

**CURRICULUM VITAE**  
**Evette Joy Ludman PhD**

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**EDUCATION**

AB	Magna Cum Laude, with Honors in Psychology	Brown University	1983
MS	Psychology	University of Oregon	1985
PhD	Clinical Psychology (APA approved)	University of Oregon	1993

**LICENSURE**

1996 - Washington Psychologist 1957

**CURRENT PROFESSIONAL POSITIONS**

1994 - Senior Research Associate  
Group Health Research Institute, Group Health Cooperative

2004 - Affiliate Investigator  
Fred Hutchinson Cancer Research Center

2004 - Affiliate Associate Professor  
Department of Psychiatry and Behavioral Sciences, University of Washington School of Medicine

**EMPLOYMENT/CLINICAL EXPERIENCE**

1983-1986 Instructor/Teaching Assistant, Department of Psychology, University of Oregon

1987-1989 Health Behaviorist, Health Education and Health Promotion, Kaiser Permanente Northwest

1989 Health Counselor, Center for Health Research, Kaiser Permanente Northwest

1989-1990 Psychology Resident, Psychological and Counseling Services, University of California, San Diego (APA approved)

1992-1994 Clinical Research Specialist, Center for Health Studies, Group Health Cooperative

1993-1994 Postdoctoral Psychology Intern/Behavioral Health Consultant, Center for Health Studies, Group Health Cooperative

1996 -2012 Psychologist (locum tenens)  
Behavioral Health Services, Group Health Permanente

**PROFESSIONAL MEMBERSHIPS**

American Psychological Association

Society of Behavioral Medicine  
Association for Psychological Science

### **PROFESSIONAL TRAINING MEMBERSHIPS**

- 1994 - Motivational Interviewing Network of Trainers
- 2001 - Master Trainer, The Chronic Disease Self-Management Program
- 2002 - World Health Organization Network of Innovators
- 2006 - Depression and Bipolar Support Alliance Certified Peer Specialist

### **EDITORIAL REVIEWER**

*American Journal of Managed Care, American Journal of Mental Health Policy, American Journal of Preventive Medicine, American Journal of Public Health, Annals of Behavioral Medicine, Archives of General Psychiatry, Archives of Internal Medicine, Behavioral Medicine, Bipolar Disorders, British Journal of Health Psychology, British Journal of Psychiatry, Chronic Illness, Clinical Gerontologist, Depression and Anxiety, Effective Clinical Practice, General Hospital Psychiatry, Health Education and Behavior, Health Psychology, Health Services Research, International Journal of Psychiatry in Medicine, Journal of Affective Disorders, Journal of Empirical Research on Human Research Ethics, Journal of the American Medical Women's Association, Journal of Behavioral Medicine, Journal of General Internal Medicine, Journal of Psychosomatic Research, Medical Care, Nicotine and Tobacco Research, Preventive Medicine, Primary Care Companion to the Journal of Clinical Psychiatry, Psychology of Addictive Behaviors, Psychosomatic Medicine, Stress and Health, Women & Health, Women's Health Issues*

### **GRANT AND PROGRAM REVIEWS**

#### National Institutes of Health

- |             |  |
|-------------|--|
| 1999        | NIH cross-institute RFA on Mind / Body Centers                                 |
| 2003 – 2004 | NIDDK Translational research for the prevention and control of diabetes        |
| 2004        | NIMH Services Review Committee   |
| 2005        | NIMH BSTART Review Committee   |
| 2005        | NIMH Intervention Review Committee   |
| 2005        | NIH cross-institute RFA on Neuroimmune mechanisms and chronic fatigue syndrome |
| 2006 - 2010 | NIMH SRNS (Mental Health Services in Non-Specialty Settings): standing member  |
| 2011        | NIMH SRNS, SEP   |

#### Other

- |                  |  |
|------------------|--|
| 1996, 2000, 2004 | Society of Behavioral Medicine Annual Scientific Sessions, program reviewer            |
| 2000             | Dutch Cancer Society, external reviewer  |
| 2002             | Alberta Heritage Foundation for Medical Research, external reviewer                    |
| 2002-2003        | RWJF Improving Chronic Illness Care Targeted Grants, reviewer                          |
| 2003 - present   | SAMHSA National Registry of Effective Programs and NCI RTIPS, program reviewer         |
| 2004             | Group Health Community Foundation's Jumpstart, proposal reviewer                       |
| 2005             | VA HSR &D research review committee, ad hoc reviewer                                   |
| 2006             | Diabetes UK research grant reviewer  |
| 2009             | ZonMw: the Netherlands organization for health research and development grant reviewer |

2011-2012	VHA Health Services Research and Development Scientific Merit Review ad hoc reviewer
2013	PCORI grant reviewer

## PUBLICATIONS

### Peer-reviewed research articles

1. Quinn PC, Wooten BR, **Ludman EJ**. (1985). Achromatic color categories. Perception and Psychophysics, 37: 198-204.
2. Katon W, Robinson P, Von Korff M, Lin E, Bush T, **Ludman E**, Simon G, Walker E. (1996). A multifaceted intervention to improve treatment of depression in primary care. Archives of General Psychiatry, 53: 924-932.
3. Von Korff M, Katon W, Bush T, Lin E, Simon G, Saunders K, **Ludman E**, & Walker E, Unützer J. (1998). Treatment costs, cost offset and cost-effectiveness of collaborative management of depression. Psychosomatic Medicine, 60: 143-149.
4. Simon GE, Katon W, Rutter C, Von Korff M, Lin E, Robinson P, Bush T, Walker EA, **Ludman E**, Russo J. (1998). Impact of improved depression treatment in primary care on daily functioning and disability. Psychological Medicine, 28: 693-701.
5. Simon GE, Heiligenstein J, Revicki E, Von Korff M, Katon WJ, **Ludman E**, Grothaus L, & Wagner E. (1999). Long-term outcomes of initial antidepressant choice in a "real world" randomized trial. Archives of Family Medicine, 8: 319-325.
6. Lin EHB, Katon W, Von Korff M, Russo J, Simon GE, Bush T, Rutter CM, Walker EA, & **Ludman E**. (1998). Relapse of depression in primary care: Rate and clinical predictors. Archives of Family Medicine, 7: 443-449.
7. Lin E, Simon G, Katon W, Russo J, Von Korff M, Bush T, **Ludman E**, & Walker E. (1999). Can enhanced acute phase treatment of depression improve long-term outcomes? A report of randomized trials in primary care. The American Journal of Psychiatry, 156 (4): 643-645.
8. **Ludman E**, Curry S, Hoffman E, & Taplin S. (1999). Women's knowledge and attitudes about genetic testing for breast cancer susceptibility. Effective Clinical Practice, 2: 158-162.
9. **Ludman E**, Curry S, Meyer D, & Taplin S. (1999). Implementation of outreach telephone counseling to promote mammography participation. Health Education and Behavior, 26(5): 689-702.
10. McBride CM, Scholes, D, Grothaus LC, Curry SJ, **Ludman E**, & Albright J. (1999). Evaluation of a minimal self-help cessation intervention for women smokers following cervical cancer screening. Preventive Medicine, 29: 133-138.
11. Scholes D, McBride C, Grothaus L, Curry S, Albright J, & **Ludman E**. (1999). The association between cigarette smoking and low-grade cervical abnormalities in reproductive-age women. Cancer Causes and Control, 10: 339-344.
12. Katon WJ, Von Korff M, Lin E, Simon G, Walker EA, Unützer J, Bush T, Russo J, **Ludman E**. (1999). Stepped collaborative care for primary care patients with persistent symptoms of depression: A randomized trial. Archives of General Psychiatry, 56: 1109-1115.
13. Unützer J, Katon W, Russo J, Simon G, Bush T, Walker E, Lin E, Von Korff M. **Ludman E**. (1999). Patterns of care for depressed older adults in a large staff-model HMO. American Journal of Geriatric Psychiatry, 7(3): 235-43.
14. Taplin SH, Barlow W, **Ludman E**, MacLehose R, Meyer D, Seger D, Herta D, Chin R, & Curry S. (2000). Testing reminder and motivational telephone calls to increase screening mammography: A randomized study. Journal of the National Cancer Institute, 92(3): 233-42.
15. **Ludman E**, McBride C, Nelson J, Curry S, Grothaus L, Lando H, & Pirie P. (2000). Stress, depressive symptoms and smoking cessation among pregnant women. Health Psychology, 19(1): 21-27.

16. Katon W, Rutter CM, Lin E, Simon G, Von Korff M, Bush T, Walker E, & **Ludman E**. (2000). Are there detectable differences in quality of care or outcome of depression across primary care providers? Medical Care, 38(6): 552-561.
17. Tutty S., Simon G., **Ludman E**. (2000). Telephone counseling as an adjunct to antidepressant treatment in the primary care system: a pilot study. Effective Clinical Practice, 4: 170-178.
18. Lin E, Von Korff M, Katon W, Simon G, Bush T, Walker E, Unützer J, **Ludman E**. (2000). Low-intensity treatment of depression in primary care: is it problematic? General Hospital Psychiatry, 22(2): 78-83.
19. Lin EHB, Von Korff M, Russo J, Katon W, Simon GE, Unützer J, Bush T, Walker EA, **Ludman E**. (2000) Can depression treatment in primary care reduce disability? A stepped care approach. Archives of Family Medicine, 9(10): 1052-8.
20. **Ludman E**, Von Korff M, Katon W, Lin E., Simon G., Walker E, Bush T, Wahab S. (2000). The design, implementation and acceptance of a primary care-based intervention to prevent depression relapse. International Journal of Psychiatry in Medicine, 30 (3): 229-245.
21. Curry S, **Ludman E**, Grothaus L, Donovan D, Kim E, Fishman P. (2000). At risk drinking among patients making routine primary care visits. Preventive Medicine, 31 (5): 595-602.
22. Walker EA, Katon WJ, Russo J, Von Korff M, Lin E, Simon G, Bush T, **Ludman E** & Unützer J. (2000). Predictors of outcome in a primary care depression trial. Journal of General Internal Medicine, 15: 959-867.
23. Katon WJ, Rutter C, **Ludman E**, Von Korff M, Lin E, Simon G, Walker E, Unützer J, Bush T. (2001). A randomized trial of relapse prevention in primary care. Archives of General Psychiatry, 58: 241-247.
24. Simon GE, Katon WJ, Von Korff M, Unützer J, Lin EHB, Walker EA, Bush T, Rutter C, **Ludman E**. (2001). Cost-effectiveness of a collaborative care program for primary care patients with persistent depression. American Journal of Psychiatry, 158: 1638-1644.
25. **Ludman EJ**, Curry SJ, Grothaus LC, Graham E, Stout J, Lozano P. (2002). Depressive symptoms, stress, and weight concerns among African American and European American low-income female smokers. Psychology of Addictive Behaviors, 16 (1): 68-71.
26. Simon GE, **Ludman E**, Unützer J, Bauer M. (2002). Design and implementation of a randomized trial evaluating systematic care for bipolar disorder Bipolar Disorders, 4 (4): 226-236.
27. Curry SJ, **Ludman EJ**, Grothaus LC, Gilmore, T, Donovan D. (2002). At-risk drinking among patients in an occupational medicine clinic. Alcohol and Alcoholism, 37 (3): 289-294.
28. **Ludman E**, Simon GE, Rutter CM, Unützer J, Bauer M. (2002). A measure for assessing patient perception of provider support for self-management of bipolar disorder. Bipolar Disorders, 4 (4): 249-253.
29. Simon GE, Von Korff M, **Ludman EJ**, Katon W, Rutter C, Unützer J, Lin EHB, Bush T, Walker E. (2002). Cost-effectiveness of a program to prevent depression relapse in primary care. Medical Care, 40 (10): 941-950.
30. Katon W, Russo J, Von Korff M, Lin E, Simon G, Bush T, **Ludman E**, Walker E. (2002). Long-term effects of a collaborative care intervention in persistently depressed primary care patients. Journal of General Internal Medicine, 17(10): 741-8.
31. Curry SJ, **Ludman EJ**, Grothaus LC, Donovan D, Kim E. (2003). A randomized trial of a brief primary care based intervention for reducing at-risk drinking practices. Health Psychology, 22(2): 156-165.
32. Unützer J, Katon WJ, Russo J, Simon G, Von Korff M, Lin E, Walker E, **Ludman E**, Bush T. (2003). Willingness to pay for depression treatment in primary care. Psychiatric Services, 54(3): 340-5.
33. Curry SJ, **Ludman EJ**, Graham E, Stout J, Grothaus L, Lozano P. (2003). A randomized trial of a pediatric-based smoking cessation intervention for low-income women. Archives of Pediatric and Adolescent Medicine, 157: 295-302.

34. **Ludman E**, Katon W, Bush T, Rutter C, Lin E, Simon G, Von Korff M, Walker E. (2003). Behavioural factors associated with symptom outcomes in a primary care-based depression prevention intervention trial. Psychological Medicine, 33: 1061-1070.
35. Katon, WJ, Von Korff M, Lin EHB, Simon GE, **Ludman EJ**, Bush TM, Ciechanowski P, Rutter C. (2003). Improving primary care treatment of depression among patients with diabetes mellitus: the design of the pathways trial. General Hospital Psychiatry, 25 (3) 158-168.
36. Lin EHB, Von Korff M, **Ludman EJ**, Rutter C, Bush TM, Simon GE, Unützer J, Walker E, Katon WJ. (2003). Enhancing adherence to prevent depression relapse in primary care. General Hospital Psychiatry, 25 (5): 303-310.
37. Curry SJ, Hollis JF, Bush TM, Polen M, **Ludman EJ**, Grothaus LC, McAfee TA. (2003). A Randomized trial of a family based smoking prevention intervention in managed care. Preventive Medicine, 37 (6): 617-26.
38. Von Korff M, Katon W, Rutter C, **Ludman E**. Simon G, Lin E, Bush T. (2003). Effect on disability outcomes of a depression relapse prevention program. Psychosomatic Medicine, 65(6): 938-43.
39. Bowen D, **Ludman E**, Press N, Vu T, Burke W. (2003). Achieving utility with family history: colorectal cancer as an example. American Journal of Preventive Medicine, 24(2): 177-182.
40. Polen M, Curry SJ, Grothaus LC, Bush TM, Hollis JF, **Ludman EJ**, McAfee TA. (2004). Depressed mood and smoking onset among pre-teens. Psychology of Addictive Behaviors, 18(2): 194-198.
41. **Ludman EJ**, Curry EJ, Grothaus LC. (2004). A longitudinal assessment of physician attitudes, beliefs and practice following academic detailing and chart cues for prevention of alcohol problems. Alcohol Research, 9(1): 12-18.
42. Katon W, Von Korff M, Ciechanowski P, Russo J, Lin E, Simon G, **Ludman E**, Walker E, Bush T, Young B. (2004). Behavioral and clinical factors associated with depression among individuals with diabetes. Diabetes Care, 27(4): 914-20.
43. Katon W, Lin E, Russo J, Von Korff M, Ciechanowski P, Simon G, **Ludman E**, Bush T, Young B. (2004). Cardiac risk factors in patients with diabetes mellitus and major depression. Journal of General Internal Medicine, 19(12):1192-9.
44. Ciechanowski PS, Katon W, Russo J, Von Korff M, **Ludman E**, Lin E, Simon G, Bush T. (2004). The influence of patient attachment style on self-care and outcomes in diabetes. Psychosomatic Medicine, 66(5): 720-8.
45. McAfee TA, **Ludman EJ**, Grothaus LC, Zbikowski S, Bush TM, Hollis JF, Polen M, Curry SJ, (2005). Physician tobacco advice to pre-teens in a smoking-prevention randomized trial: Steering Clear. Journal of Pediatric Psychology, 30(4):371-376.
46. Simon G, **Ludman EJ**, Tutty S, Operskalski B, Von Korff M. (2004). Telephone psychotherapy and telephone care management for primary care patients starting antidepressant treatment: A randomized controlled trial. Journal of the American Medical Association, 292(8): 935-942.
47. Lin EHB, Katon W, Von Korff M, Rutter C, Simon GE, Oliver M, Ciechanowski P, **Ludman E**, Bush T and Young B. (2004). Relationship of depression and diabetes self-care, medication adherence and preventive care. Diabetes Care, 27(9): 2154-60.
48. Von Korff M, Katon WJ, Lin E, Simon, G, **Ludman E**, Oliver M, Ciechanowski P, Rutter C, Bush T. (2005). Potentially modifiable factors associated with disability among persons with diabetes. Psychosomatic Medicine, 67(2): 233-40.
49. **Ludman E**, Katon W, Russo J, Von Korff M, Simon G, Ciechanowski P, Lin E, Bush T, Walker E, Young B. (2004). Depression and diabetes symptom burden. General Hospital Psychiatry, 26(6): 430-436.
50. Bush T, Curry S, Hollis J, Grothaus L, **Ludman E**, McAfee T, Polen M, Oliver M. (2005). Parental factors and pre-teen attitudes and beliefs about smoking. American Journal of Health Promotion, 19(6):410-7.

51. Bush T, Rutter C, Simon G, Von Korff M, Katon W, Walker E, Lin E, **Ludman E**. (2004). Who benefits from more structured depression treatment? International Journal of Psychiatry in Medicine, 34(3): 247-258.
52. Katon WJ, Von Korff M, Lin E, Simon, G, **Ludman E**, Russo J, Ciechanowski P, Walker E, Bush T. (2004). The pathways study: a randomized trial of collaborative care in patients with diabetes and depression. Archives of General Psychiatry, 61(10):1042-9.
53. Katon WJ, Simon G, Russo J, Von Korff M, Lin EH, **Ludman E**, Ciechanowski P, Bush T. (2004). Quality of depression care in a population-based sample of patients with diabetes and major depression. Medical Care, 42(12): 1222-1229.
54. Young B, Katon WJ, Von Korff M, Simon, G, Lin E, Ciechanowski P, Bush T, Oliver M, **Ludman E**, Boyko E. (2005). Ethnic differences in microalbuminuria prevalence in a diabetes population: The pathways study. Journal of the American Society of Nephrology, 16(1):219-228.
55. Bauer MS, Simon GE, **Ludman E**, Unutzer J. (2005). "Bipolarity" in bipolar disorder? Manic and depressive symptoms in a treated bipolar population. British Journal of Psychiatry, 187:87-88.
56. Simon GE, **Ludman EJ**, Unutzer J, Bauer M, Rutter C, Operskalski B. (2005). Randomized trial of a population-based care program for people with bipolar disorder. Psychological Medicine, 35: 13-24
57. Newton KM, Reed SD, Grothaus L, Ehrlich K, Guiltinan J, **Ludman E**, LaCroix A. (2005). The Herbal Alternatives for Menopause (HALT) study: background and study design. Maturitas, 52(2): 134-146.
58. Von Korff M, Katon WJ, Lin EHB, Simon GE, Ciechanowski P, **Ludman E**, Oliver M, Rutter C, Young B. (2005). Work disability among persons with diabetes. Diabetes Care, 28: 1326-1332.
59. Clarke GN, DeBar LL, Lynch F, Powell J, Gale J, O'Connor E, **Ludman E**, Bush T, Lin, EHB, Von Korff M, Hertert S. (2005). A randomized effectiveness trial of brief cognitive-behavioral therapy for depressed adolescents receiving anti-depressant medication. Journal of the American Academy of Child and Adolescent Psychiatry, 44 (9): 888-898.
60. Simon GE, Katon WJ, Lin EHB, **Ludman EJ**, Von Korff M, Ciechanowski P, Young B. (2005). Diabetes complications and depression as predictors of health service costs. General Hospital Psychiatry, 27(5): 344-351.
61. Katon W, Rutter C, Simon G, Lin EHB, **Ludman E**, Ciechanowski P, Kinder L, Young B, Von Korff M. (2005). The association of comorbid depression with mortality in patients with type 2 diabetes. Diabetes Care. 28:2668-2672.
62. Tutty S, **Ludman EJ**, Simon G. (2005). Feasibility and acceptability of a telephone psychotherapy program for depressed adults treated in primary care. General Hospital Psychiatry, 27(6), 400-410.
63. Ciechanowski P, Russo J, Katon W, Simon G, **Ludman E**, Von Korff M, Young, B, Lin E. (2006). Where is the patient? The association of psychosocial factors and missed primary care appointments in patients with diabetes. General Hospital Psychiatry, 28(1): 9-17.
64. Ciechanowski PS, Russo JE, Katon WJ, Von Korff M, Simon GE, Lin EHB, **Ludman E**, Young, B. (2006). The association of patient relationship style and outcomes in collaborative care treatment for depression in patients with diabetes. Medical Care, 44(3): 283-291.
65. Lin EHB, Katon W, Rutter C, Simon GE, **Ludman EJ**, Von Korff M, Young B, Oliver M, Ciechanowski PC, Kinder L, Walker E. (2006). Effects of enhanced depression treatment on diabetes self-care. Annals of Family Medicine, 4(1): 46-53.
66. Simon GE, **Ludman EJ**, Bauer MS, Unutzer J, Operskalski B. (2006). Long-term effectiveness and cost of a systematic care program for bipolar disorder. Archives of General Psychiatry, 63(5): 500-508.
67. Kinder L, Katon W, **Ludman E**, Russo J, Simon G, Lin E, Ciechanowski P, Von Korff M, Young B. (2006). Improving depression care in patients with diabetes and multiple complications. Journal of General Internal Medicine, 21(10): 1036-41.

68. Simon GE, **Ludman EJ**. (2006). Outcome of new benzodiazepine prescriptions to older adults in primary care. General Hospital Psychiatry, 28(5): 374-8.
69. Gask G, **Ludman E**, Schaefer J. (2006). Qualitative study of an intervention for depression among patients with diabetes: how can we optimize patient-professional interaction? Chronic Illness, 2: 231-242.
70. Simon GE, **Ludman EJ**, Operskalski BH. (2006). Randomized trial of a telephone care management program for outpatients starting antidepressant treatment. Psychiatric Services, 57(10):1441-5.
71. **Ludman E**, Katon W, Russo J, Simon G, Von Korff M, Lin E, Ciechanowski P, Kinder L. (2006). Panic episodes among patients with diabetes. General Hospital Psychiatry, 28(6): 475-481.
72. Wang PS, Patrick A, Avorn J, Azocar F, **Ludman E**, McCulloch J, Simon G, Kessler R. (2006). The costs and benefits of enhanced depression care to employers. Archives of General Psychiatry, 63(12):1345-1353.
73. Simon GE, Katon WJ, Lin EHB, Rutter C, Manning WG, Von Korff M, Ciechanowski P, **Ludman EJ**, Young BA. (2007). Cost effectiveness of systematic depression treatment among people with diabetes mellitus. Archives of General Psychiatry, 64 (1):65-72.
74. Kealey KA, **Ludman EJ**, Mann SL, Phares MM, Riggs K, Peterson AV. (2007). Overcoming barriers to recruitment and retention in adolescent smoking cessation. Nicotine and Tobacco Research, 9(2):257-270.
75. Diergaarde B, Bowen D, **Ludman E**, Culver J, Press N, Burke W. (2007). Genetic information: special or not? Responses from focus groups with members of a health maintenance organization. American Journal of Medical Genetics, 143(6):564-9.
76. **Ludman E**, Simon G, Tutty S, Von Korff, M. (2007). A randomized trial of telephone psychotherapy and pharmacotherapy support for depression: continuation and durability of effects. Journal of Consulting and Clinical Psychology, 75 (2):257-266.
77. Gopinath S, Katon W, Russo J, **Ludman E**. (2007). Clinical factors associated with relapse in primary care patients with chronic or recurrent depression. Journal of Affective Disorders, 101 (1): 57-63.
78. Simon GE, Bauer MS, **Ludman EJ**, Operskalski BH, Unutzer J. (2007). Mood symptoms, functional impairment, and disability in people with bipolar disorder: Specific effects of mania and depression. Journal of Clinical Psychiatry, 68(8) 1237-1245.
79. **Ludman E**, Simon G, Grothaus L, Luce C, Markley D, Schaefer J. (2007). A pilot study of telephone care management and structured disease self-management groups for chronic depression. Psychiatric Services, 58:1065-1072.
80. Linde JA, Jeffery RW, Finch EA, Simon GE, **Ludman EJ**, Operskalski BH, Ichikawa L, Rohde P. (2007). Relation of body mass index to depression and weight monitoring in overweight women. Preventive Medicine, 45(1): 75-79.
81. Wang PS, Simon GS, Avorn J, Azocar F, Frank R, **Ludman EJ**, McCulloch J, Petukhova MZ, Kessler RC. (2007). A randomized controlled trial of telephone screening, outreach, and care management for depressed workers: impact on clinical and work productivity outcomes JAMA, 298(12): 1401-1411.
82. McClure JB, Richards J, Westbrook EO, **Ludman EJ**. (2007). Using a commercial mailing list to proactively recruit smokers for treatment: A cautionary tale. American Journal of Preventive Medicine, 33(5):436-7.
83. Bush TM, Bonomi AE, Nekhlyudov L, **Ludman EJ**, Reed SD, Connelly MT, Grothaus LC, Lacroix AZ, Newton KM. (2007). How the Women's Health Initiative (WHI) influenced physicians' attitudes and practices. Journal of General Internal Medicine, 22(9):1311-1316.
84. Boudreau DM, Luce CL, Bonomi AE, **Ludman E**, Fishman PA. (2007). Concordance of population-based prevalence estimates of mammography screening. Preventive Medicine, 45(4):262-266.

85. Simon G, **Ludman E**, Linde J, Operskalski O, Ichikawa L, Rohde P, Finch EA, Jeffery R. (2008). Association between obesity and depression in middle-aged women. General Hospital Psychiatry, 30(1):32-39.
86. Young B, Lin E, Von Korff M, Simon G, Ciechanowski P, **Ludman EJ**, Everson-Stewart S, Kinder L, Oliver M, Boyko E, Katon W. (2008). Diabetes complications severity index (DCSI) and risk of mortality, hospitalization and health care utilization. American Journal of Managed Care, 14:15-24.
87. Arterburn D, Westbrook EO, Wiese CJ, **Ludman EJ**, Grossman DC, Fishman PA, Finkelstein EA, Jeffery RW, Drewnowski A. (2008). Insurance coverage and incentives for weight loss among adults with the metabolic syndrome. Obesity, 16(1): 70-76.
88. Jeffery RW, Finch EA, Linde JA, Simon GE, **Ludman EJ**, Operskalski B, Rohde P, Ichikawa L. (2008). Does clinical depression affect the accuracy of self-reported height and weight in obese women? Obesity, 16(2): 473-475.
89. Kinder L, Bradley K, Katon W, **Ludman E**, McDonell M, Bryson C. (2008). Depression, posttraumatic stress disorder and mortality. Psychosomatic Medicine, 70(1):20-26.
90. Bonomi AE, Boudreau DM, Fishman PA, Mohelnitzky A, **Ludman E**, Seger D. (2008). Quality of life valuations of mammography screening. Quality of Life Research, 17(5):801-14.
91. Rohde P, Ichikawa L, Simon GE, **Ludman EJ**, Linde JA, Jeffery RW. (2008). Association between child sexual and physical abuse and obesity and depression in middle-aged women. Child Abuse and Neglect, 32(9):878-87.
92. Simon GE, **Ludman EJ**, Unutzer J, Operskalski BH, Bauer MS. (2008). Severity of mood symptoms and work productivity in people treated for bipolar disorder. Bipolar Disorders, 10(6): 718-725.
93. Katon WJ, Russo JE, Von Korff M, Lin EHB, **Ludman E**, Ciechanowski, PS. (2008). Long-term effects on medical costs of improving depression outcomes in patients with depression and diabetes. Diabetes Care, 31(6): 1155-9.
94. Simon GE, Rutter C, **Ludman E**, Operskalski B, Crosier M, Scott J. (2009). Are comparisons of consumer satisfaction across providers biased by non-response or casemix differences? Psychiatric Services, 60:67-73.
95. Jeffery RW, Linde JA, Simon GE, **Ludman EJ**, Rohde P, Ichikawa L. (2009). Reported food choices in older women in relation to BMI and depressive symptoms. Appetite, 52:238-240.
96. McClure JB, **Ludman E**, Grothaus L, Pabiniak C, Richards J, Mohelnitzky A. (2009). Immediate and short-term impact of a brief motivational smoking intervention using a biomedical risk assessment: The Get PHIT trial. Nicotine and Tobacco Research, 11(4): 394-403.
97. Katon W, Russo J, Lin EHB, Heckbert SR, Ciechanowski P, **Ludman EJ**, Von Korff M. (2009). Depression and diabetes: factors associated with major depression at 5-year follow-up. Psychosomatics, 50(6):570-9.
98. Arterburn D, Ichikawa L, **Ludman EJ**, Operskalski B, Linde JA, Rohde P, Finch E, Jeffery RW, Simon GE. (In press). Relationship between Anthropometric Measures in a Clinical Weight Loss Trial and Routine Medical Care. Obesity Research and Clinical Practice.
99. Reed SD, **Ludman EJ**, Newton KM, Grothaus L, LaCroix AZ, Nekhlyudov L, Spangler L, Jordan L, Ehrich K, Bush T. (2009). Depressive symptoms and menopausal burden in the midlife. Maturitas, 62: 306-310.
100. **Ludman EJ**, Simon GE, Ichikawa L, Operskalski BH, Arterburn D, Linde J, Jeffery R, Rohde P, Finch E. (2009). Does depression reduce the effectiveness of behavioral weight loss treatment? Behavioral Medicine, 35(4):126-134.
101. Kealey KA, **Ludman EJ**, Marek PM, Mann SL, Peterson AV. (2009). Design and implementation of an effective telephone counseling intervention for adolescent smoking cessation. Journal of the National Cancer Institute, 101(20): 1393-405.



102. Peterson AV, Kealey KA, Mann SL, Marek PM **Ludman EJ**, Liu J, Bricker JB. (2009). Group-randomized trial of a proactive, personalized telephone counseling intervention for adolescent smoking cessation. JNCI, 101(20):1378-92.
103. Simon GE, **Ludman EJ**, Rutter CM. (2009). Incremental benefit and cost of telephone care management and telephone psychotherapy for depression in primary care. Archives of General Psychiatry, 66(10): 1081-9.
104. Lin EHB, Heckbert SR, Rutter CM, Katon W, Ciechanowski P, **Ludman EJ**, Oliver MM, Young BA, McCulloch DK, Von Korff M. (2009). Depression and increased mortality in diabetes: unexpected causes of death. Annals of Family Medicine, 7(5):414-21.
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Other publications in peer-reviewed journals (review articles, etc.)

157. Katon W, Von Korff M, Lin E, Unützer J, Simon G, Walker E, Ludman E, Bush T. (1997). Population-based care of depression: Effective disease management strategies to decrease prevalence. General Hospital Psychiatry, 19: 169-178.
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Letters and Commentaries

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#### Books and monographs

1. Curry S, **Ludman E**. (1995). Tobacco and alcohol interventions in health maintenance organizations: Principles and challenges from a public health perspective. In J.B. Fertig & J.P. Allen (Eds). Alcohol and Tobacco: From Basic Science to Clinical Practice. NIDA Research Monograph No. 30, NIAAA: Bethesda, MD.
2. Katon W, **Ludman E**, Simon G, Lin E, Von Korff M, Walker E, Sullivan M, Bush T, Carter L. (2002; 2<sup>nd</sup> edition, 2008). The Depression Helpbook. Bull Publishing Company: Boulder, Colorado.
3. Simon GE, **Ludman EJ**. (2004). A population-based approach to chronic depression: Implications for practice and policy. In JE Alpert and M Fava (Eds). Handbook of Chronic Depression, Marcel Dekker: New York and Basel.
4. Simon, G., **Ludman, E.**, & Tutty, S. (2006). Creating a Balance: A Step by Step Approach to Managing Stress and Lifting Your Mood. Trafford publishing (copyright, Group Health Cooperative).
5. Bauer M, Kilbourne A, Greenwald, D, & **Ludman E**. (In press). Overcoming Bipolar Disorder. New Harbinger: Oakland, CA.
6. Aisenberg E, Johnson MD, O'Brien M, **Ludman EJ**. (In press). Rural Latinos and depression: culturally tailored evidence-based telephone depression care. In Immigration: Issues in Policy and Practice, National Society for Social Work Leadership in Health Care.

#### Other publications

1. Robinson P, Afari N, **Ludman E**, Bush T. (1995). Depressed men in primary care: A pilot study. Group Health Cooperative Medical Forum, 9,1, 22-25.
2. Curry SJ, **Ludman E**, Wagner EW. (1996). A model for health behavior change in managed care. Society of Behavioral Medicine Outlook, Summer: 5-6.
3. Rohde P, **Ludman E**. (2000). Health behavior change in managed care settings: A status report Selective evidence for behavioral approaches to chronic disease management in clinical settings: Depression. The Center for the Advancement of Health, Washington DC.
4. Grothaus L, Curry S, **Ludman E**, Thompson E. (2000). Effects of differing modeling strategies when using multiple imputation in randomized trials where rates of non-response differ between treatment groups. 2000 Proceedings of the Biometrics Section, Annual Meeting of the American Statistical Association.

#### Submitted manuscripts

1. Simon GE, Kessler R, Pethukova M, Azocar F, Denchev P, **Ludman EJ**, Wang PS, Schoenbaum M. Cost-effectiveness of employer-based outreach and care management for depression. (Journal of Clinical Psychiatry).
2. Dikmans MFA, Vrijhoef HJM, Reid R, **Ludman EJ**, Elissen AMJ, Wellman R, Gunderson G, Fuller S, Newton KM. Feasibility of population-based recruitment to a telephonic diabetes prevention intervention: the Call-2-Health study. (Journal of Telemedicine and Telecare).

## **RESEARCH FUNDING**

### Current

CRN Clinical Communication Research Center: CRN Clinical Communication Research Center. National Cancer Institute 1P20CA137219-01 9/30/2008-8/31/2013, J Dearing, PI.

Role: Co-Investigator

Culturally Relevant Treatment for Perinatal Depression National Institute of Mental Health 7/1/2009-6/30/2014, N. Grote, PI.

Role: Co-Investigator

Organized Self-Management Support Services for Chronic Depression. National Institute of Mental Health R01 MH082995. 08/01/2009 – 04/30/2013.

Role: Principal Investigator

Adolescent Collaborative Care: Treatment for Depression. National Institute of Mental Health. R01 MH085645, 7/1/2009-6/30/2014, L Richardson, P-I.

Role: Co-Investigator

Reducing Disparities and Improving Care for Depression in OB-GYN Clinics. National Institute of Mental Health. J. Melville/W. Katon PI.

Role: Co-Investigator

Phone Cognitive Behavioral Therapy for Depression after Traumatic Brain Injury. National Center for Medical Rehabilitation Research/NIH, R21 HD53736-01A1, 9/2007-8/2009, Jesse Fann, PI.

Consultant.

Telephone and In-person Cognitive Behavioral Therapy for Depression after Traumatic Brain Injury. Department of Education/ National Institute on Disability and Rehabilitation Research, H133G070016, 10/2007-9/2010, Jesse Fann, PI.

Role: Consultant.

UPR-CHA Research Center of Excellence: Making a Difference for Latino Health. NIH: National Center on Minority Health and Health Disparities. 3P60MD002261-0451. 9/18/2010-05/31/2012. Glorisa Canino, PI.

Role: Consultant.

Feasibility of Behavioral Activation Therapy for Perinatal Depression: Mental Health Research Network: A Population-Based Approach to Transform Research. National Institute of Mental Health, 9/24/2010-7/31/2013, Greg Simon, PI.

Role: Co-Investigator.

Collaborative Care for Primary Care Patients with Alcohol Use Disorders. National Institute of Alcohol Abuse and Alcoholism. R01AA018702. 9/26/2010-8/31/2015, K. Bradley, PI.

Role: Co-Investigator.

Ethics of Dissemination: Communicating with Participants about Genetics Research. Office of the Director, National Institutes of Health. R01HG00521. 9/20/2010-7/31/2013, B. Boyer and W. Burke, PI.

Role: Co-Investigator.

Organized Self-Management support Services for Chronic Depression- Administrative Supplement. National Institute of Mental Health, MH082885. 6/1/2012-4/30/2013.

Role: Principal Investigator.

Considering Healthier Drinking Options in Collaborative Care Supplement. National Institute of Alcohol Abuse and Alcoholism. 9/12/2012-8/31/2014. K. Bradley, PI.

Role: Co-Investigator.

Pilot Study of Online Interventions for Population-based Suicide Prevention. National Institute of Mental Health, R34MH097836, 7/16/2012-6/30/2014. U. Whiteside, PI.

Role: Co-investigator.

Pragmatic Trial of Population-based Programs to Prevent Suicide Attempt. National Institutes of Health. UH2AT007755. 9/30/2012-8/31/2017. G. Simon, PI.

Role: Co-Investigator.

#### Past Research Funding

A Randomized Trial of Liaison Psychiatry in Primary Care. National Institute of Mental Health R01 MH41739 (First Renewal), 1991 – 1995, Wayne Katon, PI. GHC total cost: \$1,100,404. Second renewal, 1995-2000, GHC total cost: \$1,545,707.

Psychologist.

Maximizing Mammography Participation: A Randomized Trial. National Cancer Institute R01 CA63188, 6/94 – 5/97, Stephen Taplin, PI, \$759,648.

Intervention Director.

Treatment of At-Risk Drinkers in Primary Care. - National Institute on Alcoholism and Alcohol Abuse R01 AA09175, 6/94 – 9/99, Susan Curry, PI, \$1,297,806.

Project Director.

Tobacco Prevention with Parents and Children in an HMO. National Cancer Institute R01 CA76963, 7/1/97-7/31/01, Susan Curry, PI, \$1,734,926.

Intervention Director.

Pediatric Smoking Cessation Study. National Heart Lung & Blood Institute R01-HL56772-01. 7/1/97-6/30/00, Susan Curry, PI, \$1,254,108.

Project Director.

Population-Based Management of Bipolar Disorder. National Institute of Mental Health R01 MH59125, 3/99-2/03, Gregory Simon, PI, \$1,190,890.

Co-Investigator.

Population-Based Management of Depression. National Institute of Mental Health R01 MH51338 (2nd renewal), 5/00-4/04. Gregory Simon, PI, \$1,451,989.

Co-Investigator.

HMO Treatment for Depressed Youth. Agency for Health Care Policy Research R01 HS09910, 6/1/99-5/31/03, Gregory Clarke, PI, \$2,336,685.

Co-Investigator.

Evaluating the Use of Genetic Information: A Model Process. National Human Genome Research Institute R01 HG02263-01, 1/01-12/03, Wylie Burke, PI, GHC subcontract: \$108,999.

Co-investigator.

A Randomized Trial of Liaison Psychiatry in Primary Care. National Institute of Mental Health R01 MH41739 (third renewal), 9/00 – 8/05, Wayne Katon, PI, \$2,185,334.

Co-Investigator.

Outreach and Treatment for Depression in the Labor Force. National Institute of Mental Health R01 MH61941, 4/1/2002-3/31/2006, Phillip Wang, PI.

Co-Investigator.

Organized Self-Management Support for Chronic Depression. National Institute of Mental Health R21 MH065530, 7/2003- 12/2006. \$472,420.

Principal Investigator.

Long Term Cost and Outcomes of Breast Cancer Screening. National Cancer Institute R01 CA106790, 3/1/2004-2/28/2007, Paul Fishman, PI.

Co-Investigator.

HRT Decision Making in the Post-WHI Era. National Institute on Aging R01 AG022578, 6/1/2004 - 5/31/2007, Katherine M. Newton, PI. \$1,536,042.

Co-investigator.

Work and Health Initiative. Centers for Disease Control and Prevention. 2005 - 2006. Debra Lerner, PI. Consultant.

Proactive Smoking Cessation for Adolescents. National Cancer Institute R01 CA82569-05, 9/26/2000 - 6/30/2008, Arthur V. Peterson, Jr., PI. \$4,262,974.

Consultant.

Epidemiology and Care of Comorbid Obesity and Depression. National Institute of Mental Health R01 MH68127, 9/30/2002-9/29/2007, Gregory Simon, PI. \$2,800,000.

Co-Investigator.

Depression Intervention for Medicaid Participants in Rhode Island. Department of Health and Human Services HHS233-01-0012, 3/15/2004-10/31/2006, David Butler, PI.

Co-Investigator.

Proactive Cessation Intervention with Biomarker Feedback. National Cancer Institute R01 CA100341, 4/13/2004-3/31/2009, Jennifer McClure, PI.

Co-Investigator.

Pilot Trial for Peer Support for Bipolar Disorder. National Institute of Mental Health R34 MH073605, 4/1/2005-3/31/2007, Gregory Simon, PI.

Co-Investigator.

Reducing Depression's Impact on Work Performance. National Institute of Mental Health 5R34MH72735-2, 09/01/2005-06/30/2008, Debra Lerner, PI. \$450,000.

Consultant.

Therapeutic Massage for Anxiety Disorder. National Center for Complementary and Alternative Medicine. R21 AT002560-01A2, 9/06-8/2009, Karen Sherman, PI.

Co-investigator.

Proactive Cessation Intervention with Biomarker Feedback. National Cancer Institute R01 CA100341-05, 4/13/2004-2/28/2009, Jennifer McClure, PI. \$980,000.

Co-investigator.

Development and Use of Network Infrastructure for High-Throughput Genome-Wide Association Studies – Supplement. National Human Genome Research Institute 3U01HG004610-02S1. 8/1/2008-7/31/2009, E Larson, PI.

Co-investigator

Translating the Diabetes Prevention Program. National Institute of Diabetes and Digestive and Kidney Diseases 1R34DK076555-01A2, 9/1/2009-8/31/2012, K Newton, PI.

Role: Co-Investigator

Web-based Alcohol Screening and Brief Intervention: Adaptation for OEF/OIF Vets. Veteran Affairs HSRD 09/2008-09/2009 Katherine Bradley, PI.

Consultant.



Patient-Centered Interventions for Mood Disorders. National Institute of Mental Health P20 MH068572, 7/1/2005-6/30/2010, Gregory Simon, PI.

Co-Investigator.

Step Up Wellness Program for Depression, Physical Inactivity, and Smoking. National Institute of Mental Health. 1R34MH080658-01, 8/1/2007-5/31/2010, Jennifer McClure, PI. \$405,000.

Co-investigator.

Modeling Adherence to Psychotherapy for Depression. National Institute of Mental Health R01 MH081112. 7/172008-5/31/2010, Gregory Simon, PI.

Co-Investigator.

Cognitive Behavioral Therapy for Depressed Rural Latinos. National Institute of Mental Health. 9/2007-8/2010, E. Aisenberg, PI.

Consultant.

Integrated Telemental Health Intervention for Depression in Primary Care. 1/2008-12/2010, David C Mohr, PI.

Consultant.

A Randomized Trial of Liaison Psychiatry in Primary Care. National Institute of Mental Health R01 MH41739-18A1. 9/2006-8/2012, Wayne Katon, PI.

Role: Co-Investigator.

Piloting a Collaborative Care Model to Improve Clinical and Cost Outcomes for Patients with Chronic Medical Illness and Depression, New York Community Trust, Henry Chung, PI.

Role: Consultant

#### Peer-reviewed published abstracts

**Ludman EJ**, Curry SJ, Taplin SH, & Meyer D. (1996). Design, implementation and acceptance of outreach telephone counseling to promote mammography participation. Annals of Behavioral Medicine, 18 (supp): S181.

**Ludman EJ**, Katon W, Bush T, Von Korff M, Lin E, Simon G, Walker E, & Unützer J. (1996). Design and methodology of a multimodal primary care-based brief intervention to prevent depression relapse. The International Journal of Psychiatry in Medicine.

Curry S J, **Ludman EJ**, Kim E, Grothaus L, Fishman P, & Donovan D. (1997). Identifying at-risk drinkers in primary care: drinker characteristics and acceptance of brief interventions. Annals of Behavioral Medicine, 19 (supp): S119.

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Bush T, Curry S, Grothaus L, **Ludman E.**, Civic D, Hollis J, Polen M, Vuckovic N. (2000). Relationship between child and parent attitudes about smoking and parental smoking status. Annals of Behavioral Medicine, 22 (supp): S086.

**Ludman E**, Curry S, Bush T, Grothaus L, Civic D, Hollis J, Polen M. (2000). Design, implementation, and acceptance of an HMO-based tobacco prevention program for parents and children. Annals of Behavioral Medicine, 22 (supp): S094.

**Ludman E**, Curry S, Grothaus L, Graham E, Stout J, Lozano P. (2000). Design, implementation, and acceptance of a pediatric clinic-based smoking cessation intervention for low-income women. Annals of Behavioral Medicine, 22 (supp): S094.

**Ludman E**, Curry S, Grothaus L, Graham E, Stout J, Lozano P. (2000). A comparison of stress, depression and weight concerns between African American and Caucasian low-income smokers. Annals of Behavioral Medicine, 22 (supp): S213.

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**Ludman E**, Bush T, Lin E, Von Korff M, Simon G, Katon W, Walker E. (2001). Behavioral factors associated with medication adherence and symptom outcomes in a primary care –based depression prevention intervention trial. Annals of Behavioral Medicine, 23 (supp): S034.

Bush T, Curry S, **Ludman E**, Grothaus L, McAfee T, Tobin P, Hollis J, Polen M. (2001). Smoking related attitudes among children: are they precursors to susceptibility? Annals of Behavioral Medicine, 23 (supp): S151.

**Ludman EJ**, Simon GE, Rutter CM, Bauer MS, Unützer J. (2001). A measure for assessing provider support of patient self-management of bipolar disorder. Bipolar Disorders, 3 (supp): 46.

**Ludman E**, Simon G, Von Korff M, Bush T, Lin E, Katon W, Walker E. (2002). Multifaceted interventions to improve the management of depression in primary care: an overview. Journal of Affective Disorders, 68: 98.

**Ludman E**, Bush T, Von Korff M, Lin E, Simon G, Rutter C, Katon W, Ciechanowski P. (2004). Depression intervention to reduce diabetes symptom burden. Annals of Behavioral Medicine, 27 (supp): S082.

**Ludman EJ**, Katon WJ, Russo JE, Ciechanowski PS, Von Korff M, Simon GE, Lin EH, Bush T. (2005). Panic symptoms among patients with diabetes. Psychosomatic Medicine, 67(1): A74.

Lin EH, Katon W, Rutter C, Von Korff M, **Ludman EJ**, Simon GE, Ciechanowski P, Walker E. (2005). Effects of enhanced depression care on diabetes self-management: a randomized controlled trial. Psychosomatic Medicine, 67(1): A23.

Ciechanowski PS, Russo JE, Katon WJ, Simon GE, **Ludman E**, Von Korff M, Young B, Lin EH. (2005). Where is the Patient? The role of depression and attachment styles in missed and attended appointments in patients with diabetes. Psychosomatic Medicine, 67(1): A47.

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Linde JA, Simon GE, Ludman EJ, Ichikawa L, Operskalski B, Arterburn D, Rohde P, Anderson EA, Jeffery RW. (2008). Behavioral weight loss vs. combined weight / loss depression treatment among women with comorbid obesity and depression. Annals of Behavioral Medicine, 35 (supp):S33.

McClure J, Ludman E, Mohelnitzky A, Richards J, Pabiniak C, Grothaus L. (2008). The impact of spirometry feedback on motivation to quit among those with and without lung impairment: The Get Phit! Trial. Annals of Behavioral Medicine, 35 (supp): S77.

**Ludman EJ**, Simon GE, Ichikawa L, Arterburn D, Operskalski B, Linde JA, Jeffery RW, Rohde P, Anderson EA,. (2008). The effect of depression and obesity on breast and cervical cancer screening. Annals of Behavioral Medicine, 35 (supp):S114.

**Ludman EJ**, Simon GE, Ichikawa L, Arterburn D, Operskalski B, Linde JA, Jeffery RW, Rohde P, Anderson EA,. (2008). The effect of major depression on behavioral weight loss treatment success. Annals of Behavioral Medicine, 35 (supp):S164.

McClure J, **Ludman E**, Catz S, Morrow A, Richards J. (2009). Developing an integrated program to treat depression, sedentary activity, and smoking: lessons learned from the step up study. Annals of Behavioral Medicine, 37(S1): 2006.

Peterson AV, Kealey KA, Mann SL, Marek PM, Liu J, Bircker JB, **Ludman EJ**. (2010). Reach and effectiveness of smoking cessation interventions for unmotivated to quit and less than daily teen smokers. Annals of Behavioral Medicine, 39 (S1): s60.

Doyle A, Kealey KA, **Ludman EJ**, Marek PM, Peterson AV. (2010). Fidelity of telephone delivery of motivational interviewing for adolescent smoking cessation. Annals of Behavioral Medicine, 39 (S1): s104.

**Ludman EJ**, McClure JB, Grothaus L, Richards J. (2010). The influence of depression history on motivation to quit, cessation counseling utilization, and smoking cessation in the GetPHIT! trial. Annals of Behavioral Medicine, 39 (S1): s105.

#### Other published abstracts

**Ludman EJ**. (1993). Psychological and behavioral correlates of weight preoccupation and body weight in college students. Dissertation Abstracts International, BF697.5.B63 b L84 1993.

#### Peer reviewed and invited presentations at professional meetings (no abstract published)

Lichtenstein E, Cohen S, Budinger T, **Ludman E**. Stress, social support and self-efficacy in unaided smoking cessation. Presented at the American Psychological Association Convention, Los Angeles, CA, August 1985.

Curry SJ, **Ludman EJ**. Tobacco and alcohol interventions in health maintenance organizations: Principles and challenges from a public health perspective. Paper presented at the National Institute on Alcohol Abuse and Alcoholism Symposium Alcohol and Tobacco: From Basic Science to Policy, San Diego, CA, November 1994.

**Ludman EJ**, Simon G. Reducing chronic sedative/hypnotic use of older adults: A pilot study. Presented at the International Conference on the Treatment of Addictive Behaviors, Leeuwenhorst Congress Centrum, The Netherlands, May 1995.

**Ludman EJ**, Curry SJ, Taplin SH, & Meyer D. Design, implementation and acceptance of outreach telephone counseling to promote mammography participation. Presented at the HMO Research Network Conference, Bloomington, MN, June 1996.

**Ludman EJ**, Katon W, Bush T, Von Korff M, Lin E, Robinson P, Simon G, & Walker E. Two collaborative models of care to improve treatment of depression in primary care. Presented at the 104th Annual convention of the American Psychological Association, Toronto, Canada, August 1996.

Kim EL, **Ludman EJ**, & Curry SJ. Conceptual and practical issues in a stages of change model with at-risk drinkers in an outreach telephone counseling call. Presented at the Association for the Advancement of Behavior Therapy, NY, NY, November 1996.

**Ludman EJ**, Katon W, Bush T, Von Korff M, Lin E, Simon G, Walker E, & Unützer J. A brief collaborative care intervention to prevent depression relapse in primary care. Presented at the National Institute of Mental Health Conference on Improving the Condition of People with Mental Illness: The Role of Health Services Research, Washington, DC, September 1997.

**Ludman EJ**, Lin EHB. Improving adherence to antidepressant medication in primary care: A collaborative approach from acute phase treatment through relapse prevention. Presented at the Drug Information Agency Meeting: Persistence/ Compliance Among Patients on Drug Therapy, Baltimore, MD, December 1997.

Curry SJ, **Ludman EJ**, Grothaus LC. Treatment of at-risk drinkers in primary care. Presented at the Eighth International Conference on Treatment of Addictive Behaviors, Santa Fe, NM, January 1998.

**Ludman EJ**, Curry SJ. Integrating health behavior research into health psychology practice. Presented at the 106th Annual Convention of the American Psychological Society, San Francisco, CA, August 1998.

Vuckovic N, Berg-Smith S, Bush T, Civic D, Curry S, Hollis J, **Ludman E** & Polen M. How does your family talk about tobacco use? Results of formative research for a home-based intervention. Presented at: Multidisciplinary Perspectives on Adolescent Health and Sexuality: Research and Health Promotion, Tuscon, AZ, October 1998.

Taplin SH, Barlow W, **Ludman E**, MacLehose R, Meyer D, Seger D, Herta D, Chin C, Curry S. Testing reminder and motivational telephone calls to increase screening mammography. Presented at the 23<sup>rd</sup> Annual Meeting of the American Society of Preventive Oncology, Houston, Texas, March 1999.

Taplin SH, Barlow W, MacLehose R, **Ludman E**, Chin C, Seger D, Curry S. Reaching low-income women in an HMO population to promote breast cancer screening: Do staff model HMOs need to tailor interventions? Presented at the 199 HMO research Network conference, Honolulu, Hawaii, March 1999.

**Ludman E**, Curry S, Thompson E, Taplin S. Addressing Genetic Testing for Breast Cancer Susceptibility in Primary Care: A Pilot Study. Presented at the 2001 HMO Research Network Conference, Seattle WA, April 2001.

Bush T, Russo J, **Ludman E**, Lin E, Von Korff M, Simon G, Katon W, Walker E. Perceived self-efficacy for depression self-management: A reliable new measure with predictive validity. Presented at the American Psychological Society Meeting, Toronto Canada, June 2001.

**Ludman E**, Bush TM, Katon W, Lin E, Von Korff M, Simon G, Rutter C, Walker E, Unützer J. Primary care depression relapse prevention intervention: behavioral process analyses. Presented at the 109<sup>th</sup> Annual Convention of the American Psychological Association, San Francisco, CA, August 2001.

**Ludman E**, Bush T, Katon W, Lin E, Rutter C, Von Korff M, Simon G, Walker E. Behavioral factors associated with symptom outcomes in a primary care-based depression prevention intervention trial. Presented at the 15<sup>th</sup> Biennial International Conference on Mental Health Services Research, Washington, DC, April 2002.

**Ludman E** . Integrating self management support into practice: Is this an importance problem, a confidence problem...or something else? Presented at the congress on Improving Chronic Care: Innovations in Research and Practice, Seattle, September 2002.

**Ludman E**, Von Korff M, Lin E, Simon G, Bush T, Katon W, Russo J, Ciechanowski P, Walker E. Depression and diabetes symptom burden. Presented at the Annual Meeting of the Society of Behavioral Medicine, Salt Lake City, March 2003.

**Ludman E**, Simon G. Are somatic symptoms part of the depressive syndrome? Invited presentation at the 16<sup>th</sup> European College of Neuropsychopharmacology Congress, Prague, Czech Republic September 2003.

McGregor BA, Fishbach A, Bowen DJ, **Ludman E**, Leppig KA, McAuliffe L, Valley D. Effects of guided imagery on women considering BRCA1/BRCA2 testing: a feasibility study. Presented at the 53d annual meeting of the American Society of Human Genetics, Los Angeles, CA, November 2003.

Diegaarde B, **Ludman E**, Culver J, Bowen D. Genetic information: Special or not? Responses from focus groups with health plan members. Presented at the 53d annual meeting of the American Society of Human Genetics, Toronto Canada, October 2004.

**Ludman EJ**, Simon GE, Unutzer J, Bauer M. Randomized Trial of a Systematic Care Management Program for Bipolar Disorder: Does Medical Comorbidity Make a Difference? Invited presentation at the 45<sup>th</sup> National Institute of Mental Health NCDEU Conference, Boca Raton, FL, June 2005.

**Ludman EJ**, Simon GE. Acceptance of organized self-management support for chronic depression. Presented at the 18<sup>th</sup> National Institute of Mental Health Conference on Mental Health Services Research, Bethesda MD, July, 2005.

Bush T, Bonomi A, **Ludman E**, Newton K, Nekhlyudov L. Variability in providers' response to the Women's Health Initiative findings: Are there new opportunities for lifestyle counseling? Presented at the 27<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA, March 2006.

McClure JB, **Ludman E**, Mohelnitzky A, Richards J, Pabiniak C, Grothaus L. The impact of spirometry feedback on motivation to quit among those with and without lung impairment: The Get PHIT! trial. Presented at the 28th annual meeting of the Society for Behavioral Medicine, San Diego, CA, March, 2008.

McClure JB, **Ludman E**, Mohelnitzky A, Richards J, Pabiniak C, Grothaus L. The effect of a brief health risk assessment on motivation to quit smoking: The Get PHIT! trial. Poster presented at the 14th annual meeting of the Society for Research on Nicotine & Tobacco, Portland, OR, February, 2008.

Kim SE, LeBlanc A, Michalopoulos C, Azocar F, **Ludman E**, Simon G. Telephone care management in monitoring Medicaid recipients with depression: a randomized control trial. Presented at the 30th annual conference of the Association for Public Policy Analysis and Management. November, 2008.

Riggs KR, Phares MM, **Ludman EJ**, Kealey KA, Peterson AV. Teen cognitions project: qualitative analysis of daily and nondaily precontemplative adolescent smokers. Presented at the Society for Research on Nicotine and Tobacco, Portland, 2008.

Morris P, Portilla XA, Simon G, Azocar F, **Ludman E**. Effects on youth mental health of a program targeting parental depression: a randomized experimental study. Presented at the Society for Research in Child Development, Denver CO, April, 2009.

**Ludman E**, Russo J, Katon W, Pathways Team. How do depressive symptoms influence weight change in patients with diabetes? Presented at the 30th Annual Meeting of the Society of Behavioral Medicine, Montreal, Canada, March 2009.

Simon GE, **Ludman EJ**, Fricks L, Goodale L. MyRecoveryPlan: A web-based recovery plan tool with peer coaching. Presented at the National Institute of Mental Health Conference on Mental Health Services Research, Washington DC, July 2009.

**Ludman E**, Spangler L, Fujii M, Trinidad S, Fullerton SM, Burke W. Re-consent for deposition of research data in dbGaP: opinions of participants in a longitudinal cohort study. Presented at the 59th Annual meeting of the American Society of Human Genetics, Honolulu HI, October, 2009.

**Ludman E**, Simon G, Grothaus L, Richards J, Engel G. Organized self-management support services for chronic depression. Presented at the 38th North American Primary Care Research Group meeting, Seattle, WA, November, 2010.

**Ludman EJ**, Trinidad SB, Fullerton SB, Spangler L, Fujii M, Burke W. High re-consent rates don't mean they don't care: participants' views about submission of existing study data to dbGaP. Presented at the 2010 Advancing Ethical Research conference, San Diego, CA, December, 2010.

#### Other presentations

**Ludman E**. Research as a force for change in healthcare. Presented at the Puget Sound Research Forum, Seattle, WA, April, 2003.

### **UNIVERSITY TEACHING**

#### Guest Instructor

Motivational Interviewing and Brief Negotiation MEDEX Northwest Physician Assistant Program, University of Washington School of Medicine 2005-2007

#### Instructor

Research Methods in Psychology 1985,	University of Oregon	Winter 1985, Spring Fall 1985, Spring 1986
Human Sexual Behavior	University of Oregon	Summer 1986

#### Teaching Assistant

Abnormal Psychology	University of Oregon	Fall 1983
Personality	University of Oregon	Winter, 1983
Developmental Psychology	University of Oregon	Spring, 1984
Research Methods in Psychology	University of Oregon	Fall 1984, Winter, 1986
Psychology as a Science	University of Oregon	Fall 1986

#### Laboratory Instructor

Introduction to Psychology	Brown University	Fall 1982
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### **FORMAL MENTORING**

University of Washington, Department of Psychiatry and Behavioral Sciences  
Faculty Mentoring Committee for Junior Faculty: Steven Vannoy PhD, Assistant Professor  
Seattle Implementation Research Postdoctoral Fellow: Mijung Park PhD

Group Health Research Institute

Group Health Foundation Postdoctoral Fellow: Ursula Whiteside PhD

Women's Health Postdoctoral Fellow: Gillian Marshall PhD

2010: GHRI Faculty Mentoring award

### **LOCAL COMMITTEES**

#### Group Health Research Institute

Critical Working Group Committee

Post-doctoral Fellow Search Committee (1997)

Director Search Committee

Behavioral Scientist Search Committees (1997, 1998, 2000/01, 2002)

Investigator Retreat Committees (1998, 1999)

Scientific Policy Committee, six terms (1999 – 9/2007; 2008-2010); Co-chair 2008-9

Intervention Core Working Group

Manager for Research Operations Search Committee

Clinic Advisory Group

Obesity Researcher Search Committee (2005)

Strategic Planning Committee (2008)  
Focus Area work group (2009)  
Promoting Mentoring work group (2009)  
GHRI identity concept and message development (2009)  
Senior manager for finance interview committee (2009)  
MacColl Institute recommendations committee (2010)  
Chair, Group Health Foundation fundraising campaign (2011-2012)

#### Group Health Cooperative

Internet Evaluation Committee (2000)  
Obesity Working Group  
Tobacco and Alcohol Prevention Team (2006-present)  
Alcohol and substance abuse guideline committee (2009, 2010, 2012)  
Weight management guideline committee (2012)

#### **CONSULTANCIES**

##### Consulting Faculty

1996	Putting Prevention into Practice, Group Health Office of Provider Education and Guidelines
2000/2001	Institute for Healthcare Improvement Breakthrough Series, Improving Care for Chronic Conditions: National Depression Collaborative
2004 - 2006	Diabetes Initiative Collaboratives, Robert Wood Johnson Foundation
2004/2005	Health Promotion Research Center, University of Washington Department of Health Services, Problem Solving Treatment
2008	Obesity for Primary Care, Group Health Office of Medical Education
2009 - 2012	National College Depression Partnership: Collaborative Action Network

##### Past Research and Clinical Consultancies

Pro-change Behavior Systems: An Expert System to Reduce Depression in Primary Care (NIMH SBIR)  
University of Washington Family Medicine Research Section: Smoke-free families: innovations to stop smoking during and beyond pregnancy (RWJF)  
Center for Evaluation and Sociomedical Research at the Medical Science Campus, University of Puerto Rico: Intervention to engage depressed patients with diabetes in treatment (NIMH and Biomedical Research Infrastructure Network)  
Edumedia, Inc: Effectiveness of interactive media in skin cancer control (NCI SBIR)  
MacArthur Foundation: Worksite Depression Study  
Group Health Cooperative Center for Health Promotion/ Free and Clear, Inc: Scientific Advisory Committee, Oregon Quitline and Free and Clear Smoking Cessation Program  
Veterans Administration: Expert Advisory Panel on implementing alcohol screening and brief intervention in the VA, sponsored by the VA Substance Use Disorders Quality Enhancement Research Initiative  
Center for Commercialization, University of Washington School of Medicine, TEAMcare trainings

#### **OTHER TRAINING**

American Cancer Society: State of the Art in Cancer Genetics, February 1997  
Seattle Epidemiologic Research and Information Center (ERIC) summer session (30 hours): Epidemiologic Methods and Longitudinal Data Analysis, June 2004.