

| EDUCATION/TRAINING | | | |
|--|---------------------------|----------|---|
| INSTITUTION AND LOCATION | DEGREE (if applicable) | YEAR(s) | FIELD OF STUDY |
| Truman State University, Kirksville, MO | BA | May 2004 | Psychology |
| San Diego State University, San Diego, CA | MS | Dec 2007 | Psychology |
| San Diego State University, San Diego, CA | MPH | May 2009 | Health Promotion |
| SDSU/UCSD Joint Doctoral Program in Clinical Psychology, San Diego, CA | PhD | May 2011 | Clinical Psychology; Behavioral Medicine |

A. Positions and Honors

Research Experience

Managing Overweight/Obesity in Veterans Everywhere – II (MOVE-II) August 2008-present
VA Medical Center – San Diego, CA

Principal Investigator: Thomas Rutledge, Ph.D.

- Assisted with study design and grant proposal
- Recruit, screen, and randomly assign potential participants
- Conduct baseline and post-intervention assessments
- Coordinate and manage study
- Lead group sessions (e.g., group exercise, behavioral medicine discussions)

Women (Pregnant, Post-partum, Menopausal, PMDD) & Depression August 2007-February 2009
University of California – San Diego, Department of Psychiatry

Principal Investigator: Barbara Parry, M.D.

- Conduct and score mood evaluations (HDRS) and psychological diagnostic interviews (SCID)
- Administer neuropsychological evaluations
- Assist with other laboratory duties as needed

Neuroimmune Characteristics of Congestive Heart Failure and Depression August 2005-present
University of California – San Diego, Department of Psychiatry

Principal Investigator: Paul Mills, Ph.D.

- Administer mental stress protocol to CHF patients and healthy control participants
- Assist with exercise testing portion of the study (bicycle ergometer)
- Take blood pressure readings throughout mental and physical stress protocols
- Conduct diagnostic interviews (Diagnostic Interview Schedule – Depression) as necessary
- Track participants periodically for 18 months and enter gathered data into Microsoft Access

Mood and Cytokines in Older CHF Patients (an intervention study) January 2006-August 2008
University of California – San Diego, Department of Psychiatry

Principal Investigator: Laura Redwine, Ph.D.

- Recruit participants for randomization into the study
- Developed protocols and manuals for exercise intervention group and education control group
- Lead exercise intervention groups, including aerobic and weight training exercises
- Motivate and monitor participants as their physical fitness levels progress

Center on Everyday Lives of Families (CELf) February-August 2005
University of California – Los Angeles, SLOAN Research Center

Supervisors: Rena Repetti, Ph.D. / Tami Kremer-Sadlik, Ph.D.

- Longitudinal study of 30 middle-class families who were videotaped for 800+ hours
- Entered and checked questionnaire data on SPSS & Microsoft Excel
- Checked reliability of labels on videotapes of families
- Assisted with de-bugging the computer program used to search for particular footage in videotapes

Adolescent Girls Study July 2004-July 2005
University of California – Los Angeles, Department of Clinical Psychology
Principal Investigator: Tali Klima, M.A. / Supervisor: Rena Repetti, Ph.D.

- Analyzed on-line questionnaire data / interpreted results
- Co-developed semi-structured interview
- Administered questionnaires to participants at local high school
- Conducted semi-structured interviews on participants at local high school
- Assisted graduate student in clinical psychology with dissertation research and preparation

Social Personalities & Health

June-December 2004

University of California – Los Angeles, Department of Social/Health Psychology
Principal Investigator: Shelley Taylor, Ph.D. / Supervisor: Barbara Lehman, Ph.D.

- Conducted life stress interviews (on UCLA undergraduate students)
- Collected saliva samples from participants for future assessment
- Administered computer-based questionnaire protocols

Emotional Adjustment from Late Adolescence to Early Adulthood

July-September 2004

University of California – Los Angeles, Department of Clinical Psychology
Principal Investigator: Michelle Craske, Ph.D. / Supervisor: Raphael Rose, Ph.D.

- Attended weekly supervision meetings to discuss SCID responses stress events interviews
- Entered questionnaire data into SPSS databases

Military Science Students' Health Behaviors and Physical Performance

September-December 2003

Truman State University, Senior Capstone Psychology Research Course
Co-Investigator: Laura Sapenoff, B.S. / Supervisor: Karen Smith, Ph.D.

- Established research questions, designed and implemented study
- Collected, coded, and analyzed data in SPSS
- Co-authored publishable paper on results

Department of Defense Health Behaviors Research
University of Missouri, Kansas City, Department of Clinical Health Psychology
Supervisor: Walker Carlos Poston, III, Ph.D.

June-August 2003

- Coded data from military base newspapers
- Entered data into SPSS for future analysis
- Assisted with other tasks as needed

Physiological Reactivity to Stress / Pain Tolerance & Relaxation
Truman State University, Undergraduate Physiological Psychology Laboratory
Supervisor: Fred Shaffer, Ph.D.

January 2001-May 2002

- Administered mental and physical stress protocols to undergraduate student participants
- Examined physiological reactions to various stressors via computer programs
- Utilized physiological instruments to gather data throughout protocols

Clinical Experience

Therapist/Behavioral Medicine Specialist

August 2008-present

Weight Control Clinic, VA Medical Center, San Diego, CA

- Conduct individual behavioral medicine/therapy sessions with obese patients
- Teach *Introduction to MOVE!* (Managing Overweight/Obesity in Veterans Everywhere) class
- Conduct psychological evaluations for patients seeking bariatric surgery
- Lead monthly support group for bariatric surgery patients
- Participate in bi-weekly Obesity Task Force meetings with various health professionals
- Receive ongoing supervision from a licensed clinical psychologist

Group Therapy Leader

July 2007-June 2008

Alcohol & Drug Treatment Program, VA Medical Center, San Diego, CA

- Led, co-led, and facilitated intensive outpatient group therapy sessions
- Taught weekly inpatient seminars (e.g., Relapse Prevention, Stress Management)
- Attended weekly seminars on alcohol/drug abuse topics
- Received interactive supervision from licensed clinical psychologists

Therapist

July 2006-June 2007

SDSU Psychology Clinic, San Diego, CA

- Conducted weekly therapy sessions with clients, using primarily cognitive-behavioral and interpersonal therapy techniques
- Received weekly supervision from licensed clinical psychologists

Student Intern

June-August 2002

Mental Health Unit, Truman Medical Center – Lakewood, Kansas City, Missouri

- Monitored and led inpatient group sessions (e.g. Recreation Therapy, Anger Management)
- Discussed treatment plans with teams of psychiatrists, social workers, recreation therapists, nurses
- Assisted with Drug Abuse Recovery outpatient groups
- Observed inpatient and outpatient psychiatric therapy sessions and emergency room evaluations

Chemical Dependency Technician

June-August 2001

North Star Recovery, Kansas City, Missouri

- Changed drug patches of federal clients (received required certification)
- Observed and facilitated group therapy sessions and intakes
- Accompanied clients on outings (e.g. *Alcoholics Anonymous* Meetings, recreation activities)
- Distributed medications to clients
- Handled reception desk and other jobs/situations that arose

Academic and Professional Honors

Student *Excellence in Research* Award for the Society of Behavioral Medicine (2009)

Society of Behavioral Medicine Conference abstracts selected for oral presentation (2008 & 2009)

Society of Behavioral Medicine Conference abstract selected for oral presentation (2008)

APS poster selected for published abstract citation and denoted "especially newsworthy" (2007)

Student Travel Award for the American Psychosomatic Society 2007 Conference (2007)

Who's Who Among Students in Colleges & Universities (2004)

Outstanding Senior Psychology Student finalist at Truman State University (2004)

The National Dean's List (2000-2004)

Phi Kappa Phi (2004)

Psi Chi (2001-2004)

National Society of Collegiate Scholars (2001-2004)

Cardinal Key National Honor Society (2002-2004)

Omicron Delta Kappa National Leadership Society (2002-2004)

Truman Leadership Scholarship (2000-2004)

Missouri Bright Flight Scholarship (2000-2004)

American Business Women's Association Scholarship (2000-2001)

Kansas City Chiefs Ambassadors Scholar-Athlete Scholarship (2000-2001)

KMBC9/Cottman Transmission Scholar-Athlete Award (2000-2001)

Memberships in Professional Societies

American Psychological Association – Graduate Student Member

American Psychosomatic Society – Associate Member

Society of Behavioral Medicine – Graduate Student Member

Exercise/Fitness Certifications

Aerobics and Fitness Association of America: Primary (02/01), Telefitness (09/02), Personal Trainer (09/04)

YMCA of the USA: Healthy Lifestyle Principles (10/04)

B. Publications

Research Papers

- Linke, S. E., Rutledge, T., Johnson B. D., Vaccarino, V., Bittner, V., Cornell, C. E., Eteiba, W., Sheps, D. S., Krantz, D. S., Parashar, S., and Bairey Merz, C. N. Depressive Symptom Dimensions and Cardiovascular Prognosis among Women with Suspected Myocardial Ischemia. In press: *Archives of General Psychiatry*.
- Linke, S. E., Rutledge, T., Johnson, B. D., Olson, M. B., Bittner, V., Cornell, C. E., Shaw, L. J., Eteiba, W., Parashar, S., Sheps, D. S., Vido, D. A., Mulukutla, S., and Bairey Merz, C. N. The joint impact of smoking and exercise capacity on clinical outcomes among women with suspected myocardial ischemia: The WISE study. In press: *Journal of Women's Health*.
- Wirtz, P. H., Redwine, L. S., Linke, S., Hong, S., Rutledge, T., Greenberg, B. H., and Mills, P. J. Circulating levels of soluble intercellular adhesion molecule-1 (sICAM-1) independently predict depressive symptom severity after 12 months in heart failure patients. In press: *Brain, Behavior, and Immunity*.
- Rutledge, T., Vaccarino, V., Johnson, B. D., Bittner, V., Olson, M. B., Linke, S. E., Cornell, C. E., Eteiba, W., Sheps, D. S., Francis, J., Krantz, D. S., Bairey Merz, C. N., Parashar, S., Handberg, E., Vido, D. A., and Shaw, L. J. (2009). Depression and cardiovascular health care costs among women with suspected myocardial ischemia. *Journal of American College of Cardiology*, 53, 176-183.
- Rutledge, T., Linke, S. E., Olson, M. B., Frances, J., Johnson, B. D., Bittner, V., York, K., McClure, C., Kelsey, S. F., Reis, S. E., Cornell, C. E., Vaccarino, V., Sheps, D. S., Shaw, L. J., Krantz, D. S., and Bairey Merz, C. N. (2008). Social relationships and incident stroke among women with suspected myocardial ischemia. *Psychosomatic Medicine*, 70, 282-7.
- Rutledge, T. and Linke, S. E. (2007, May). Invited comment on: Watkins LL, Blumenthal JA, Davidson JRT, Babyak MA, McCants CB, Sketch MH. Phobic anxiety, depression, and risk of ventricular arrhythmias in patients with coronary heart disease. *Psychosomatic Medicine* 2006;68(5):651-656. *Evidence Based Mental Health*,10(2).
- Linke, S. E., and Sapenoff, L. A. (2005). The relationships among tobacco use, BMI, perceived fitness, and actual physical performance among Military Science students. *The Journal of Psychology and the Behavioral Sciences*, 18, 19-29.

Reviews

- Linke, S. E., Rutledge, T., Mills, P., and Gallo, L. Assessing depressive symptoms in cardiovascular disease: Is it all in the mind? Review paper in progress for publication submission.
- Rutledge, T., Reis, V.A., and Linke, S.E. (2007). Depression and heart failure: Why the link continues to elude us: reply. *Journal of the American College of Cardiology*, 49, 1504.
- Rutledge, T, Reis, V. A., Linke, S. E., Greenberg, B. H., and Mills, P. J. (2006). Depression in congestive heart failure: A review of prevalence, interventions effects, and associations with clinical outcomes. *Journal of the American College of Cardiology*, 48, 1527-37.

Abstracts

- Linke, S. E., Redwine, L., Rutledge, T., Hong, S., and Mills, P. (2008, March). Relationships among depression, heart failure, and exercise-induced pro-inflammatory cytokines. Oral presentation at the Society of Behavioral Medicine 29th Annual Scientific Conference, San Diego, CA.
- Redwine, L., Hong, S., Linke, S. E., DeJardin, D., Greenberg, B., and Mills, P. (2008, March). Depressive symptoms are associated with cellular immune dysregulation in heart failure and healthy individuals. Citation oral presentation at the Society of Behavioral Medicine (SBM) 29th Annual Scientific Conference, San Diego, CA.
- Rutledge, T., Linke, S. E., Reis, V. A., Redwine, L., Hong, S., and Mills, P. (2008, March). Mental stress reactivity and recovery patterns in healthy adults versus heart failure patients. Poster presentation at the Society of Behavioral Medicine (SBM) 29th Annual Scientific Conference, San Diego, CA.
- Linke, S.E., Rutledge, T., Johnson B.D., Olson, M. B., Bittner, V., Cornell, C. E., Shaw, L.J., Eteiba, W., and Bairey Merz, N. (2007, March). The Joint Impact of Smoking and Purposeful Exercise Capability on Clinical Outcomes among Women with Suspected Myocardial Ischemia: The WISE Study. Citation poster presentation at the American Psychosomatic Society (APS) 65th Annual Scientific Conference, Budapest, Hungary.

- Redwine, L., Linke, S.E., Reis, V., Rutledge, T., Pung, M.A., Hong, S., Ziegler, M., Greenberg, B., and Mills, P.J. (2007, March). Depressive symptoms in heart failure (HF) patients are associated with reduced chemotaxis of lymphocytes. Poster presentation at the American Psychosomatic Society (APS) 65th Annual Scientific Conference, Budapest, Hungary.
- Mills, P.J., Pung, M.A., Hong, S., Redwine, L., Reis, V., Linke, S.E., Rutledge, T.R., Dimsdale, J.E., Neleson, R.A., Ziegler, M.G., and Greenberg, B.H. (2007, March). Sleet onset insomnia in patients with heart failure (HF) and depressive symptoms. Poster presentation at the American Psychosomatic Society (APS) 65th Annual Scientific Conference, Budapest, Hungary.
- Hong, S., Geske, D., Pung, M.A., Redwine, L., Linke, S. E., Greenberg, B.H., and Mills, P.J. (2007, March). Central vs. effector memory t-cell trafficking in response to a physical stressor in congestive heart failure (CHF). Poster presentation at the American Psychosomatic Society (APS) 65th Annual Scientific Conference, Budapest, Hungary.
- Rutledge, T., Linke, S.E., Olson, M.B., Johnson, D., Bittner, V., Kelsey, S.F., Reis, S.E., Eteiba, W., Cornell, C.E., Vaccarino, V., Sheps, D.S., Shaw, L.J., and Bairey Merz, C.N. (2007, March). Modifiable CVD risk factors and clinical events among women with suspected myocardial ischemia: The WISE study. Oral presentation at the Society of Behavioral Medicine 28th Annual Scientific Conference, Washington, D.C.
- Rutledge, T., Reis, V. A., and Linke, S. E. (2006, March). Depression in congestive heart failure: A review of prevalence, interventions effects, and associations with clinical outcomes. Poster presentation at the American Psychosomatic Society (APS) 64th Annual Scientific Conference, Denver, CO.
- Linke, S. E. and Sapehoff, L. A. (2004, May). The relationships among tobacco use, BMI, perceived fitness, and actual physical performance among Military Science students. Poster presented at the Midwestern Psychological Association Annual Conference, Chicago, IL.