

## CURRICULUM VITAE

Ann Marie Steffen, Ph.D., ABPP

### Contact

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### Education

1991-94 Stanford University School of Medicine, Postdoctoral Research Fellow in Clinical Geropsychology  
1991 Indiana University-Bloomington, Ph.D. in Clinical Psychology  
1989-90 Palo Alto VA Medical Center Predoctoral Internship, Clinical Psychology  
1985 Rockhurst University (Honors Program) BA, Summa Cum Laude, Psychology

### Academic Appointments at University of Missouri-St. Louis

2017-present Professor of Psychological Sciences (tenured)  
2000-2017 Associate Professor of Psychological Sciences and Gerontology (tenured)  
Jan-July 2014 Interim Chair, Department of Psychological Sciences  
2006-2013 Director, Doctoral Program in Clinical Psychology  
2003-2006 Director of Gerontology  
1994-2000 Assistant Professor of Psychology (tenure-track)

### Licensure and Certification

Licensed Psychologist, State of Missouri (#PY-R0398)  
Certified in Behavioral & Cognitive Psychology, American Board of Professional Psychology  
Certified in Geropsychology, American Board of Professional Psychology

### Honors and Awards

2018 Fellow status, Gerontological Association of America – Behavioral & Social Sciences section  
2013 State of Missouri Governor's Award for Excellence in Teaching  
2006 Achievement Award, St. Louis Alzheimer's Association  
2003 Psychology Department Alumni Chapter, Outstanding Faculty Member of the Year Award  
1999 Volunteer of the Year, St. Louis Alzheimer's Association

### Area of Research Interest

Professional training in clinical geropsychology; assessment and intervention with family care partners of older adults

### Professional Appointments

1994-present Director, Health & Aging Research Lab  
University of Missouri-St. Louis, St. Louis, Missouri  
  
1994-present Faculty Clinician, Community Psychological Service  
University of Missouri-St. Louis, St. Louis, Missouri

## Books

Gallagher-Thompson, D., Steffen, A. M., & Thompson, L. W. (2008). *Handbook of behavioral and cognitive therapies with older adults*. New York, NY, US: Springer Science + Business Media. doi:10.1007/978-0-387-72007-4

## Published Manuscripts (\* denotes student author). Listed in Reverse Chronological Order.

1. Arenella, K.\* & Steffen, A. M. (in press). Self-reassurance and self-efficacy for controlling upsetting thoughts predict depression, anxiety and perceived stress in helpseeking female family caregivers. *International Psychogeriatrics*.
2. Pine, J.\* & Steffen, A. M. (2019). Intergenerational Ambivalence and Dyadic Strain: Understanding Stress in Family Care Partners of Older Adults. *Clinical Gerontologist*, 42(1), 90–100. <https://doi-org.ezproxy.umsl.edu/10.1080/07317115.2017.1356894>
3. Schmidt, N. E.\* & Steffen, A. M. (2018). Neurocognitive disorder diagnoses matter: A brief report on caregiver appraisal of driving ability. *Journal of Applied Gerontology*, 1-9. doi: 10.1177/2F0733464818803006
4. Steffen, A. M., Gallagher-Thompson, D., Arenella, K.\*, Au, A., Cheng, S. T., Crespo, M., Cristancho-Lacroix, V., López, J., Losada Baltar, A., Márquez-González, M., Nogales-González, C., & Romero-Moreno, R. (2018). Validating the Revised Scale for Caregiving Self-Efficacy: A cross-national review. *The Gerontologist*.doi: 10.1093/geront/gny004
5. Warren, A. R.\* & Steffen, A. M. (2018). Development of a Transgender and Gender Nonconforming Language Self-Efficacy Scale for social service providers working with older adults. *Journal of Applied Gerontology*.
6. MacDougall, M.\* & Steffen, A. (2017) Self-efficacy for controlling upsetting thoughts and emotional eating in family caregivers, *Aging & Mental Health*, 21:10, 1058-1064, doi: 10.1080/13607863.2016.1196335
7. VanDyke, M. & Steffen, A. (2017). Medication Saving Behaviors of Older Adults: Scale Developed to Assess Family Caregiver Perspectives. *Clinical Gerontologist*, 40 (4), 258-267. doi:10.1080/07317115.2016.1276114
8. George, N. R.\*, & Steffen, A. M. (2017). Predicting perceived medication-related hassles in dementia family caregivers. *Dementia*, 16 (6), 797-810. doi: 10.1177/1471301215618570
9. Levy, H. B., & Steffen, A. M. (2016). Validating the Medication Risk Questionnaire with Family Caregivers of Older Adults. *The Consultant Pharmacist: The Journal Of The American Society Of Consultant Pharmacists*, 31(6), 329-337. doi:10.4140/TCP.n.2016.329
10. Steffen, A. M., & Ogland-Hand, S. (2016). Rediscovering Caregiving: Family-Partnered Management Of Chronic Illnesses. *The Gerontologist*, 56(5), 970-972. doi:10.1093/geront/gnw124
11. Steffen, A., Epstein, J., George, N.\*, & MacDougall, M.\* (2016). Sandwich Generation Diner: Development of an online health intervention for intergenerational caregivers. *JMIR Research Protocols*. doi:10.2196/resprot.5488
12. Steffen, A. M., & Gant, J. R. (2016). A telehealth behavioral coaching intervention for neurocognitive disorder family carers. *International Journal Of Geriatric Psychiatry*, 31(2), 195-203. doi:10.1002/gps.4312
13. DeCaporale-Ryan, L.N.\*, Steffen, A.M., Marwit, S., & Meuser, T. (2016). Dementia spousal caregivers and past transgressions: Measuring and understanding forgiveness experiences. *Journal of Women & Aging*, 28, 510-520. doi: 10.1080/08952841.2015.1065143
14. Warren, A. R.\*, Steffen, A. M., & Wayland, S. (2015). Predicting Gay Affirmative Practice from the Theory of Planned Behavior. *Journal Of Gerontological Social Work*, 58(7-8), 671-683. doi:10.1080/01634372.2015.1075237

15. George, N. R.\*, & Steffen, A. M. (2014). Promoting medication adherence in older adults through early diagnosis of neurocognitive disorders. *The Primary Care Companion For CNS Disorders*, 16(6), doi:10.4088/PCC.14m01686
16. George, N. R.\*, & Steffen, A. M. (2014). Medication issues in informal dementia caregivers and care recipients. *Clinical Gerontologist: The Journal Of Aging And Mental Health*, 37(3), 272-285. doi:10.1080/07317115.2014.885916
17. George, N. R.\*, & Steffen, A. (2014). Physical and mental health correlates of self-efficacy in dementia family caregivers. *Journal of Women & Aging*, 26(4), 319-331. doi:10.1080/08952841.2014.906873
18. DeCaporale, L.\*, Mensie, L.\*, & Steffen, A. (2013). Respite utilization and responses to loss among family caregivers: Relationship matters. *Death Studies*, 37(5), 483-492. doi:10.1080/07481187.2012.654593
19. DeCaporale-Ryan, L. N.\*, Steffen, A. M., Marwit, S. J., & Meuser, T. M. (2013). Extension of the Enright Forgiveness Inventory to middle-aged and older wives. *Journal Of Religion, Spirituality & Aging*, 25(4), 344-357. doi:10.1080/15528030.2013.789462
20. Steffen, A. M., & Jackson, C. S.\* (2012). Predicting facilitators' behaviors during Alzheimer's family support group meetings. *American Journal Of Alzheimer's Disease And Other Dementias*, 27(2), 114-120. doi:10.1177/1533317512441051
21. Steffen, A. M., & Mangum, K. R.\* (2012). Predicting attendance at dementia family support groups. *American Journal Of Alzheimer's Disease And Other Dementias*, 27(8), 633-639. doi:10.1177/1533317512465677
22. Steffen, A. M., & Merritt, S. (2012). Idiographic anger ratings by female dementia family caregivers: Generalizability and preliminary validity. *Clinical Gerontologist: The Journal Of Aging And Mental Health*, 35(3), 205-220. doi:10.1080/07317115.2012.657821
23. Steffen, A. M. (2012). Translating research for professional development and effective clinical practice with older adults. *Cognitive And Behavioral Practice*, 19(1), 155-160. doi:10.1016/j.cbpra.2011.05.006
24. Mensie, L. C.\*, & Steffen, A. M. (2011). Predicting in-home respite utilization by family caregivers of older adults: Results of a community study. *Home Health Care Management & Practice*, 23(2), 109-117. doi:10.1177/1084822310384694
25. Mensie, L. C.\*, & Steffen, A. M. (2010). Depressive symptoms and use of home-based respite time in family caregivers. *Home Health Care Services Quarterly*, 29(3), 120-137. doi:10.1080/01621424.2010.511514
26. Murphy, J.\*, & Steffen, A.M. (2009). Improving bathroom safety among community dwelling older adults. *Psi Chi Journal of Undergraduate Research*, 14, 115-120.
27. Steffen, A. M. (2007). Introduction to Special Issue: New Interventions for Dementia-Related Concerns. *Clinical Gerontologist: The Journal Of Aging And Mental Health*, 30(2), 1-3. doi:10.1300/J018v30n02\_01
28. Gant, J. R., Steffen, A. M., & Lauderdale, S. A. (2007). Comparative outcomes of two distance-based interventions for male caregivers of family members with dementia. *American Journal Of Alzheimer's Disease And Other Dementias*, 22(2), 120-128. doi:10.1177/1533317506298880
29. Gilliam, C. M.\*, & Steffen, A. M. (2006). The relationship between caregiving self-efficacy and depressive symptoms in dementia family caregivers. *Aging & Mental Health*, 10(2), 79-86. doi:10.1080/13607860500310658
30. Steffen, A. M., & Mangum, K. K.\* (2003). Distance-based skills training for depressed dementia family carers. *Clinical Psychologist*, 7(1), 1-10. doi:10.1080/13284200410001707433

31. Coon, D. W., Thompson, L., Steffen, A., Sorocco, K., & Gallagher-Thompson, D. (2003). Anger and Depression Management: Psychoeducational Skill Training Interventions for Women Caregivers of a Relative With Dementia. *The Gerontologist*, 43(5), 678-689. doi:10.1093/geront/43.5.678
32. Steffen, A. M., McKibbin, C., Zeiss, A. M., Gallagher-Thompson, D., & Bandura, A. (2002). The Revised Scale for Caregiving Self-Efficacy: Reliability and validity studies. *The Journals Of Gerontology: Series B: Psychological Sciences And Social Sciences*, 57B(1), P74-P86. doi:10.1093/geronb/57.1.P74
33. Steffen, A. M., & Berger, S.\* (2000). Relationship differences in anger intensity during caregiving-related situations. *Clinical Gerontologist: The Journal Of Aging And Mental Health*, 21(2), 3-19. doi:10.1300/J018v21n02\_02
34. Steffen, A. M. (2000). Anger management for dementia caregivers: A preliminary study using video and telephone interventions. *Behavior Therapy*, 31(2), 281-299. doi:10.1016/S0005-7894(00)80016-7
35. Poth, T. L.\*, & Steffen, A. M. (2000). Anger management for the Alzheimer's caregiver: A case study. *Clinical Gerontologist: The Journal Of Aging And Mental Health*, 22(1), 83-86. doi:10.1300/J018v22n01\_08
36. Steffen, A. M., Tebb, S., & McGillick, J. (1999). How to cope: Documenting the changing information needs of Alzheimer's caregivers. *American Journal Of Alzheimer's Disease*, 14(5), 262-269. doi:10.1177/153331759901400508
37. Steffen, A. M., Thompson, L. W., Gallagher-Thompson, D., & Koin, D. (1999). Physical and psychosocial correlates of hormone replacement therapy with chronically stressed postmenopausal women. *Journal Of Aging And Health*, 11(1), 3-26. doi:10.1177/089826439901100101
38. Steffen, A. M., Futterman, A., & Gallagher-Thompson, D. (1998). Depressed caregivers: Comparative outcomes of two interventions. *Clinical Gerontologist: The Journal Of Aging And Mental Health*, 19(4), 3-15.
39. Steffen, A. M., Gallagher-Thompson, D., & Thompson, L. W. (1997). Distress levels and coping in female caregivers and non-caregivers with major depressive disorder. *Journal Of Clinical Geropsychology*, 3(2), 101-110.
40. Steffen, A. M. (1996). Community psychology's response to the promises and problems of aging. *The Community Psychologist*, 29, 19-21.
41. Zeiss, A. M., & Steffen, A. (1996). Treatment issues with elderly clients. *Cognitive And Behavioral Practice*, 3(2), 371-389. doi:10.1016/S1077-7229(96)80024-1
42. Gallagher-Thompson, D., & Steffen, A. M. (1994). Comparative effects of cognitive-behavioral and brief psychodynamic psychotherapies for depressed family caregivers. *Journal Of Consulting And Clinical Psychology*, 62(3), 543-549. doi:10.1037/0022-006X.62.3.543
43. Steffen, A., & Zeiss, A. (1992). The role of behavioral intervention and research in addressing the needs of older women living independently in the community. *The Behavior Therapist*, 15, 91-94.
44. Walsh, W. A., Steffen, A., & Gallagher-Thompson, D. (1992). Depressionsniveau und Belastungsverarbeitung bei Betreuern körperlich und geistig beeinträchtigter älterer Menschen. = Comparison of depression and coping among caregivers of physically and cognitively impaired elders. (Trans F. Helgenberger). *Verhaltenstherapie*, 2(3), 231-236. doi:10.1159/000258258
45. Heller, K., Thompson, M. G., Vlachos-Weber, I., Steffen, A. M., & Trueba, P. E. (1991). Support interventions for older adults: Confidante relationships, perceived family support, and meaningful role activity. *American Journal Of Community Psychology*, 19(1), 139-146. doi:10.1007/BF00942262

**Book Chapters** (\* denotes student author)

1. Steffen, A. M. & Zeiss, A. M. (2017). Interprofessional health care teams in geriatrics, In Reference Module in *Neuroscience and Biobehavioral Psychology*, Elsevier, ISBN 9780128093245
2. Steffen, A. M. & McDougall, M.\* (2016). Psychotherapy and behavioral health interventions with older adults. In S. K. Whitbourne (Ed). *Encyclopedia of Adulthood and Aging*. Wiley-Blackwell.
3. Steffen, A. M., Zeiss, A. M. & Karel, M. (2015) Interprofessional geriatric health care: Competencies and resources for teamwork. In N. Pachana and K. Laidlaw (Eds), *Oxford Handbook of Clinical Geropsychology: International Perspectives*. Oxford University Press.
4. DeCaporale-Ryan, L.N.\*, Steffen, A.M., Marwit, S. (2015). *From transgressions to forgiveness: Clinically relevant research*. In E.L. Olsen (Ed.), *Forgiveness: Social Significance, Health Impact and Psychological Effects*. New York, NY: Nova Science Publishers, Inc.
5. Steffen, A. M. & George, N.\* (2013). Commentary on a contextual approach to dementia care. In W. O'Donohue and S. O. Lilienfeld (Eds), *Case Studies in Clinical Science*. Oxford University Press.
6. Steffen, A. M., Gant, J. R., & Gallagher-Thompson, D. (2008). Reducing psychosocial distress in family caregivers. In D. Gallagher-Thompson, A. Steffen, & L. W. Thompson (Eds.), *Handbook of Behavioral and Cognitive Therapies with Older Adults* (pp. 102-117). New York, NY: Springer
7. Steffen, A.M. & Mangum, K. R.\* (2005). Family Caregivers. In A. Freeman (Ed.), *Encyclopedia of Cognitive Behavior Therapy* (pp. 189-193). New York: Springer.
8. Steffen, A.M., Mahoney, D., & Kelly, K. (2002). Capitalizing on technological advances to help distressed caregivers. In D. Coon, D. Gallagher-Thompson, & L. Thompson (Eds.). *Interventions for Family Caregivers*. New York: Springer Publishing.
9. Heller, K., Jenkins, R., & Steffen, A., & Swindle, R.W. (2000). Prospects for a viable community mental health system: Reconciling ideology, professional traditions, and political reality. In J. Rappaport & E. Seidmen, (Eds.) *Handbook of Community Psychology*, Plenum Publishing: New York.
10. Zeiss, A. M. & Steffen, A. M. (1998). Interdisciplinary health care teams in geriatrics: An international model. In B. A. Edelstein (Ed), *Vol 7: Clinical Geropsychology*, (pp. 551-570) of A. S. Bellack & M. Hersen (Eds.), *Comprehensive Clinical Psychology*. London: Pergamon Press.
11. Zeiss, A. M., & Steffen, A. (1996). Behavioral and cognitive-behavioral treatments: An overview of social learning. In S. H. Zarit, B. G. Knight, S. H. Zarit, B. G. Knight (Eds.) , *A guide to psychotherapy and aging: Effective clinical interventions in a life-stage context* (pp. 35-60). Washington, DC, US: American Psychological Association. doi:10.1037/10211-001
12. Zeiss, A. M., & Steffen, A. M. (1996). Interdisciplinary health care teams: The basic unit of geriatric care. In L. L. Carstensen, B. A. Edelstein, L. Dornbrand (Eds.) , *The practical handbook of clinical gerontology* (pp. 423-450). Thousand Oaks, CA, US: Sage Publications, Inc.

**Published Conference Proceedings** (\* denotes student author)

1. Steffen, A. (2018). Predicting work strain among employed intergenerational family caregivers. *Innovation in Aging*, 2(Suppl 1), 354.
2. Kallmi, S.\* & Steffen, A. (2018). Dementia diagnosis and medication management by family caregivers. *Innovation in Aging*, 2(Suppl 1), 257.
3. Steffen, A., Epstein, J., Arenella, K. \* (2017). E-health intervention for intergenerational caregivers of chronically ill older adults. *Innovation in Aging*, Volume 1, Issue suppl\_1, July 2017, Page 140, <https://doi.org/10.1093/geroni/igx004.562>

4. Pine, J.,\* & Steffen, A. M. (2015, November). Intergenerational ambivalence and perceived stress in family care partners of older adults. In *Gerontologist*, 55, pp. 109-109.
5. Steffen, A. M., Artis, J.\*, & Warren, A.\* (2015). Cross-cultural validation of the revised scale for caregiving self-efficacy. *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, 11(7), P735.

#### Professional Conference Presentations (\* denotes student author)

1. Warren, T., Schroeder, A., Chow, M., VanDyke, M., & Steffen, A. (2019, April). Examining the relationship between medication saving behaviors, physical health status, and associated risk factors in older adults with family caregivers. Paper presented at the Student Research Symposium, St. Louis College of Pharmacy, St. Louis, Missouri.
2. Steffen, A. M. (2018, November). Predicting work strain among employed intergenerational family caregivers. Paper presented at the annual meetings of the Gerontological Society of America, Boston, MO.
3. Kallmi, S.\* & Steffen, A. (2018, November). Dementia diagnosis and medication management by family caregivers. Poster presented at the annual meetings of the Gerontological Society of America, Boston, MO.
4. Schmidt, N. E.\* & Steffen, A. M. (2018, November). Reliability and validity of a single-item caregiver report of medication impairment in older adults. Poster presented at the 52nd Annual Convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.
5. Schmidt, N. E.\* & Steffen, A. M. (2018, November). Differentiating between self-efficacy and mastery as predictors of depression in family caregivers. Poster presented at the 52nd Annual Convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.
6. Steffen, A. M. (2018, August). Self-efficacy beliefs of family caregivers: Assessment and Intervention. Paper presented within the symposium: Understanding and Promoting Resilience in Family Caregivers at the annual conference of the American Psychological Association, San Francisco, CA.
7. Steffen, A. M. (2018, May). Understanding and addressing the social stigma of memory loss. Paper presented at Primary Source: An Interdisciplinary Conference on Memory and Identity. St. Louis, MO.
8. VanDyke, M., Chow, M., Dinh, A., Le, M., Rucker, E., Vu, K., Griggs, S., & Steffen, A. (April, 2018). Medication Hoarding: Women managing medications for older family members identify a hoarding-related risk factor. Paper presented at the Anxiety Disorders Association of America, Washington D. C.
9. Arenella, K.\* & Steffen, A. M., (November, 2017). The importance of physical closeness: Physical and sexual behaviors as predictors of sexual satisfaction in family caregivers. Poster presented at the 51<sup>st</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies. San Diego, CA.
10. Steffen, A., Epstein, J., & Arenella, K.\* (July, 2017). *E-health education for intergenerational caregivers of chronically ill older adults*. World Congress of Gerontology and Geriatrics, San Francisco, CA.
11. Givens, A., & Steffen, A. (April, 2017). Caregiving for older adults with mental health concerns: Impact on family caregivers' perceived stress. University of Missouri-St. Louis Undergraduate Research Symposium, St. Louis, Missouri.
12. Arenella, K., & Steffen A. (October, 2016). Metacognitive processes as predictors of anxiety in family caregivers: The role of self-reassurance and self-efficacy for controlling upsetting thoughts. Poster presented at the 50th Annual Convention of the Association for Behavioral and Cognitive Therapies. New York, NY.
13. Steffen, A. M. (March, 2016). *E-health education for intergenerational caregivers of chronically ill older adults*. Society for Behavioral Medicine, Washington, DC.
14. Hegna, K., VanDyke, M., Griggs, S., & Steffen, A. (Spring, 2016). *Functional definitions of polypharmacy in*

*community dwelling older adults: A study of family caregivers.* Paper presented at the St. Louis College of Pharmacy Student Research Symposium, St. Louis, Missouri.

15. Chow, M., VanDyke, M., Griggs, S., & Steffen, A. (Spring, 2016). *The effect of stress, hassles, and self-efficacy on medication savings behaviors.* Paper presented at the St. Louis College of Pharmacy Student Research Symposium, St. Louis, Missouri.
16. Louiselle, K., VanDyke, M., Griggs, S., & Steffen, A. (Spring, 2016). *Examining the Relationships Between Dementia Severity, Hoarding Behaviors, and Medication Adherence.* Paper presented at the St. Louis College of Pharmacy Student Research Symposium, St. Louis, Missouri.
17. Pine, J.\* & Steffen, A. M. (November, 2015). *Intergenerational ambivalence and perceived stress in family care partners of older adults.* Gerontological Society of America, Orlando, FL.
18. Steffen, A. M. (July, 2015). *Symposium Chair: Dementia Care Practices Across Cultures and Special Populations.* Alzheimer's Association International Conference, Washington, DC.
19. Steffen, A. M. (July, 2015). *Tailoring the Coping with Caregiving Evidence Based Program for Ethnic/Racial Minority Communities.* Symposium paper for Dementia Care Practices Across Cultures and Special Populations. Alzheimer's Association International Conference, Washington, DC.
20. Steffen, A. M., Artis, J.\* & Warren, A. R.\* (July, 2015). *Cross-cultural validation of the revised scale for caregiving self-efficacy.* Presented at the Alzheimer's Association International Conference, Washington, DC.
21. MacDougall, M.\*, Judd, K.\*, & Steffen, A. (June, 2015). *A cognitive-behavioral framework for caregiver depression: The role of religious attendance.* Presented at the Missouri Psychological Association, St. Louis, MO.
22. Artis, J.\* & Steffen, A. M. (June, 2015). *Cross-cultural validation of the revised scale for caregiving self-efficacy.* Presented at the Missouri Psychological Association, St. Louis, MO.
23. Hegna, K., VanDyke, M., & Steffen, A. (Spring, 2015). *Preliminary Analysis of Medication Saving Behaviors, Hoarding, and FSS in the Elderly: A Pilot Study of Family Caregivers.* Paper presented at the St. Louis College of Pharmacy Student Research Symposium, St. Louis, Missouri.
24. Steffen, A., George, N.\*, MacDougall, M.\*, Epstein, J., & VanDyke, M. (November, 2014). *Online education for medication management by "Sandwich Generation" caregivers.* Paper presentation at the annual meeting of the Gerontological Society of America, Washington, DC.
25. Pine, J.\* & Steffen, A. (November, 2014). *Intergenerational ambivalence and perceived stress in family care partners of older adults.* Poster presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
26. MacDougall, M.\* & Steffen, A. (November, 2014). *Does religious coping moderate the relationship between role overload and depression among informal caregivers.* Poster presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
27. Warren, A. R. & Steffen, A. M. (2014, October). *Predicting gay affirmative practice from the theory of planned behavior.* Invited Speaker at LGBTQ and Allies Professionals Network, St. Louis, MO.
28. George, N. R., & Steffen, A.M. (April, 2014). *Medication Management Hassles for Family Caregivers of Older Adults: Does Dementia Matter?* Poster presentation at the University of Missouri – St. Louis Graduate Research Fair, St. Louis, MO
29. Steffen, A. M., Meuser, T., MacDougal, M.\*, George, N. R.\* (November, 2013). *Medication assistance by informal care partners: Pathway to dementia detection and intervention.* Symposium paper presentation at the

Gerontological Society of America, New Orleans, LA.

30. George, N. R.,\* & Steffen, A.M. (November, 2013). *Medication Management Hassles for Family Caregivers of Older Adults: Does Dementia Matter?* Poster presentation at the Association for Behavioral and Cognitive Therapies, Nashville, TN.
31. Warren, A. R.,\* & Steffen, A. M. (November, 2013). *Predicting gay affirmative practice from the theory of planned behavior.* Presented at the 47th Annual Convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
32. MacDougall, M.\* & Steffen, A. (November, 2013). *Emotional Eating among Informal Caregivers: Role of self-efficacy for controlling upsetting thoughts.* Poster presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
33. Warren, A. R., & Steffen, A. M. (April, 2013). *Predicting gay affirmative practice from the theory of planned behavior.* Poster presented at the Graduate Research Fair at University of Missouri-St. Louis, St. Louis, MO.
34. Steffen, A. M., Gonzalez-Rivas, S.\*, George, N.R.\* , & MacDougall, M.\* (November, 2012). *Measurement of self-efficacy beliefs: Implications of scale design.* Poster presented at the annual meetings of the Association for Behavioral and Cognitive Therapies, District of Columbia.
35. MacDougall, M.\* & Steffen, A. (November, 2012). *Obesity Risk among Family Caregivers: Relationship between role overload and emotional eating.* Poster presented at the annual meetings of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
36. George, N.R.\* , & Steffen, A.M. (November, 2012). *Self-Efficacy as a Predictor of Health Behaviors in Dementia Family Caregivers.* Poster presented at the annual meetings of the Association for Behavioral and Cognitive Therapies, District of Columbia.
37. Gonzalez-Rivas, S.\*, & Steffen, A. (November, 2012). *Predictors of women's sexual communication.* Poster presented at the annual meetings of the Society for Scientific Study of Sexuality, Tampa, Florida.
38. George, N. R., & Steffen, A. M. (April, 2012). *Family Dementia Caregivers' Healthcare and Medication Usage.* Poster presentation at the University of Missouri – St. Louis Graduate Research Fair, St. Louis, MO.
39. Steffen, A. M. (November, 2011). *CBT with dementia family caregivers: Facilitating Dissemination to Non-profit Agencies through Intervention Design.* Paper presented at the meetings of the Association for Behavioral and Cognitive Therapies, Toronto, CAN.
40. Steffen, A. M. (November, 2011). *Disseminating Behavioral and Cognitive Interventions for Older Adults to Providers in a Continuum of Care Settings.* Chair of Clinical Roundtable presented at the meetings of the Association for Behavioral and Cognitive Therapies, Toronto, CAN.
41. George, N\*. & Steffen, A. M. (November, 2011). *A Video/Telehealth Intervention for Family Dementia Caregivers: Impact on Health Care and Medication Usage.* Poster presented at the meetings of the Association for Behavioral and Cognitive Therapies, Toronto, CAN.
42. Steffen, A. M. & Decaporable, L.\* (June, 2010). *Distance-Based Skills-Training for Female Dementia Family Caregivers: Three-year Longitudinal Outcomes.* Paper presented at the World Congress of Behavioral and Cognitive Therapies, Boston, MA.
43. Decaporable, L.\*, & Steffen, A. M. (June, 2010). *Distance-Based Skills-Training for Female Dementia Family Caregivers: Depression-Related Outcomes.* Paper presented at the meetings of the World Congress of Behavioral and Cognitive Therapies, Boston, MA.



44. Murphy, J.\*, & Steffen, A. M. (April, 2008). *Aging in place for community dwelling seniors; Steady as you go.* Poster presented at the UM-St. Louis Undergraduate Research Symposium. (won 1st place prize by the Pierre Laclède Honors College).
45. Murphy, J.\*, & Steffen, A. M. (May, 2008). *Aging in place for community dwelling seniors; Steady as you go.* Poster presented at the meetings of the Midwestern Psychological Association, Chicago, IL.
46. Decaporale, L.\*, Mensie, L.\*, & Steffen, A. M. (November, 2008). *The relationship between anticipatory grief and respite utilization among family caregivers.* Poster presented at the meetings of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
47. Decaporale, L.\* & Steffen, A. M. (November, 2007). *Predictors of anticipatory grief in family caregivers.* Poster presented at the meetings of the Gerontological Society of America, San Francisco, CA.
48. Steffen, A. M. (November, 2007). *Careers in clinical geropsychology.* Presented at the meetings of the Gerontological Society of America, San Francisco, CA.
49. Coon, D., & Steffen, A. M. (November, 2007). *Interventions for Culturally Diverse Older Adults & Family Caregivers: Challenges and Opportunities.* Symposium presented at the meetings of the Gerontological Society of America, San Francisco, CA.
50. Nanney, J. T.\*, & Steffen, A. M. (November, 2006). *Ethnicity as a moderator of the relationship between positive aspects of caregiving and grief in dementia caregivers.* Poster presented at the meetings of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
51. Mensie, L.C. \*, & Steffen, A. M. (November, 2006). *Predictors of aging friendly home modifications in a community sample of older adults.* Poster presented at the meetings of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
52. English, S.\*, Abbot, K.\*, & Steffen, A. (May, 2005). *Impact of a distance-based intervention on target complaints of dementia family caregivers.* Poster presented at the meetings of the Midwest Psychological Association, Chicago, Illinois.
53. Steffen, A. M & Gant, J.R. (November, 2005). *Reducing distress in dementia family caregivers through a distance-based intervention.* Paper presented at the meetings of the Gerontological Society of America, Orlando, FL.
54. Mensie, L.\*, & Steffen, A. M (November, 2005). *Caregiving self-efficacy as a mediator of treatment impact on depressed mood.* Poster presented at the meetings of the Gerontological Society of America, Orlando, FL.
55. Palmer, W. M.\* , & Steffen, A. M (November, 2005). *Examining the relationship between mastery, self-efficacy, positive and negative affect, and depression in dementia family caregivers.* Poster presented at the meetings of the Gerontological Society of America, Orlando, FL.
56. Gilliam, C,\* & Steffen, A. M. (November, 2005). *The effects of rumination on problem solving self-efficacy in the context of depressed mood.* Poster presented at the meetings of the Association for Advancement of Behavior Therapy, Washington, D.C.
57. Gallagher-Thompson, D. & Steffen, A. M. (July, 2004). *National REACH Project: Description and Implications.* Invited symposium at the National Alzheimer's Association Education Conference, Philadelphia.
58. Palmer, M & Steffen, A. M. (November, 2004). *Caregiving Self-Efficacy as a Predictor of Nursing Home Placement in Dementia Patient-Caregiver Dyads.* Paper presented at the meetings of the Association for Advancement of Behavior Therapy, New Orleans, LA.
59. Steffen, A. M. (July, 2003). *Distance-Based skills training for family caregivers to improve quality of care.* Paper presented at the National Alzheimer's Disease Education Conference, Chicago, Illinois.

60. Steffen, A. M. & Gilliam, C.\* (November, 2003). *Self-efficacy as a mediator of treatment effect in a randomized clinical trial for depression*. Paper presented at the meetings of the Association for Advancement of Behavior Therapy, Boston, MA.
61. Gilliam, C\* & Steffen, A. M. (November, 2003). *Initial level of depressive symptoms as a moderator of treatment impact in the Dementia Caregiving Skills Program*. Paper presented at the meetings of the Association for Advancement of Behavior Therapy, Boston, MA.
62. Gilliam, C \* & Steffen, A. M. (November, 2002). *Self-efficacy as a moderator of the relationship between objective stressors and depressed mood in dementia family caregivers*. Paper presented at the meetings of the Association for Advancement of Behavior Therapy, Reno, NV.
63. Steffen, A. M. (2001, July). *Behavioral and Cognitive-Behavioral Interventions with Older Adults: Emerging Practices and Challenges*. Paper presented at the World Congress of Behavioral and Cognitive Therapies, Vancouver, Canada.
64. Mangum, K.\* & Steffen, A. M. (November, 2001). *Depression in Dementia Family Caregivers: Predicting Support Group Attendance*. Paper presented at the meetings of the Association for Advancement of Behavior Therapy, Philadelphia, PA.
65. Steffen, A.M. (2000, November). *Behavioral and cognitive behavioral interventions for family caregivers of impaired older adults*. Paper presented at the meetings of the Association for Advancement of Behavior Therapy, New Orleans, LA.
66. Steffen, A., Zeiss, A., & Gallagher-Thompson, D. (1999, November). *Self-Efficacy for dementia caregivers: Diversity in assessment strategies*. Paper presented at the meetings of the Association for Advancement of Behavior Therapy, Toronto, Canada.
67. Steffen, A. (1999, November). *Anger management for dementia caregivers: A preliminary study using video and telephone interventions*. Paper presented at the meetings of the Gerontological Society of America, San Francisco, California.
68. Steffen, A. (1998, November). *Anger management training for family caregivers of dementia patients*. Poster presented at the meetings of the Association for Advancement of Behavior Therapy, Washington, D.C.
69. Steffen, A., Goldstein, J.\*, & Suscheck, L.\* (1997, May). *Predictors of depression in urban caregivers of dementia patients*. Poster presented at the meetings of the Midwest Psychological Association, Chicago, Illinois.
70. Daniels, M.\* , Berger, S.\* , & Steffen, A. (1996, May). *Anger in Family Caregivers of Dementia Patients*. Poster presented at the meetings of the Midwest Psychological Association, Chicago, Illinois.
71. Steffen, A., & Gallagher-Thompson, D. (1995, November). *The measurement of anger in family caregivers*. Paper presented at the meetings of the Gerontological Society of America, Los Angeles, California.
72. Steffen, A., Gallagher-Thompson, D., Zeiss, A., Willis-Shore, J. (1994, August). *Self-efficacy for caregiving: Psychoeducational interventions with dementia family caregivers*. Poster presented at the meeting of the American Psychological Association, Los Angeles, California.
73. Steffen, A., Uncapher, H., Willis-Shore, J., Thompson, L., Koin, D., & Gallagher-Thompson, D. (1994, November). *Psychosocial effects of hormone replacement therapy with postmenopausal women*. Paper presented at the meetings of the Gerontological Society of America, Atlanta, Georgia.
74. Gallagher-Thompson, D., Steffen, A., Lovett, S., Rose, J., Zeiss, A., & Thompson, L.W. (1992, June). *Comparative effectiveness of brief psychodynamic and cognitive/behavioral psychotherapies for the treatment of late-life depression in family caregivers*. Poster presented at the meeting of the Society for Psychotherapy

Research, Berkeley, California.

75. Steffen, A., Futterman, A., & Gallagher-Thompson, D. (1991, November). *Comparative outcomes of two interventions for caregivers with major depressive disorder*. Paper presented at the meeting of the Gerontological Society of America, San Francisco, California.
76. Thompson, L. W., Gallagher, D., & Steffen, A. (1991, November). *Comparison of desipramine and cognitive/behavioral therapy in the treatment of late-life depression*. Paper presented at the meeting of Gerontological Society of America, San Francisco, CA.
77. Thompson, L. W., Gallagher, D., Hanser, S., Gantz, F. & Steffen, A. (1991, August). *Treatment of late-life depression with cognitive behavioral therapy or desipramine*. Poster presented at the meeting of the American Psychological Association, San Francisco, CA.
78. Steffen, A. M., & Heller, K. (1988, August). *Social support in the daily interactions of friends*. Paper presented at the meeting of the American Psychological Association, Atlanta, Georgia.

### Treatment Materials and Manuals

1. Steffen, A. M., Gant, J. R., Coon, D. W., Gallagher-Thompson, D., Thompson, L., Burgio, L., & Stevens, A. (2001). *The Dementia Caregiving Skills Program: Reducing Distress and Enjoying Time with your Family Member. Video Series*. St. Louis, MO: University of Missouri – St. Louis.
2. Steffen, A. M., Gant, J. R., Coon, D. W., Gallagher-Thompson, D., Thompson, L., Burgio, L., & Stevens, A. (2001). *The Dementia Caregiving Skills Program: Reducing Distress and Enjoying Time with your Family Member. Participant Manual*. St. Louis, MO: University of Missouri – St. Louis.
3. Gant, J. R., Steffen, A. M., Silberbogen, A. K.\*, & Gallagher-Thompson, D. (2001). *The Dementia Caregiving Skills Program: Reducing Distress and Enjoying Time with your Family Member. Coach Manual*. St. Louis, MO: University of Missouri – St. Louis.
4. Steffen, A. M. (1996). *Coping with Frustration. Video Series*. St. Louis, MO: University of Missouri – St. Louis.

### Grants and Awards

#### Completed

2016-2018 PI: Ann Steffen. *E-Health Education for Families of Home Health Patients*. UMSL College of Arts and Sciences Research Award. \$12,405 awarded (Note: \$1584 utilized and \$10,823 returned)

2013-2016 PI: Ann Steffen. *Medication Assistance by Intergenerational Caregivers of Older Adults: Online Health Education Approaches*. UM-St. Louis Express Scripts Social Science Research Program, \$249,871.

2011-2012 PI: Ann Steffen. *Medication Assistance by Female Family Caregivers of Older Adults*. UM-St. Louis Express Scripts Social Science Research Program, \$34,815.

2008-2001 PI: John Seely, Ph.D., Oregon Research Institute. *A Multimedia Depression Amelioration Program for Family Dementia Caregivers*. Phase II SBIR grant funded by National Institute on Aging, \$534,768. Role: Consultant

2006-2007 PI: Terry Jones. *Affton Community Partnership*. Community Outreach Partnership Center Grant Program, U.S. Department of Housing and Urban Development, \$200,000. Role: Co-Investigator

2003-2007 PI: Ann Steffen. *Distance-based interventions for depressed dementia family caregivers: Three-year longitudinal assessment*. National Alzheimer's Association, \$231,710.

2003-2004 PI: Ann Steffen. *Skills Training for Dementia Caregivers: 1 Year Outcomes*. University of Missouri Research Board, \$22,000.

2000-2004 PI: Ann Steffen. *Reducing Depression in Female Dementia Caregivers*. 5 R21 MH061956, National Institute of Mental Health, \$555,000

2000-2001 PI: Ann Steffen. *Support Groups for Dementia Caregivers: Predicting Benefits and Participation*, Missouri Alzheimer's Disease and Related Disorders Program, \$30,000.

1996-1997 PI: Ann Steffen. *Stress Management Training for Family Caregivers of Dementia Patients*. University of Missouri-St. Louis Research Award, \$11,604.

1995-1996 PI: Ann Steffen. *Assessment of Anger in African American Family Caregivers*. University of Missouri Research Board, \$23,431.

1995-1996 PI: Ann Steffen. *Home-Based Psychoeducational Interventions for Family Caregivers of Alzheimer's Patients*. Missouri Alzheimer's Disease and Related Disorders Program, \$19,946.

1994-1996 PI: Ann Steffen. *Psychosocial Risk Factors in Caregiving: The Assessment of Anger*. National Alzheimer's Association, \$90,000.

1993-1994 PI: Ann Steffen. *Panel Analyses of Social Support in Dementia Caregivers*. National Research Service Award, National Institute of Aging; F32 individual postdoctoral fellowship, \$25,600

### **Specialty training**

Washington University Clinician Partners Program; Knight Alzheimer's Disease Research Center (2013)

### **Professional Societies**

American Psychological Association, Div. 20, Div. 12 Section II  
Gerontological Society of America  
Missouri Psychological Association

### **Workshops and Invited Presentations**

1. Steffen, A. & Stewart, D. (June, 2019). Sex, Drugs and Rock'n Roll in Long Term Care. Voyce Long Term Care Conference, St. Louis, Missouri. Invited presentation.
2. Steffen, A. & Schmidt, N. (May, 2019). Psychotherapy and Behavioral Health Interventions with Older Adults. Missouri Department of Mental Health, Spring Training Institute, Lake of the Ozarks, Missouri.
3. Steffen, A. (May, 2019). Cognitive Behavior Therapy: Refining and Consistently Applying Essential Skills. Missouri Department of Mental Health, Spring Training Institute, Lake of the Ozarks, Missouri. 3 hour workshop.
4. Steffen, A. (November, 2018). Enhancing family support for cognitively impaired older adults. Invited talk to the Doctoral Program in Clinical Psychology, Washington University in St. Louis.
5. Steffen, A. & Palmer, W. M. (June, 2018). Evidence based psychological treatments for family caregivers of older adults. Workshop presented to the annual meeting of the Missouri Psychological Association, Lake of the Ozarks, Missouri.
6. Steffen, A., Palmer, W. M., Runyan, M., Falconer, J. (June, 2017). Practice challenges and opportunities with older adults. Workshop presented to the annual meeting of the Missouri Psychological Association, St. Louis, Missouri.
7. Steffen, A. M. (November, 2014). *What do Baby Boomers Need to Know about Dementia Detection, Diagnosis*

*and Documentation?* Invited keynote at Care & Conquer Series, Alzheimer's Association, St. Louis, MO.

8. Steffen, A. M. (October, 2014). *Enhancing informal support for cognitively impaired older adults*. Invited presentation, Clinical Science program, Department of Psychological and Brain Sciences, Indiana University, Bloomington, Indiana.
9. Steffen, A. M., & Epstein, J. (April, 2014). *Informal medication assistance: Pathway to dementia detection & intervention*. Invited presentation to UM-St. Louis Health Research Series.
10. Steffen, A. M. (February, 2014). *Encouraging research participation within the community*. Invited
  - a. Community Talk sponsored by the Alzheimer's Association, St. Louis, MO.
11. Steffen, A.M. & George, N. R.\* (September, 2013). *Empowering Individuals and Families: Perceptions of Dementia Today*. Invited Community Talk sponsored by the Alzheimer's Association, St. Louis, MO.
12. Steffen, A. M. (November, 2009). *Psychosocial research: Improving quality of life for families living with Alzheimer's Disease*. Invited address for the Annual Research Update of the St. Louis Alzheimer's Association.
13. Steffen, A. M. (November, 2008). *Responding to the ethical and societal challenges of family caregiving*. Invited talk to the St. Louis Ethical Society.
14. Steffen, A. M. (April, 2005). *Lessons Learned: Empirically supported interventions for family caregivers*. Plenary address at Pine Rest Christian Mental Health Services SprConference, Grand Rapids, MI.
15. Steffen, A. M. (April, 2004). *Successful strategies for working with depressed family caregivers*. Workshop presented at the American Society of Aging meetings, San Francisco, CA.
16. Steffen, A. M. (May, 2004). *Innovative caregiver interventions*. Plenary talk at the Wayne State University Annual Issues in Aging Symposium, Detroit, MI.
17. Steffen, A. M. (May, 2004). *Successful strategies for working with depressed family caregivers*. Workshop presented at the Wayne State University 17th Annual Issues in Aging Symposium, Detroit, MI.
18. Steffen, A. M. (June, 2003). *The NIMH Dementia Caregiver Study*. Plenary talk at the St. Louis University SS Geriatric Institute. St. Louis, Missouri.
19. Steffen, A. M. & Gant, J. (June, 2003). *Treating depression in older adults*. Workshop presented at the St. Louis University SS Geriatric Institute, St. Louis, Missouri.
20. Steffen, A. M. (October, 2000). *Reducing Depression in Dementia Family Caregivers*. Invited talk at the Department of Psychology, University of Alabama, Tuscaloosa, AL.
21. Steffen, A. (November, 1998). *Research Update on Dementia Family Caregivers*. Plenary address at the Annual Research Update of the St. Louis Alzheimer's Association.
22. Steffen, A. (November, 1997). *Caregiver Stress and Interventions for Caregivers*. Plenary address at the Annual Research Update of the St. Louis Alzheimer's Association.
23. Steffen, A. (November, 1996). *Support for Family Caregivers*. Plenary address at the Annual Research Update of the St. Louis Alzheimer's Association.

### Grant Reviews

Alzheimer's Society (UK) 2018

NIH NINR, ZNR REV-T1, November, 2012

NIH NINR, ZNR1, June, 2012

NIH NIMH, Challenge Grants, 2009  
 National Alzheimer's Association 2006-2012  
 University of Missouri Research Board 2008-2012, 2017

### Editorial Board Experience

Editorial Board, *Clinical Gerontologist* 2004-2006

### Ad Hoc Journal Review:

*Aging and Mental Health*

*Alzheimer's Disease and Related Disorders*

*American Journal of Community Psychology*

*American Journal of Geriatric Psychiatry*

*Behavior Therapy*

*British Journal of Health Psychology*

*Clinical Gerontologist*

*Clinical Psychology: Science and Practice*

*Cognitive and Behavioral Practice*

*Cognitive Therapy and Research*

*Death Studies*

*The Gerontologist*

*International Journal of Geriatric*

*Psychiatry*

*International Psychogeriatrics*

*Journal of Aging and Health*

*Journal of Applied Gerontology*

*Journal of Health Psychology*

*Journal of Mental Health and Aging*

*Psychology and Aging*

### Leadership roles in Professional Associations (Board Appointed)

1999-2004 Coordinator, Convention and Education Issues, Association for Behavioral and Cognitive Therapies

1998 Program Chair, Annual Convention, Association for Behavioral and Cognitive Therapies  
 (with letter of special commendation from the ABCT Board)

### Professional Service

2018- Chair, Science and Practice Committee, Society for Clinical Geropsychology (APA Div 12/II)

2018- Member, Evidence-based Practice Committee, Missouri Psychological Association

2005-2017 Member, Scientific Advisory Board, St. Louis Alzheimer's Association

2012-2013 Moderator, Eli Lily Community Conversations on Early Dementia Detection

2009-2013 Member, Program Services & Performance Improvement Committee, St. Louis Alzheimer's Association

2010-2011 Member, St. Louis County Government Problem Properties Committee

2010-2011 Member, St. Louis County Executive's Aging Initiatives Action Team

2010 Leader of Aging Stream, World Congress of Behavioral and Cognitive Therapies

2010 Member, Search Committee for President, St. Louis Alzheimer's Association

2003-2006 Member, Board of the St. Louis Breakthrough Coalition

2003-2005 Member, Advisory Board of St. Andrews Resources for Seniors

2002-2004 Vice-Chair, Executive Board of Directors, St. Louis Alzheimer's Association

1997-2004 Member, Board of Directors of the St. Louis Alzheimer's Association

1998-2000 Chair, Family Services Steering Committee, St. Louis Alzheimer's Association

1995-1998 Chair, Program Evaluation Committee, St. Louis Alzheimer's Association

1995-1999 Member, African American Outreach Committee, St. Louis Alzheimer's Association

1995-1997 Member, Family Services Steering Committee, St. Louis Alzheimer's Association

1994-1995 Member, Program Evaluation Committee, St. Louis Alzheimer's Association

1992 Program Planner, *Families at Risk: Caregiving in the 21<sup>st</sup> Century*, Portland Oregon

1992 Member, Program Committee, *Mental Health Problems of Older Adults Conference*, Stanford University

### Service to University of Missouri System

2012-2015 Member, Advisory Committee, UM Presidential Award for Innovative Teaching

2012-2015 Member, Advisory Committee, UM Presidential Awards for Intercampus Collaboration

2012-2015 Member, Advisory Committee, UM Presidential Award for Student Entrepreneur

2013-2014 Member, UM Research Board

2013-2014 Member, UM-System "Mental Health-Caring for Missourians" proposal committee

2009 Comprehensive Program Assessment Reviewer, School of Biological Sciences, UM-Kansas City

2008 Comprehensive Program Assessment Reviewer, School of Dentistry, Dental Hygiene, UM-Kansas City

2007 Comprehensive Program Assessment Reviewer, College of Nursing, UM-St. Louis

2006 Comprehensive Program Assessment Reviewer, Department of History & Political Science, UM-Rolla

2003 Leadership Development Program, UM President's Academic Leadership Institute

### Service to UM-St. Louis Campus

2019-	Member, Starfish Analytics Platform Committee
2018-2019	Member, Faculty Search Committee, UMSL Center for Teaching & Learning
2013-present	Stadler Building Coordinator, UMSL Building Emergency and Safety Teams (BEST) program
2011-present	Faculty Advisor and Board Chair, UMSL Catholic Student Newman Center
2017-2018	Member, Inclusive Excellence Compact Committee, UMSL Strategic Plan
2017	Chair, Campus Review Team, Center for Teaching and Learning
2013-2015	Member, Faculty Teaching and Service Awards Subcommittee of Faculty Senate
2013	Member, Campus Review Team, Department of Biology
2012	Member, Campus Review Team: Department of Art & Art History
2011-2014	Member, Graduate Council
2010	Member, ad personam committee for Dr. Tom Meuser, School of Social Work
2005	Member, Scholarship Committee, Institute for Women & Gender Studies
2005-2006	Member, Search Committee for Dean of the College of Nursing
2003-2013	Member, Graduate Program Directors Committee, Graduate School
2003-2006	Director of Gerontology Programs
2002-2010	Member, Faculty Grievance Panel.
2002-2005	Member, Faculty Senate
1998-1999	Member, development committee, Graduate Certificate in Gerontological Counseling
1994-2002	Member, Gerontology program curriculum committee

### Service to UM-St. Louis College of Arts and Sciences

2014	Member, Undergraduate Research Awards Committee
2013	Member, Dissertation Award Committee
2012	Chair, Latin Honors Committee
2012	Member, Committee on Graduate Stipends/Scholarships
2009-2010	Member, Graduate Program Directors Committee
2009	Member, Committee on Committees
2005	Chair, Committee on Committees
2004-2005	Chair, Undergraduate Curriculum Committee
2003-2006	Member, Undergraduate Curriculum Committee

### Service to UM-St. Louis Department of Psychological Sciences

2018-present	Coordinator, Curriculum Alignment Process (CAP) for Psychological Sciences
2015-present	Coordinator, Psychology Advising Office
2015-present	Coordinator, Psychology tutoring in Science and Technology Academic Center
Spr2014	Interim Department Chair
2012	Chair, ad personam committee for Dr. Zoe Peterson
2012-2013	Member, search committee for social psychologist position
2012-2013	Chair, Self-Study committee for accreditation, doctoral program in clinical psychology
2011-2012	Member, departmental self-study committee
2009	Chair, ad personam committee for Dr. Kami White
2006-2013	Director, Doctoral Program in Clinical Psychology
2006-2007	Chair, Self-Study committee for accreditation, doctoral program in clinical psychology
2005-2006	Member, Search Committee for Child Clinical Psychologist position
2004-2016	Departmental facilitator, Teaching & Instruction Development
2004-2006	Departmental liaison, Instructional Technology
2004-2006	Member, search committee for Multicultural Clinical Psychologist position
2004-2005	Chair, Search Committee for Clinical Psychologist position

2004-2005 Chair, Online Instruction Committee  
 2003-2005 Member, search committee for Center for Trauma Recovery Director position  
 1997-2003 Faculty Advisor, Psi Chi Honors Society in Psychology, UM-St. Louis Chapter  
 1994-2006 Member, Doctoral Program in Clinical Psychology  
 1994-2000 Member, Undergraduate Curriculum Committee

**Mentored Dissertations as Committee Chair (N=21):**

Katherine Arenella (in process)  
 Jillian Pine, MA (2018)  
 Megan MacDougall, Ph.D. (2017)  
 Allison Warren, Ph.D. (2017)  
 Nika George, Ph.D. (2015)  
 Lauren Decaporale-Ryan, Ph.D. (2011)  
 Lauren Mensie, Ph.D. (2008)  
 Lauren Williams, Ph.D. (2008)  
 Kristopher Clouch, Ph.D. (2008)  
 W. Michael Palmer, Ph.D. (2007)  
 Sean Engelkemer, Ph.D. (2007)  
 Christina Gilliam, Ph.D. (2006)  
 Jessica Lauren Rusnack, Ph.D. (2006)  
 Kristin R. Korbini Mangum, Ph.D. (2004)  
 Ilana Krakauer, Ph.D. (2004)  
 Christy Steimer Jackson, Ph.D. (2002)  
 Susanne Wickie, Ph.D. (2002)  
 Matthew Jorgensen, Ph.D. (2002)  
 E. Ryann Watson, Ph.D. (2001)  
 Lynn Hyland, Ph.D. (2000)  
 Steven Berger, Ph.D. (1998)

**Mentored Theses as Committee Chair (N=17):**

Kelly Bergstrom (current)  
 Selmi Kalmi (current)  
 Nicholas Schmidt, MS (2017)  
 Katherine Arenella, MA (2017)  
 Jillian Pine, MA (2015)  
 Allison Warren, MA (2014)  
 Megan MacDougall, MA (2013)  
 Sara Gonzalez-Rivas, MA (2013)  
 Nika George, MA (2012)  
 Lauren Decaporale-Ryan, MA (2008)  
 John Nanney, MA (2007)  
 Lauren Mensie, MA (2005)  
 W. Michael Palmer, MA (2004)  
 Christina Gilliam, MA (2003)  
 Kristin R. Korbini Mangum, MA (2000)  
 Martina Sanchez, MA (1997)  
 Lynn Hyland, MA (1997)

**Dissertation Committee Membership (N= 48):**

Miriam Anderson, Zyra Apugan, Tiffany Artime, Deborah Birk, Julie Brandenburg, Melissa Broome, Nicholas Brown, Katherine Buchholz, Sandra Carusa, Dana Cason, Jennifer Craft, Susan Datson, Jerry Dunn, Debra Early, Phil Eiseman, Deborah Emery, Maurice Endsley, Judith Gant, Sara Gonzalez-Rivas, Perri Grabow, Robert Graziano, Katie Hadlandsmyth, Rachel Hibberd, Katie Judd, Deborah Kaysen, Leslie Kimball, Allison Kirchbaum, Ellen Koucky, Brianna Mann, Julie Mastnak, Shannon McNeill, Diana Moses-Nunley, Tiffany Mueller, Caleb Pardue, Tyler Pendleton, Gail Pickett, Susan Sanderson, Jacob Scharer, Kimberly Sieber, Amy Silberbogen, Emily Strang, Matthew



Taylor, Sherry Tews, Joshua Vinocour, Tessa Vuper, Angela Waldrop, Rachel Wamser, Karen Westervelt-Connors, Marcia Wilmes

### **Comprehensive Exam Committee Membership (N=63):**

Miriam Anderson, Katherine Arenella, Tiffany Artime, Deborah Birk, Julie Brandenburg, Melissa Broome, Nicholas Brown, Katherine Buchholz, Sandra Carusa, Dana Cason, Vien Cheung, Kristopher Clouch, Jennifer Craft, Catherine Creeley, Susan Datson, Lauren Decaporale, Jerry Dunn, Margaret Durham, Philip Eiseman, Deborah Emery, Maurice Endsley, Sean Engelkmeyer, Marielle Falki, Judith Gant, Nika George, Christina Gilliam, Sara Gonzalez-Rivas, Perri Grabow, Katie Hadlandsmyth, Rachel Hibberd, Matthew Jorgensen, Katie Judd, Deborah Kaysen, Leslie Kimball, Allison Kirschbaum, Ellen Koucky, Ilana Krakauer, Jessica Lauren, Megan MacDougall, Brianna Mann, Shannon McNeill, Lauren Mensie, Tiffany Mueller, Michael Palmer, Caleb Pardue, Tyler Pendleton, Gail Pickett, Jillian Pine, Susan Sanderson, Jacob Scharer, Nick Schmidt, Utpala Shanker, Amy Silberbogen, Emily Strang, Sherry Tews, Joshua Vinocour, Tessa Vuper, Angela Waldrop, Rachel Wamser, Allison Warren, Karen Westervelt, Susan Wickie, Lauren Williams, Marcia Wilmes

### **Thesis Committee Membership (N=19):**

Line Brynjuofsen, Dana Cason, William Dement, Maire Diemer, Margaret Durham, Mark Feltner, Laura Fewell, Perri Grabow, Trey Heffernan, Rachel Hibberd, Emily Hu, Katie Judd, Ilana Krakauer, Laura Matthews, Tyler Pendleton, Jacob Scharer, Amy Silberbogen, Carolina Surla, Rachel Wamser.

### **Formal Classroom Teaching by Course Number**

*Psych 2268 Human Growth & Behavior* (FS 1994, Spr1995, FS 1995, Spr1996, FS 1996, FS 1997, Spr1998, FS 1998, SS 2009)

*Psych 2245 Abnormal Psychology* (SS 2009, FS 2009, FS 2012)

*Psych 2272 Developmental Psychology: Adulthood and Aging* (Spr1999, Spr2000)

*Psych/Geron 2280/3280 Psychology of Death & Dying* (SS 2009, FS 2009, SS 2010, FS 2010, SS 2011, FS 2011, SS 2012, FS 2012, Spr2013, SS 2013, Spr2015, SS 2015, FS 2015, SS 2016; FS 2016; Spr2017; SS 2017, SS2018, Spr2019)

*Psych 3390 Directed Research* (1994-present)

*Psych/Geron 4376 Mental Health and Aging* (FS 1995, FS 2000, SS 2004, Spr2005, FS 2006, Spr2008, Spr2009, Spr2010, Spr2015, Spr2019, SS2019)

*Geron 5376 Psychopathology and Aging* (Spr2008, Spr2009, Spr2010, Spr2015, Spr2016, FS 2016, FS 2017, Spr2019)

*Geron 6495 Practicum in Gerontology* (2003-2006)

*Psych 6444 Clinical Geropsychology* (FS 1999, FS 2002, Spr2005, Spr2007)

*Psych 7431 Clinical Supervision* (1994-1996, 1998-2005, 2008-2012, SS 2013, SS 2014, 2015-2016, FS 2017, 2018-2019)

*Psych 7434 Foundations of Clinical Interventions* (FS 2007, FS 2008, FS 2009, FS 2010, FS 2011, FS 2013, FS 2015, FS 2017)

*Psych 7474 Clinical Research Methods* (FS 1996, FS 1998, FS 1999, FS 2001, FS 2003, Spr2006)

*Psych 7485 Seminar in Clinical Science* (FS 2016, FS 2017, FS2018)