with combination antiretroviral medications, people living with HIV continue suffer HIV- associated neurocognitive disorder (HAND) leading to cognitive and behavioral symptoms. This study will investigate Mindfulness Based Stress Reduction to decrease the symptom burden in older patients suffering from HAND. | | | |
| **P30 AI117943 (D’Aquila & Mustanski)                      3/01/15-2/29/20**  *Third Coast Center for AIDS Research*  The Third Coast Center for AIDS Research leverages complementary strengths of Northwestern University, the University of Chicago, the Chicago Department of Public Health and community organizations across Chicago to enable a comprehensive infrastructure for multi-disciplinary, collaborative HIV research. This unique and catalytic integration of all topics and disciplines of HIV-related research will maximize positive impacts on public health.  Role: Behavioral, Social, and Implementation Science Core PI | | | |

**GRANT AWARDS** **(Past Funding):**

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| **K24 MH 093225 (PI)**  **NIH/NIMH**  *Positive Affect Regulation for HIV Prevention in People with Mood Disorders* | 12/02/2010 - 12/31/2015  $150,000 direct/yr 1  $800,000 total |
| **R21 DA031938 (Co-PI)**  **NIH/NIDA**  *Pilot Coping Program to Prevent Youth Substance Use and Risky Sexual Behavior* | 07/15/2012 – 06/30/2015 (NCE)  $125,000 direct/yr 1  $275,000 total |

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| **UCSF REAC (PI)**  *Optimizing Resilience and Coping in HIV through Internet Delivery: A Pilot Feasibility Test of an Online Positive Affect Intervention for People Living with HIV and Depression* | 02/01/2014 – 1/31/2015 |
| **R01 MH084723 (PI)**  **NIH/NIMH**  *A Positive Affect Intervention for those Recently Diagnosed with HIV* | 07/11/2008 - 05/31/2014 (NCE)  $476,203 direct/yr1  $2,242,272 total |
| **R21 DK084041 (PI)**  **NIH/NIDDK**  *Positive Affect and Clinical Outcomes in Type 2 Diabetes* | 03/15/2011 - 03/14/2014 (NCE)  $150,000 direct/yr 1  $275,000 total |
| **UCSF CTSI Strategic Opportunities Support (PI)**  *A smartphone-based intervention for real-life positive emotion skills practice to ameliorate or prevent clinical depression* | 03/01/2013 – 06/30/2014  $29,417 total |
| **R01 MH068170 (PI)**  **NIH/NIMH**  *The Role of Positive Affect in Adjustment to HIV* | 12/01/2003 – 11/30/2009  $468,699 direct/yr 1  $2,341,966 total |
| **R03 DA030124 (Co-investigator)**  **NIH/NIDA**  *A Stress and Coping Model of Stimulant Use among MSM* | 10/01/2010 – 06/30/2010 |
| **P01 AT002024 (Co-Investigator)**  **NIH/NCCAM**  *MBSR, Stress Arousal and Immune Response in Early HIV* | 09/30/2004 – 06/30/2010  $914,432 direct/yr 1  $4,577,027 total |
| **UCSF Osher Center, William J Bowes Research Fund (PI)**  *Positive affect pilot studies in high school students and people with type 2 diabetes* | 01/01/2010 – 06/30/2011  $56,000 total |
| **CAPS Innovative Grant (Mentor for Carrico)**  *Pilot RCT of a Positive Affect Intervention as Adjuvant Treatment for Meth-using MSM* | 01/04/2010 – 06/30/2011  $20,000 total |
| **UCSF School of Medicine Bridge Funding** | 08/01/2009 – 07/31/2010 |
| **American Psychological Association**  **Conference Grant (PI)**  *The State of the Science in Stress and Coping: A Symposium in Honor of Susan Folkman* | 12/31/2008 – 12/30/2009  $15,000 total |
| **R01 MH06208 (Co Investigator)**  **NIH/NIMH**  *RCT of an HIV Treatment Side Effects Coping Intervention* | 04/01/2004 – 02/28/2010  $474,837 direct/yr 1  $2,383,553 totl |
| **Mount Zion Health Fund (PI)**  *Pilot Test of a Positive Affect Intervention for Women with Stage IV Breast Cancer* | 07/01/2010 – 12/31/2012  $50,000 total |
| **CTSI-Strategic Opportunity Support (SOS) Program (PI)**  *Feasibility test of Internet-based positive emotion skills training for people with chronic illness: improving treatment adherence in type 2 diabetes* | 01/01/2011 – 06/20/2012  $30,000 total |
| **UCSF and Queensland University of Technology (Co-I)**  *Pilot test of positive affect intervention for caregivers of patients with fronto-temporal lobe dementia (the LEAF study)* | 02/01/2011 – 06/30/2012  $29,842 total |
| **UCSF School of Nursing Research Committee (Co-I)**  *Life Enhancing Activities for Family Caregivers (LEAF): Pilot study of a positive affect intervention for caregivers* | 02/01/2011 – 06/30/2012  $11,756 total |
| **UCSF Academic Senate (PI)**  *Automated facial image analysis of health-relevant facial expression* | 07/01/2008 – 06/30/2009  $35,000 total |
| **UCSF School of Medicine REAC (PI)**  *The adaptive function of positive affect in recovery from surgery for pancreatic cancer* | 06/01/2007 – 07/31/2009  $23,804 total |
| **UCSF Osher Center, William Bowes, Jr. Research Fund (PI)**  *Positive affect and cancer-related functional status and quality of life: Secondary data analysis* | 10/1/2008 – 03/31/2009  $16,266 total |
| **Mount Zion Health Fund (PI)**  *Intervention for those Recently Informed of their Seropositive Status (IRISS) Pilot/Feasibility study* | 07/01/2007 – 06/30/2008  $42,219 total |
| **Marcionne Foundation (PI, Mentor for Carrico)**  *A Stress and Coping Model of Adherence to Highly Active Anti-retroviral Therapy in HIV+ Methamphetamine Using Men who have Sex with Men* | 03/01/2007 – 03/30/2008  $28,741 |
| **R21AT003102 (Co-Investigator)**  *A Mindfulness Approach to HIV Treatment Side Effects* | 07/01/2005 – 06/30/2008  $125,000 direct/yr 1  $400,000 total |
| **UCSF Mt Zion Health Fund (PI)**  *PA and stress hormones in newly diagnosed HIV+ men* | 07/01/2004 – 06/30/2005  $31,232 total |
| **R03 MH61135 (PI)**  *Coping with HIV as a chronic illness* | 10/01/1999 – 11/30/2001  $50,000 direct/yr 1  $99,603 total |
| **MacArthur Research Network on SES and Health (PI)**  *Health and Hormones in Maternal Caregiver* | 06/01/2001 – 05/31/2003  $38,512 |
| **Positive Psychology Young Scholars Grant Program (PI)**  *Positive Coping and Adaptive Hormonal Responses* | 12/01/2001 – 11/30/2003  $10,000 total |
| **Osher Center for Integrative Medicine (PI)**  *Enrollment feasibility study for “Coping with HIV”* | 2002  $1500 total |
| **R01MH/HD58069 (Co-Investigator)**  **NIMH/NINR**  *Caregiving and Mental Health in Mothers of HIV+ Children* | 07/01/1998 – 06/30/2003  $406,574 direct/yr 1  $2,934,866 total |

**PUBLICATIONS:**

**Peer-reviewed articles**

1. Hull, J. G., Lehn, D. A., & **Tedlie (Moskowitz), J. C.** (1991). A general approach to testing multifaceted personality constructs. Journal of Personality and Social Psychology, 61, 932-945.
2. Hull, J. G., **Tedlie (Moskowitz), J. C.,** & Lehn, D. A. (1992). Moderator variables in personality research: The problem of controlling for plausible alternatives. Personality and Social Psychology Bulletin, 18, 115-117.
3. Catania, J.A., Binson, D., Dolcini, M.M., Stall, R., Choi K-H, Pollack, L.M., Hudes, E.S. Canchola, J., Phillips, K., **Moskowitz, J.T.,** & Coates, T.J. (1995) Risk factors for HIV and other sexually transmitted diseases among US heterosexual adults: Changes from 1990 to 1992. American Journal of Public Health, 85, 1492-1499.
4. Catania, J.A., **Moskowitz, J.T.,** Ruiz, M. & Cleland, J. (1996). A review of national AIDS-related behavioral surveys. AIDS, 10, S183-S190.
5. Binson, D., **Moskowitz, J.,** Mills, T., Anderson, K., Paul, J., Stall, R., & Catania, J. (1996). Sampling men who have sex with men: Strategies for a telephone survey in urban areas in the United States. Proceedings of the American Statistical Association. pp. 68-72.
6. **Moskowitz, J.T.,** Dolcini, M.M., Grinstead, O., Pollack, L.M., & Catania, J.A. (1996) Perceived risk for HIV among young White, African American, and Hispanic heterosexuals in the National AIDS Behavioral Survey. Risk Decision and Policy, 1, 185-202.
7. **Moskowitz, J.T**, Folkman, S., Collette, L., & Vittinghoff, E. (1996). Coping and mood during AIDS-related caregiving and bereavement. Annals of Behavioral Medicine, 18, 49-57.
8. **Moskowitz, J.T.,** Binson, D., & Catania, J. A. (1997). The association between Magic Johnson’s HIV serostatus disclosure and condom use in at-risk respondents. The Journal of Sex Research, 34, 154-160.
9. Billings, D., Folkman, S., Acree, M. & **Moskowitz, J.T.** (2000) Coping and physical health during caregiving: The roles of positive and negative affect. Journal of Personality and Social Psychology, 79, 131-142.
10. Folkman, S. & **Moskowitz, J.T.** (2000) The Context Matters. Response to Carver, Harris, Lehman, Durel, and Antoni. Personality and Social Psychology Bulletin, 26, 150-151.
11. Folkman, S. & **Moskowitz,** **J. T.** (2000). Stress, positive emotion, and coping. Current Directions in Psychological Science, 9,115-118.

Reprinted in The Western Psychologist, October, 2000.

Reprinted in Abnormal Psychology Reader, (2004). T. S. Oltmanns & R. E. Emergy

(Eds.) New York: Prentice Hall.

1. Folkman, S. & **Moskowitz, J.T.** (2000) Positive affect and the other side of coping. American Psychologist, 55, 647-654.
2. Paul, J., Catania, J., Pollack, L., **Moskowitz, J.T.,** Canchola, J., Mills, T., Binson, D., & Stall, R., (2002). Suicide attempts among gay/bisexual men: Lifetime prevalence and antecedents. American Journal of Public Health, 92, 1338-1345.
3. Folkman, S. & **Moskowitz, J.T**. (2003). Positive psychology from a coping perspective. Psychological Inquiry., 14,121-125.
4. **Moskowitz, J.T.,** Folkman, S., & Acree, M. (2003). Do positive psychological states shed light on recovery from bereavement? Findings from a 3-Year Longitudinal Study. Death Studies, 27, 471-500.
5. **Moskowitz, J.T.** (2003) Positive affect predicts lower risk of AIDS mortality. Psychosomatic Medicine, 65, 620-626.
6. Folkman, S., & **Moskowitz, J.T.** (2004). Coping: Pitfalls and Promise. Annual Review of Psychology, 55, 745-774.
7. Mills, T.C., Paul, J., Stall, R., Pollack, L., Canchola, J., Chang, Y.J., **Moskowitz, J.T.,** & Catania, J.A. (2004). Distress and depression in men who have sex with men: The Urban Men’s Health Study. American Journal of Psychiatry, 161, 278-285.
8. Heyman, M.B., Harmatz, P., Acree, M., Wilson, L., **Moskowitz, J.T.,** Ferrando, S., & Folkman, S. (2004). Economic and Psychological Costs for Maternal Caregivers of Gastrostomy Dependent Children. The Journal of Pediatrics, 145, 511-516
9. Bonanno, G.A., **Moskowitz, J.T.,** Papa, A., & Folkman, S. (2005). Resilience to loss in bereaved spouses, bereaved parents, and bereaved gay men. Journal of Personality and Social Psychology, 88, 827-843.
10. **Moskowitz, J.T.** & Wrubel, J. (2005). Coping with HIV as a chronic illness: Illness appraisals and well-being . Psychology and Health, 20, 509-531.
11. Wilson, L.S., **Moskowitz, J.T.,** Acree, M., Heyman, M.B., Harmatz, P., Ferrando, S.J., & Folkman, S. (2005). The economic burden of home care for children with HIV and other chronic illnesses. American Journal of Public Health, 95, 1445-1452.
12. Wrubel, J., **Moskowitz, J.T.,** Richards, T.A., Prakke, H., Acree, M., & Folkman, S. (2005). Pediatric Adherence: Perspectives of Mothers of Children with HIV. Social Science and Medicine, 61, 2423-2433.
13. **Moskowitz, J.T.** & Epel, E.S. (2006). Benefit finding and diurnal cortisol slope in maternal caregivers: A moderating role for positive emotion. Journal of Positive Psychology, 1, 83-92.
14. Banthia, R., **Moskowitz, J.T.,** Acree, M., & Folkman, S. (2007).  Socioeconomic differences in the effects of prayer on physical symptoms and quality of life.  Journal of Health Psychology*, 12,* 249-260.
15. **Moskowitz, J.T**., Butensky, E., Harmatz, P., Vichinsky, E. , Heyman, M.B., Acree, M., Wrubel, J., Wilson, L., & Folkman, S. (2007). Caregiving time in sickle cell disease: Psychological effects in maternal caregivers. Pediatric Blood & Cancer. 48, 64-71.
16. Consedine, N. S. & **Moskowitz, J.T**. (2007). The role of discrete emotions in health outcomes: A critical review. Applied and Preventive Psychology, 12, 59-75.
17. Carrico, A.W., Johnson, M.O., **Moskowitz, J.T.,** Neilands, T.B., Morin, S.F., Charlebois, E.D., Steward, W.T., Remien, R.H., Wong, L.F., Rotheram-Borus, M.J., Lightfoot, M.A., Chesney, M.A., & the NIMH Healthy Living Project Team (2007). Affect regulation, stimulant use, and viral load among HIV-positive persons on anti-retroviral therapy. Psychosomatic Medicine,689, 785-792.
18. Bower, J.E., Low, C.A., **Moskowitz, J.T**., Sepah, S., & Epel, E.S. (2007). Benefit finding and physical health: Positive psychological changes and enhanced allostasis. Social and Personality Psychology Compass. 2, 223-244.
19. **Moskowitz, J.T.,** Epel, E.S., & Acree, M. (2008). Positive affect uniquely predicts lower risk of mortality in people with diabetes. Health Psychology, 27, S73-S82.
20. Bower, J.E., **Moskowitz, J.T.**, & Epel, E. (2009). Is benefit finding good for your health? Pathways linking positive life changes after stress and physical health outcomes. Current Directions in Psychological Science, 18, 337-341. DOI: 10.111/j.1467-8721.2009.01663.x
21. Epel, E., Daubenmier, J., **Moskowitz, J.T**., Folkman, S. & Blackburn, E. (2009). Can meditation slow rate of cellular aging? Cognitive stress, mindfulness, and telomeres. Annals of the New York Academy of Sciences, 1172, 34-53.
22. **Moskowitz, J.T.**, Hult, J., Bussolari, C., & Acree, M. (2009), What works in coping with HIV? A meta-analysis with implications for coping with serious illness. Psychological Bulletin, 135, 121-141.
23. Hult, J., Maurer, S., & **Moskowitz, J.T.** (2009). I'm sorry, you're positive: A qualitative study of individual experiences of testing positive for HIV. AIDS Care, 21, 185-188.
24. Wilson, L. Basu, R., Christenson, M., Hensic, L., Paoli, C., Wara, D. & **Moskowitz, J.T.** (2010). Pediatric HIV Costs across Three Treatment Eras from 1986 to 2007. Pediatrics, 126, e541-e549. DOI: 10.1542/peds.2009-3485. PMID: 20696721
25. Bränström, R.,Kvillemo, P., Brandberg, Y., & **Moskowitz, J. T**. (2010). Self-reported mindfulness as a mediator of psychological well-being in a stress reduction intervention for cancer patients: A randomized study. Annals of Behavioral Medicine, 39, 151-161. DOI: 10.1007/s12160-010-9168-6. PMID: 20177843
26. Carrico, A.W., Johnson, M.O., Colfax, G.N. & **Moskowitz, J.T**. (2010). Affective correlates of stimulant use and adherence to anti-retroviral therapy among HIV-positive methamphetamine users. AIDS and Behavior, 14, 769-777. DOI: 10.1007/s10461-008-9513-y. PMID: 19125321.
27. Wrubel, J., **Moskowitz, J.T.,** Stephens, S, & Johnson, M.O. (2011). Illness and medication appraisals in people with HIV deciding to begin antiretroviral treatment. Open Access Journal of Psychology (2) 117-121 DOI:10.4236/psych.2011.22019
28. Bränström, R, Duncan, L.G., & **Moskowitz, J.T.** (2011). The association between dispositional mindfulness, psychological well-being, and perceived health in a Swedish population-based sample. British Journal of Health Psychology, 16, 300-316. PMID: 20423556
29. Langner, C.A, Epel, E., Matthews, K., **Moskowitz, J.T.,** & Adler, N. (2012). Social hierarchy and depression: The role of emotion suppression. The Journal of Psychology: Interdisciplinary and Applied, 146, 417-436.
30. **Moskowitz, J.T.,** Shmueli-Blumberg, D., Acree, M., & Folkman, S. (2012). Positive Affect in the Midst of Distress: Implications for Role Functioning. Community and Applied Social Psychology, 22, 512-518.
31. Bränström, R.,Kvillemo, P, & **Moskowitz, J.T.** (2012). A Randomized Study of the Effects of Mindfulness training on Psychological Well-being and Symptoms of Stress in Patients Treated for Cancer at 6-month follow-up. International Journal of Behavioral Medicine, 19, 535-542.
32. Hult, J.R., Wrubel, J., Bränström, R. Acree, M. & **Moskowitz, J.T**. (2012). Disclosure and Nondisclosure Among People Newly Diagnosed with HIV. AIDS Patient Care and STDs, 26(3) 181-190.
33. Carrico, A.W., Pollack, L.M., Stall, R.D., Shade, S.B., Neilands, T.B., Rice, T.M., Woods, W.J., **Moskowitz, J.T.** (2012). Psychological processes and stimulant use among men who have sex with men. Drug and Alcohol Dependence, 123, 79-83.
34. Wilson, L.S., Hensic, L., Paoli, C.J., Basu, R., Christenson, M., **Moskowitz, J.T.,** & Wara, D. (2012). The effects of prophylaxis on pediatric HIV costs. AIDS Care, 24 (1), 108-118
35. Duncan, L.G., **Moskowitz, J.T.,** Neilands, T.B., Dilworth, S.E., Hecht, F.M., & Johnson, M.O. (2012). Mindfulness-based stress reduction for HIV treatment side effects: A randomized wait-list controlled trial. Journal of Pain and Symptom Management, 43, 161-171
36. **Moskowitz, J. T.,** Hult, J. R., Duncan, L. G., Cohn, M. A., Maurer, S. A., Bussolari, C., & Acree, M. (2012). A Positive Affect Intervention for People Experiencing Health-Related Stress: Development and Non-Randomized Pilot Test. Journal of Health Psychology. 17(5), 677-693.
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54. Burnett-Zeigler, I., Satyshur, M., Hong, S., **Moskowitz, J.T.**, & Wisner, K.L, (2016) Mindfulness Based Stress Reduction Adapted for Depressed Disadvantaged Women in a Federally Qualified Health Center. Complementary Therapies in Clinical Practice. 25, 59-67.
55. Cheung, E. O., Cohn, M. A., Dunn, L., Melisko, M., Morgan, S.,Penedo, F. J., Salsman, J. M., Shumay, D., & **Moskowitz, J. T.** (2016). A randomized pilot trial of a positive affect skills intervention (LILAC) for women with metastatic breast cancer.*Psycho-Oncology.*
56. **Moskowitz, J.T**., Carrico, A.W., Duncan, L.G., Cohn, M.A., Cheung, E.O., Batchelder, A., Martinez, L., Segawa, E., Acree, M., & Folkman, S. (2017). Randomized controlled trial of a positive affect intervention for people newly diagnosed with HIV. *Journal of Consulting and Clinical Psychology*, *85*(5), 409
57. Saslow, L.R., Mason A.E., Kim, S., Goldman, V., Ploutz-Snyder, R., Bayandorian, H., Daubenmier, J., Hecht, F.M. & **Moskowitz, J.T.** (2017) A Randomized Controlled Trial of an Online Intervention Comparing a Very Low-Carbohydrate Ketogenic Diet and Lifestyle Recommendations vs. a Plate Method Diet in Overweight Individuals with Type 2 Diabetes. *Journal of Medical Internet Research*, *19*(2).
58. Hernandez R, Bassett SMR, Boughton SW, Shiu EW, Schuette SA, **Moskowitz J.T.** (in press). Psychological Well-being and Physical Health: Associations, Mechanisms, and Future Directions. *Emotion Review.*
59. Hoskins, D., Duncan, L., **Moskowitz, J.T.** & Ordóñez, A.E., (in press). Positive Adaptations for Trauma and Healing (PATH): A Pilot Study of Group Therapy with Latino Youth. *Psychological Trauma: Theory, Research, Practice, and Policy.*

**Edited Book and Chapters**

1. Hull, J. G., **Tedlie (Moskowitz), J. C**., & Lehn, D. A. (1995). Modeling the relation of personality variables to symptom complaints: The unique role of negative affectivity. In R.H. Hoyle (Ed.). Structural equation modeling: Issues and applications. Newbury Park, CA: Sage.
2. Folkman, S., **Moskowitz, J. T.,** Ozer, E.M., & Park, C.L. (1997) Positive meaningful events and coping in the context of HIV/AIDS. In B.H. Gottlieb (Ed.). Coping with Chronic Stress. New York: Plenum.
3. Catania, J.A., Binson, D., Dolcini, M. M., **Moskowitz J. T.,** & van der Straten, A. (2001) Frontiers in the Behavioral Epidemiology of HIV/STDs. In A. Baum, T.A. Revenson, & J.E. Singer, (Eds.) Handbook of Health Psychology. Mahwah, New Jersey: Lawrence Erlbaum
4. **Moskowitz, J.T**. (2001). Emotion and Coping. In T.J. Mayne and G.A. Bonanno (Eds.) Emotion: Current Issues and Future Directions. pp. 311-336. New York: Guilford.
5. Folkman, S. & **Moskowitz, J.T.** (2004). Stress, appraisal, and coping. In N. Anderson (Ed) Encyclopedia of Health and Behavior. Pp. 774-776. Newbury Park, CA: Sage.
6. Folkman, S. & **Moskowitz, J.T.** (2007). Positive affect and meaning-focused coping during significant psychological stress. In M. Hewstone, H. Schut, J. de Wit, K. van den Bos & M. Stroebe (Eds.) The scope of social psychology: Theory and applications*.* (pp. 193-208). Hove, UK: Psychology Press.
7. **Moskowitz, J.T.** (2007). Stress and Coping. In K. Vohs & R. Baumeister (Eds). Encyclopedia of Social Psychology.vol. 2, pp. 948-951.
8. Bower, J.E., Epel, E. & **Moskowitz, J.T.** (2008). Biological correlates: How psychological components of benefit finding may lead to physiological benefits. Park, C., Lechner, S., Stanton, A., & Antoni, M. (Eds). Positive Life Changes in the Context of Medical Illness. New York: American Psychological Association. Pp. 155-172.
9. **Moskowitz, J.T.**(2010). Positive affect at the onset of chronic illness: Planting the seeds of resilience. In Handbook of Adult Resilience. Reich, J.W., Zautra, A.J., & Hall, J. (Eds.). New York: Guilford. 465- 483.
10. **Moskowitz, J.T**. (2011). Coping interventions and the regulation of positive affect. In Handbook of Stress, Health and Coping. Folkman, S (Ed). New York: Oxford. 407-427.
11. **Moskowitz, J.T.** & Saslow, L.R. (2014). Health and Psychology: The Importance of Positive Affect. Tugade, M., Shiota, M., & Kirby, L. (Eds). Handbook of Positive Emotions. New York: Guilford. 413-431.
12. Saslow, L.R., Cohn, M.A., & **Moskowitz, J.T.** (2014). Positive affect interventions to reduce stress: Harnessing the benefit while avoiding the Pollyanna. In The Dark and Light Sides of Positive Emotion. Gruber, J. & Moskowitz, J.T. (Eds). New York: Oxford. 515-532.
13. Gruber, J., & **Moskowitz, J. T**. (Eds.). (2014). The Dark and Light Sides of Positive Emotion. New York: Oxford.
14. Salsman, J.M. & **Moskowitz, J.T**. (2014) Complementary Strengths of Health Psychology and Positive Psychology. In Positive Psychology In Practice, 2nd Ed. Linley, P.A., & Joseph, S. Hoboken, NJ: Wiley.
15. Bassett, S. M., & **Moskowitz, J. T.** (2017). Coping and Chronic Illness. In A. Wenzel (Ed.), The SAGE Encyclopedia of Abnormal and Clinical Psychology. SAGE Publications, Inc., pp. 879-881). Thousand Oaks.

**PRESENTATIONS**

June, 2017. *Staying Positive in the Midst of Stress.* MRM Lecture Series. Chicago, IL

May, 2017. *The LEAF Study: Randomized Trial of a Positive Emotion Skills Intervention for Dementia Caregivers*. Dementia Training Australia. Brisbane, Australia.

April, 2017. *MARIGOLD: Mobile Affect Regulation Intervention with the Goal of Lowering Depression.* Innovations in Health Psychology conference. Wanaka, New Zealand.

January, 2017. *An online positive affect intervention for pain: Development and tailoring for implementation in BraveNet clinics.* BraveNet weekly teleconference.

January, 2017. *Positive affect interventions in the context of stress: What works and for whom?* Society for Personality and Social Psychology Annual Conference. San Antonio, TX

December, 2016. *The LEAF Study:* *A Randomized Trial of Positive Emotion Skills for Coping with the Stress of Dementia Caregiving.* CNADC Alzheimer’s Disease Series. Northwestern University, Chicago, IL.

September, 2016. *Positive affect interventions to help people cope with health-related or other life stress: Progress, promise, and lessons learned*. Carnegie Mellon Psychology Department, Pittsburgh, PA.

March, 2016. *Positive Affect Interventions to Help People Cope with Health-related or Other Life Stress: Progress, Promise, and Lessons Learned*. Society for Affective Science Annual Conference. Chicago, IL.

January, 2016. *Randomized trial of a positive affect skills intervention for people newly diagnosed with HIV.* Prevention Science and Methodology Group Virtual Grand Rounds.

June, 2015. *Cultivating positive emotion to cope with life stress.* Osher Center for Integrative Medicine Grand Rounds, Northwestern University, Chicago, IL.

April, 2015. *This positive affect thing totally doesn’t work….or does it?* Innovations in Health Psychology conference, Aitutaki, Cook Islands.

December 2014. *IRISS: A positive affect intervention for people newly diagnosed with HIV.* HIV Translational Research Seminar, Northwestern University, Chicago, IL

November, 2014. *Randomized trial of a positive affect intervention for coping with stress: From observational findings to translational intervention*. Institute for Public Health and Medicine, Northwestern University, Chicago, IL

March, 2014. *IRISS: A positive affect intervention for people newly diagnosed with HIV: First results from a reasonably-sized RCT.* American Psychosomatic Society Annual Conference, San Francisco, CA.

March, 2014. *Positive affect in the midst of stress: It’s not crazy, it’s adaptive.* UC Berkeley Department of Psychology.

March, 2014. *Positive affect in the midst of stress: It’s not crazy, it’s adaptive*. Georgetown University Psychiatry Grant Rounds.

January, 2014. *Preliminary efficacy of a positive affect intervention for women with metastatic breast cancer.* UCSF Cancer Center Supportive Care Retreat.

October, 2013. *Positive affect in the midst of stress: It’s not crazy, it’s adaptive*. Northwestern University Department of Medical Social Sciences.

October, 2013. *Positive affect in the midst of stress: It’s not crazy, it’s adaptive.* UCSF Center for AIDS Prevention Studies.

September, 2013. *How the Mind Affects the Body: Positive Emotions and Health.*  Dr. Rogers Prize Colloquium. Vancouver, BC, Canada.

August, 2013. *Positive Emotions in the Context of Stress – How and When are they Beneficial?* (Discussant) American Psychological Association Annual Conference, Honolulu, HI.

August, 2013. *A Positive Affect Focused Stress Reduction Intervention: Effects on Depressive Mood.* American Psychological Association Annual Conference, Honolulu, HI.

April, 2013. *Positive emotion in the midst of distress. It’s not crazy, it’s adaptive!* Women’s

Intelligence Trust. San Francisco, CA.

April, 2013.  *Preliminary efficacy of a positive affect intervention for women with metastatic*

*breast cancer.* Innovations in Health Psychology conference, Aitutaki, Cook Islands.

December, 2012. *Building Resilience through Positive Emotions.* UCSF Pediatric Leadership for the Underserved.

September, 2012. *Cultivating Positive Emotion for Coping with Stress.* San Francisco General Hospital Psychiatry Department Grand Rounds.

September, 2012. *Cultivating Positive Emotion for Coping with Stress.* UCSF Emergency Medicine Faculty Retreat.

July 2012. *Positive emotion in the midst of distress. It’s not crazy, it’s adaptive!* UCSF Chancellor’s Council on Faculty Life Wellness Grand Rounds.

June, 2012. *Positive emotion in the midst of distress. It’s not crazy, it’s adaptive!* Stanford University Department of Mechanical Engineering.

April, 2012. *Positive Emotion as a Way to Cope with Stress: Integrating Behavioral Science in Patient-Oriented Research*. National Rehabilitation Educators Conference. San Francisco, CA.

February, 2012. *Reducing Teen Stress by Increasing Positive Emotion*. Learning and the Brain Conference. San Francisco, CA.

January, 2012. *Positive Emotions, Stress, and Wellbeing: The science behind the UCSF RESTORE program for employees.* UCSF Wellness Day.

September, 2011. *Stress and Wellbeing Toolkit: Maintaining Morale During Stressful Times*. UCSF Faculty Development Day.

September, 2011. *Development and Pilot Testing of a Positive Emotion Intervention: The Science behind the LILAC Study*. UCSF Psycho-oncology.

July, 2011. *Cultivating positive emotion for coping with stress.* Lowell High School Health Psychology.

April, 2011. *Development and pilot testing of a positive emotion intervention*. UCSF Department of Psychiatry.

February, 2011. *Positive Emotion as a Way to Cope with Stress: Integrating Behavioral Science in Patient-Oriented Research*. UCSF Department of General Internal Medicine Faculty Development Seminar.

February, 2011. *Development and pilot testing of a positive emotion intervention.* UC Berkeley Mood Disorders Graduate Seminar

January, 2011. *Development and pilot testing of a positive emotion intervention.* Society for Personality and Social Psychology Emotion pre-conference, San Antonio, TX.

December, 2010. *Cultivating positive emotion to cope with stress.* San Francisco General Hospital Options Project in-service.

December, 2010. *Cultivating positive emotion to cope with stress.* Brandeis Hillel Day School, teacher professional development. San Francisco, CA.

November, 2010. *Positive emotion in the midst of stress: It’s not crazy, it’s adaptive*. UCSF Oral and Maxillofacial Surgery.

May, 2010. *Positive emotion in the midst of stress: It’s not crazy, it’s adaptive*. UCSF School of Medicine Staff Appreciation.

May, 2010. *Positive emotion in the midst of stress: It’s not crazy, it’s adaptive*. UCSF Chancellor’s Associate’s meeting.

April, 2010. *Positive emotion as a way to cope with stress*. Rooftop K-8 School Teacher Professional Development.

April, 2010. *The role of positive emotion in adjustment to HIV: Findings from the CHAI study.* Center for AIDS Prevention Studies conference.

April, 2010. *Cultivating positive emotion to cope with stress*. San Francisco Unified School District School Support Personnel.

February, 2010. *Positive emotion in the midst of stress: It’s not crazy, it’s adaptive*. San Francisco General Hospital Pediatrics Grand Rounds.

January, 2010. *Positive emotion as a way to cope with stress.* Lowell High School Teacher Professional Development Workshop. San Francisco, CA.

December, 2009. *Positive emotion in the midst of stress: It’s not crazy, it’s adaptive.* Institute for Personality and Social Research, Berkeley, CA.

December, 2009. *The adaptive functions of positive emotion under conditions of stress.* Palliative care advance practice nurses, annual retreat.

November, 2009. *Positive emotion in the midst of stress: It’s not crazy, it’s adaptive*. UCLA Health Psychology.

October, 2009. *Positive emotion in the midst of stress: It’s not crazy, it’s adaptive*. Osher mini-medical school.

October, 2009. *Cultivating positive emotion in families.* Rooftop Alternative K-8 School PTA.

October, 2009. *Maintaining morale during stressful times*. Coro Leadership Alumni Seminar.

June, 2009. *Positive emotion in the context of stress: It’s not crazy, it’s adaptive!* Chancellor’s Council on Faculty Life Faculty Wellness Grand Rounds, UCSF.

May, 2009. *Is there power in positive thinking? Development of a positive affect intervention for people newly diagnosed with HIV.* North American Research Conference on Complementary and Integrative Medicine, Minneapolis, MN.

April, 2009. *The IRISS Study: A Positive Affect Intervention for People Newly Diagnosed with HIV.* Emotion Research Group Annual Conference, Point Reyes, CA.

March and April, 2009. *Skills for increasing positive emotion in daily life.* UCSF Osher Center Women’s Wellness Lunch.

January, 2009. *Positive emotion in the context of stress: It’s not crazy, it’s adaptive!* UCSF Academic Business Officers’ Group, *Science for the Rest of Us.*

August, 2008. *Change in sexual risk behavior in men newly diagnosed with HIV*. Poster presented at the International AIDS Conference, Mexico City, Mexico.

August, 2008. *Dispositional mindfulness in people with HIV: Associations with positive and negative affect and physical symptoms.* Poster presented at the International AIDS Conference, Mexico City, Mexico.

July, 2008. *The IRISS Study: A positive affect Intervention for those Recently Informed of their Seropositive Status.* Presented at the annual meeting of UCSF Development and Alumni Relations.

March, 2008. *The Role of Positive Affect in Adjustment to Chronic Illness*. Presented at the annual meeting of the American Psychosomatic Society, Baltimore, MD.

March, 2008. *Positive affect is associated with less sexual risk behavior in people newly diagnosed with HIV.* Presented at the annual meeting of the Society of Behavior Medicine, San Diego, CA.

July, 2007. *Positive Affect Considerations in Secondary Prevention of HIV*. Presented at the NIMH Conference on Mental Health and Secondary Prevention of HIV.

April, 2007. *The Role of Positive Affect in Adjustment to HIV.* Presented at the annual meeting of the Emotion Research Group. Point Reyes, CA.

March, 2007. *Positive Affect Predicts Greater CD4 Response to HIV Treatment*. Presented at the annual conference of the American Psychosomatic Society. Budapest, Hungary.

May, 2006. *Mind-Body Effects in the Context of Stress: Perception of Stress-Related Benefits, Positive Emotion, and Diurnal Cortisol Slope.* Poster presented at North American Research Conference on Complementary and Integrative Medicine. Edmonton, Alberta, Canada.

April, 2006. *Positive Affect Predicts Lower Risk of Mortality in People with Diabetes.* Presented at the annual meeting of the Emotion Research Group, Miami, FL.

May, 2005. *The Maternal Caregivers Study: What We Learned from the Moms.* Invited presentation at Children’s Hospital and Research Center Oakland Residents’ Seminar. Oakland, CA.

April, 2005. *Meaningful Events in the Context of Chronic Stress: Another Form of Emotion-focused Coping?* Presented at the annual meeting of the Emotion Research Group, Asheville, NC.

July, 2004. *Well-being in Maternal Caregivers of HIV+ or Chronically Ill Children.* Presented at the Annual Conference of the American Psychological Association. Honolulu, Hawaii.

April, 2004. *Coping and Emotion in Maternal Caregivers of Children with HIV and Other Chronic Illnesses.* Presented at the annual meeting of the Emotion Research Group, Boulder, CO.

March, 2004. *The Role of Positive Affect in Adjustment to Chronic Illness: A Research Program in Mind-Body Medicine.* Presented at the annual meeting of the Society of Behavioral Medicine, Baltimore, MD.

July, 2003. *Positive Affect in Caregivers of Children with HIV and Other Chronic Illnesses.* Poster presented at the NIMH Conference on the Role of Families in Preventing and adapting to HIV/AIDS. Washington, D.C.

April, 2003. *The Role of Positive Affect in Adjustment to HIV.* Presented at the annual meeting of the Emotion Research Group, Point Reyes, CA.

August, 2002. *Depressive Mood in Maternal Caregivers of Children with HIV: Is the stress of pediatric HIV unique?* Invited presentation at the International Congress of Behavioral Medicine. Helsinki, Finland.

May, 2002. *Positive Affect is associated with Lower Risk of AIDS Mortality.* Presented at the annual meeting of the Emotion Research Group, Glen Mills, PA.

August, 2001. *When Positive Emotions are not Positive*. Presented at the annual meeting of the American Psychological Association. San Francisco, California.

August, 2001. *The Experience of Positive Emotion in Parents of Children with Chronic Illness.* Presented at the Positive Psychology Summer Institute, Sea Ranch, California.

March, 2001. *The Effect of HIV-positivity on the Coping Process: Incorporating HIV into Life.* Presented at the annual meeting of the Emotion Research Group. Point Reyes, California.

March, 2001. *Coping with HIV as a Chronic Illness.* Invited talk at The University of California Berkeley, School of Social Welfare.

August, 2000. *Positive Emotion in the Midst of Distress: Implications for Coping with Chronic Stress.* Presented at the meeting of the International Society of Research on Emotion. Quebec City, Quebec.

June, 2000. *Apples and Oranges: Using Qualitative and Quantitative Approaches to Coping Assessment.* Presented at the annual meeting of the American Psychological Society. Miami Beach, Florida.

May, 2000. *Coping with HIV: Qualitative analysis of emotions reported in stressful event narratives.* Presented at the annual meeting of the Emotion Research Group. Miami Beach, Florida.

February, 2000; February, 2001. *Coping and Health Behavior.* Invited talk at The University of California Berkeley, School of Public Health.

February, 2000. *Stress, Coping, and Health*. Invited talk at The Pacific Graduate School of Professional Psychology. Palo Alto, California.

April, 1999. *Characterizing Repeated Measures of Post-Bereavement Depression as a Dependent Variable.* Presented at the annual meeting of the Emotion Research Group. Lost River, West Virginia.

October, 1998.  *Post-Bereavement Predictors of CES-D in Bereaved Partners of Men with AIDS.* Presented at the UCSF Center for AIDS Prevention Studies Town Hall. San Francisco.

August, 1998. *Depressive Mood in Bereaved Partners of Men with AIDS 3 Years after the Partner’s Death.* Presented at the annual meeting of the American Psychological Association, San Francisco.

April, 1996. *The Function and Maintenance of Positive Psychological States in the Context of Chronic Stress: A New Look at Emotion Focused Coping.* Presented at the annual meeting of the Emotion Research Group. Point Reyes, CA.

December, 1995. *Mapping as a Tool for Sampling Hard-to-Reach Populations. The Gay Urban Men’s Survey.* Presented at the UCSF Center for AIDS Prevention Studies Town Hall Meeting, San Francisco.

August, 1995. *Coping and Mood during AIDS-Related Caregiving and Bereavement.* Presented at the annual meeting of the American Psychological Association, Chicago