

**Curriculum Vitae**  
**Steven A. Safren, Ph.D.**

**Date Prepared: September 2010**

**Office Address:**

Department of Psychiatry  
Behavioral Medicine  
Massachusetts General Hospital  
1 Bowdoin Square  
Boston, MA 02114  
Tel: (617) 724-0817  
Pager 726-2066 (#31436)  
Fax: (617) 726-8690  
Email: ssafren@partners.org

**Place of Birth** Boston, MA

**Education**

1991	B.A.	Psychology	Brandeis University, Waltham, MA
1995	M.A.	Clinical Psychology	University at Albany, State University of New York
1998	Ph.D.	Clinical Psychology	University at Albany, State University of New York Advisor: Dr. Richard G. Heimberg

**Pre-doctoral Training**

1997-1998	Pre-Doctoral Internship in Clinical Psychology	Clinical Psychology, CBT Track	Harvard Medical School/Massachusetts General Hospital, Boston, MA
-----------	---	--------------------------------------	--

**Post-doctoral Training**

1998-1999	Post-Doctoral Fellowship	Psychology (CBT) (PI: Dr. Michael Otto)	Harvard Medical School/Massachusetts General Hospital, Boston, MA
-----------	--------------------------	--	--

**Faculty Academic Appointments**

1999-2001	Instructor	Department of Psychology (Psychiatry)	Harvard Medical School
2000-2003	Adjunct Assistant Professor	Department of Psychology	Boston University
2002- 2005	Assistant Professor	Department of Psychology (Psychiatry)	Harvard Medical School
2005-present	Associate Professor	Department of Psychology (Psychiatry)	Harvard Medical School

**Hospitals or Affiliated Institutions Appointments**

1998-present	Affiliated Scientist	Research and Evaluation Department	Fenway Community Health
1999-2005	Clinical Assistant	Department of Psychology (Psychiatry)	Massachusetts General Hospital
2005-	Assistant Psychologist	Department of Psychology (Psychiatry)	Massachusetts General Hospital

**Major Administrative Leadership Positions**

2000-2006	Associate Director, Cognitive Behavioral Therapy Program	Massachusetts General Hospital, Department of Psychiatry
2004-present	Director, Behavioral Medicine	Massachusetts General Hospital, Department of Psychiatry
2004-2009	Director, Cognitive Behavioral Therapy Track, Clinical Psychology Internship Program	Massachusetts General Hospital, Department of Psychiatry
2004-present	Director, Behavioral Medicine Track, Clinical Psychology Internship Program	Massachusetts General Hospital, Department of Psychiatry
2006-present	Associate Director, Behavioral and Social Sciences Program	Harvard Division of AIDS Center for AIDS Research (CFAR)

**Committee Service***Local*

1998-2002	Research Scientist, Interdisciplinary Research Committee	Fenway Community Health, Boston, MA
1999-2002	Psychologist	Credentialing Committee
2000-present	Psychology Training Committee	Massachusetts General Hospital/Harvard Medical School, Department of Psychiatry
2002-2003	Co-chair, Grand Rounds Committee	Massachusetts General Hospital, Department of Psychiatry
2004-2008	Outpatient Psychiatry Department (OPD) Leadership Committee	Massachusetts General Hospital, Department of Psychiatry

2004-present	Member of Outcomes Research Program	Harvard Division of AIDS / Partners AIDS Research Center / Center for AIDS Research
2004-present	Member of International AIDS Program	Harvard Division of AIDS / Partners AIDS Research Center / Center for AIDS Research
2006-present	Psychiatry Department Research Committee	Massachusetts General Hospital
2006-present	Promotions Committee for Harvard Appointments	Massachusetts General Hospital, Department of Psychiatry
2006-present	Executive Committee	Harvard University Center for AIDS Research (CFAR)
2007-present	Research Steering Committee	Massachusetts General Hospital, Department of Psychiatry
2010	Internal Review	Harvard University Center for AIDS Research, Biostatistics Core
2010	Organizing Committee	CDC-funded Conference Organized by Fenway Community Health: The sexual health of gay men and other MSM: HIV/STD prevention plus conference

*National*

2001-2007	Program Committee	AABT Annual Convention
2002	Assistant Program Chair	AABT Annual Convention
2002-	Member	Behavioral Science Working Group (BSWG), HIV Prevention Trials Network (HPTN)
2004, 2005	Division 34 (Health Psychology) Program Committee, Reviewer	American Psychological Association Annual Meeting
2004	Reviewer/Program Committee	Society of Behavioral Medicine Annual Meeting
2006	Division 12 (Clinical Psychology) Program Committee, Reviewer	American Psychological Association Annual Meeting

*International*

2009	Reviewer for Program	World Congress for Cognitive and Behavioral Therapies
2009-present	Member	HANC: HIV/AIDS Network (NIH funded HIV networks: HPTN, ACTG, HVTN, IMPACT, INSIGHT, MTN) Coordination – Behavioral

2010	Think-tank member	Science Working Group National Institute of Mental Health, Office of AIDS Research, Social and Behavioral Research Think Tank.
------	-------------------	---

### Professional Societies

1993-present	Member	American Psychological Association
1996-present	Member	Association for Behavioral and Cognitive Therapies (formerly Association for the Advancement of Behavior Therapy)
1999-2002	Member	Massachusetts Psychological Association
2000-2003	Chair	Special Interest Group for the Study of GLBT Issues, Association for the Advancement of Behavior Therapy
2002-present	Member	Society of Behavioral Medicine
2009-present	Board Member, Practice Sample Coordinator (2010- )	American Board of Professional Psychology (ABPP), Cognitive Behavioral Therapy

### Grant Review Activities

2002-2005	Ad-hoc reviewer	BSCH (formally ZRG AAR8)	NIH, Center for Scientific Review
2005-2009	Standing member	Behavioral and Social Consequences of HIV; misc ZRG related committees	
2004, 2006, 2007, 2010	Reviewer	Scholar and Feasibility Projects	Harvard Medical School Center for AIDS Research
2006	Reviewer	Loan Repayment Program	NIH (NIMH)
2006	Reviewer	Scientific Review Committee	Swiss National Science Foundation
2007	Reviewer	ZonMw	The Netherlands Organisation for Health Research and Development
2007	Reviewer	Committee to review letters of intent for fellowship and pilot grants on the intersection of mental health and HIV/AIDS	American Foundation for AIDS (AMfAR)
2009 (Nov)	Reviewer	ZMH ERB-E(04)-S Exploratory Behaviors	NIMH Study Section

## HIV/AIDS

2009, 2010	Reviewer	Clinical Innovation Awards	Massachusetts General Hospital, Boston, MA
2009, 2010	Reviewer	CFAR Integrated Network of Clinical Systems	Concept reviewer
2010 Mar, Jun, Nov	Reviewer	ZMH1 ERB-E	R34 Grants for HIV/AIDS for NIMH
2010 March	Reviewer	ZRG1 AARR-G	Review of member conflicts for BSPH
2010 April	Reviewer	Brown/Tufts/LifeSpan Center for AIDS Research, Developmental Core	Outside reviewer, Behavioral Science

**Editorial Activities: Ad Hoc Reviews**

1997	Cognitive Therapy and Research
1998	Journal of Consulting and Clinical Psychology
1999	Cognitive Therapy and Research
2000	Journal of Consulting and Clinical Psychology, Journal of Affective Disorders, Psychosomatics, Cognitive and Behavioral Practice, Harvard Review of Psychiatry, AIDS Care, AIDS and Behavior
2001	Journal of Consulting and Clinical Psychology, Cognitive and Behavioral Practice, AIDS and Behavior, Quality of Life Research, Depression and Anxiety,
2002	Journal of the American Medical Association, Cognitive Therapy and Research, Psychosomatics, Journal of Consulting and Clinical Psychology, Journal of Abnormal Psychology
2003	Journal of The American Medical Association, Behaviour Research and Therapy, Clinical Psychology: Science and Practice, Cognitive and Behavioral Practice, Journal of Internal Medicine, Journal of the Gay and Lesbian Medical Association, Journal of Nervous and Mental Disease, American Journal of Public Health, The AIDS Reader
2004	Journal of the American Medical Association, Cognitive Therapy and Research, AIDS and Behavior, European Archives of Psychiatry and Clinical Neuroscience, Cognitive Therapy and Research, Clinical Psychology: Science and Practice, Journal of Educational Psychology, JAIDS: Journal of Acquired Immune Deficiency Syndrome, Psychological Medicine, Quality of Life Research, Professional Psychology Science and Practice, AIDS Care, Sexual Health.
2005	Clinical Infectious Disease, AIDS and Behavior, Journal of Abnormal Psychology, AIDS Care, Behaviour Research and Therapy, Journal of Consulting and Clinical Psychology, American Journal of Psychiatry, Journal of the American Medical Association.
2006	HIV Medicine, Psychological Medicine, JAMA, Quality of Life Research, AIDS and Behavior, Health Psychology, PLOS Medicine (Academic Action Editor).

2007	Journal of Nervous and Mental Disease, Neuropsychiatric Disease and Treatment, Behaviour Research and Therapy, JAMA, Journal of Consulting and Clinical Psychology
2008	AIDS Care, Health Psychology, AIDS Education and Prevention, Journal of Adolescent Health, Journal of Urban Health
2009	Addiction, Health Psychology, Journal of AIDS (JAIDS)
2010	Psychosomatics, PLOS Medicine, JAMA, American Journal of Public Health, Archives of General Psychiatry, Journal of AIDS (JAIDS), Behaviour Research and Therapy

### **Editorial Boards: Membership and Editor Positions**

2001-present	Cognitive and Behavioral Practice 2001-2005, Special Column Editor: Diversity Issue 2005-2006 (6 month period), Guest Associate Editor 2007-present, Associate Editor 2009: Special series co-editor: Cognitive behavioral interventions' with sexual minority men across the lifespan.
2005-present	Journal of Behavioral Medicine, Editorial Board Member
2005-2013 (2 terms)	Behavior Therapy, Editorial Board Member
2007-present	AIDS and Behavior, Editorial Board Member
2008-present	Journal of Attention Disorders, Editorial Board Member
2008-2011 (term)	AIDS Education and Prevention, Editorial Board Member
2008-present	The Journal of ADHD and Related Disorders, Editorial Board Member
2009-present	Annals of Behavioral Medicine, Editorial Board Member
2010 (July)-	Health Psychology, Editorial Board Member

### **Honors and Prizes**

1991	Cum Laude, High Honors, and Catherine A. Chernosky Award	Brandeis University
1997	Special Interest Group for the Study of Gay and Lesbian Issues: Student Research Award	Association for the Advancement of Behavior Therapy
1998	Emerson Research Award	Massachusetts General Hospital/Harvard Medical School, Department of Psychology
2001, 2004	Award for Excellence in Teaching and Mentoring for CBT	Harvard Medical School/Massachusetts General Hospital
2004	Book Award, Division 44 (Society for the Psychological Study of Lesbian, Gay, and Bisexual Issues)	American Psychological Association

2008	Award for Excellence in Teaching and Mentoring for Behavioral Medicine	Harvard Medical School/Massachusetts General Hospital
2008	Distinguished Contribution to Education and Training Award, Division 44 (Society for the Psychological Study of Lesbian, Gay, and Bisexual Issues)	American Psychological Association
2010	A. Clifford Barger Excellence in Mentoring Award	Harvard Medical School
2010	Fellow	American Psychological Association, Division 44 (Society for the study of lesbian, gay, bisexual, and transgender concerns)

## **Funding Information**

### *Past Funded Projects*

1998-1999	Principal Investigator	Department of Public Health: Community Research Initiative	\$100,000 (includes competitive renewal)
HIV medication adherence program: Life-Steps, project			
This study was to develop and test a single-session cognitive-behavioral/problem-solving intervention (Life-Steps) to increase adherence to HIV medications			

1999-2001	Co-Investigator	NIAID AIDS Clinical Trials Group	
Adherence substudy A5301s to ACTG 384 A5301s PI: M. Chesney & G. Robins, ACTG 384 PI: M. Hirsch, G. Robins			
This was a study to test the efficacy of a telephone based adherence counseling intervention in the context of a large multi-site clinical trial.			
Role: to help develop the intervention and its evaluation.			

1999-2001	Principal Investigator	Industry Support: Reminders On-Line, Inc.	\$75,000
Efficacy of medication On-line Minders (MediMom)			
This project was to test the efficacy of utilizing an on-line paging system to provide reminders to take HIV medications.			

2000-2005	Site Co-Investigator	CDC & VaxGen	
Conduct and Evaluation of on-going phase III HIV vaccine efficacy trials PI: Kenneth Mayer, M.D.			
This study was to examine behavioral and psychosocial aspects of HIV vaccine trial participation.			
Role: to contribute behavioral science expertise to the assessment battery.			

2000-2008	Investigator (Behavioral Science Working Group)	NIH/NIMH/NIAID, International Collaboration/Collaborative Agreement 5U01AI048040	
HIV prevention trials network			
This cooperative agreement will funded HIV prevention interventions, including studies of behavioral interventions, microbicides, STD treatment, antiretroviral use as prophylaxis, and studies to decrease injection drug use and to interrupt perinatal HIV transmission.			
Role: A behavioral scientist and involved contributing to assessment and intervention development.			
2001-2003	Principal Investigator	NIMH R-03 MH60940	\$100,000
CBT for residual ADHD symptoms in adults			
This study was to initially test the feasibility, acceptability, and efficacy of CBT in medication treated adults with ADHD. This was the first U.S. trial of its kind.			
2001-2002	Co-Principal Investigator	NIH/NIAID, Supplement to Brown/Lifespan Center for AIDS Research Grant	
Behavioral secondary HIV prevention interventions in India PI of supplement: Kenneth Mayer, M.D., PI of CFAR: C. Carpenter			
This was a qualitative and quantitative study of sexual and other HIV transmission risk behavior among individuals with HIV in Chennai, India.			
Role: Developed the study, both the qualitative assessments and supervised the analysis and development of the quantitative assessments. Supervised all analysis and write ups thus far.			
2001-2003	Principal Investigator	NIH-Funded through Partners/Fenway/Shattuck Center for AIDS Research (CFAR): Junior investigator research award	\$60,000
CBT for depression and medication adherence in persons with HIV			
This was a junior investigator award to begin to develop cognitive behavioral therapy for adherence and depression in HIV.			
2002-2003	Principal Investigator of supplement	Supplement to HIV prevention trials unit HPTN 052	\$50,000
Adherence preparedness study for HPTN 052 Fenway HPTU PI: Kenneth Mayer, M.D.			
This supplement sought to examine the best methods of assessing adherence to antiretroviral therapy (ART) for a large, international, multi-site trial of ART for HIV prevention in sero-discordant couples. It invoked data collection in Malawi and India.			
2002-2003	Co-Principal Investigator/Mentor	Supplement to Brown Fogarty International Training Grant	

HIV medication adherence in Chennai, India International PI: N. Kumarsamy, M.D., Site PI: Kenneth Mayer, M.D.			
This study examined barriers and facilitators of HIV medication adherence in Chennai, India as a groundwork for intervention efforts.			
Role: Develop the qualitative guide, supervise analysis and write-up, assist PI with maintenance of all aspects of the study.			

2002-2006	Investigator (Site Principal Investigator)	NIMH/NIH/NIDA R-01 5R01DA015679	
Understanding and improving adherence to ART PI: Ira Wilson, M.D.			
This was a randomized controlled trial of a provider-based intervention providing feedback regarding patients' psychosocial issues and adherence to HIV providers to increase HIV medication adherence.			
Role: Behavioral Scientist and site investigator.			

2003-2006	Principal Investigator	NIMH R-21 MH066660	\$375,000
CBT for HIV medication adherence and depression			
This was an initial randomized controlled trial of the efficacy of CBT for adherence and depression in HIV.			

2003-2007	Co-Principal Investigator	NIH/NIMH R-01 5R01MH068746	
Enhancing HIV prevention among high risk HIV+ men PI: Kenneth Mayer, M.D.			
This was to develop and test, in an RCT, an HIV prevention intervention for HIV-infected men who have sex with men who are in HIV care. Interventionists were medical social workers.			
Role of Co-PI: involved working with the (biomedical) PI on all investigator aspects of the study, particularly the behavioral science components.			

2003-2008	Co-Principal Investigator	HRSA	
Enhancing HIV prevention among HIV+ MSM in primary care settings PI: Kenneth Mayer, M.D.			
This was an evaluation study of a peer-based intervention for HIV prevention for HIV-infected men who have sex with men who are in HIV care.			

2004-2005	Mentor / co-investigator	Fenway Community Health to Humsafar Trust, Mumbai, India	
Mental health baseline study of MSM in Mumbai: A pilot study			
This study is examining mental health issues among MSM in Mumbai, and aimed to scale up the research institute at this particular NGO in India.			
Role: Behavioral Science mentor to the site.			

2005-2007	Co-Mentor	NIMH F31MH072551	
Impact of life stress on HIV treatment adherence PI: Kathryn Bottanari (Ph.D. student at SUNY University at Buffalo)			
This study sought to examine the impact of life stress on HIV treatment adherence in a longitudinal design.			
Role: Project mentor			
2005-2006	Co-Investigator	Supplement to Bruce Walker CFAR, P30 AI42851	
Strategies for Optimal HIV care in the Caribbean PI: Kenneth Freedberg, M.D.			
This was to test a mathematical model for optimal HIV care in the Caribbean.			
Role: Behavioral science/adherence collaborator.			
2005-2008	Consultant	NIMH R34MH073400	
Maintaining ART adherence in post-DOT AIDS patients PI: Heidi Behforouz, M.D.			
Thus, the overall goal of this proposed study is to create a transitional program to successfully bridge the gap between directly observed therapy and self-administration of ART in marginalized patients who required directly observed therapy for HIV medication adherence.			
Role: Consultant regarding CBT to help the transition from DOT to self-administration and on CBT design during DOT.			
2006-2007	Investigator	Harvard University Program on AIDS (HUPA)	
Antiretroviral Adherence in a PEPFAR-funded HIV care and treatment scale-up effort in South Africa. PI: Lisa Hirschorn, M.D.			
This was an evaluation project to examine adherence in the setting of ART scale-up in S. Africa.			
Role: Behavioral Scientist, contributed Psychological/Behavioral perspective to the study design.			
2006-2007	Principal Investigator	Supplement to: Harvard Medical School Center for AIDS Research (HMS CFAR)	\$50,000
Behavioral sero-epidemiology of HIV among MSM in South India			
This was to examine risk factors for HIV risk and HIV-infection in MSM in Chennai, India.			
2007-2008	Mentor	amFAR Research Grant # 106884-42-RFBR	
Impulsivity, Drug Abuse, and HIV Medication Adherence: An fMRI Study Fellowship recipient: Christina Meade, Ph.D.			
Examine neuropsychological and neuro-imaging correlates of adherence to antiretroviral medications in drug abusers.			
Role: Mentored on HIV and adherence aspects of the study.			

2007-2008	Co- Investigator/Mentor to Vranceanu	Academic Enrichment Fund (AEF), Career Development Grant	
Cognitive-behavioral intervention versus standard treatments for patients with trapeziometacarpal arthritis PIs: Ana Maria Vranceanu, Ph.D. and David Ring, MD To develop and initially test CBT for this population. Role: CBT mentor.			
2004-2009	Principal Investigator	NIDA R-01 DA018603	≈\$1.5 million
CBT for depression & adherence in HIV+ methadone patients The study aims to compare cognitive behavioral therapy for HIV medication adherence and depression to a single session adherence intervention to increase medication adherence in patients with opioid dependence in methadone treatment.			
2005-2006	Principal Investigator	Minority supplement for Dr. Jeffrey Gonzalez to: NIDA R-01 DA018603	\$85,000
CBT for depression & adherence in HIV+ methadone patients Minority supplement was to lay the groundwork to expand the intervention to HIV-infected Latino methadone patients.			
2007-2008	Principal Investigator	Minority supplement for Dr. Andres Bedoya to: NIDA R-01 DA018603	\$90,000
CBT for depression & adherence in HIV+ methadone patients Minority supplement was to continue work started by Dr. Gonzalez (above) to lay the groundwork to expand the intervention to HIV-infected Latino methadone patients.			
2006-2008	Consultant	NIMH R34MH077503	
Antidepressant and behavioral adherence intervention for depressed HIV patients PI: Glenn Wagner, Ph.D. This study is to develop and test an intervention for antidepressant and ART adherence for depressed HIV patients. Role: Overall study consultant, focus on intervention development and training issues.			
2008-2009	Co- Investigator/Mentor to Vranceanu	American society for the surgery of the hand (ASSH)	
A cognitive behavioral intervention for idiopathic hand and arm pain conditions not amenable to surgical treatments PIs: Ana Maria Vranceanu, Ph.D. and David Ring, MD This is a study to develop a CBT intervention for idiopathic hand and arm pain that are not amenable to surgical treatments. Role: CBT mentor.			

2008-2010	Co-Principal Investigator	NIDA R03DA023393	\$100,000
Behavioral activation and HIV risk reduction for MSM with crystal meth abuse PI: Matthew J. Mimiaga			
The goal of this project is to test feasibility and acceptability of integrating behavioral activation and HIV risk reduction counseling to reduce HIV risk and drug use in men who have sex with men (MSM) who abuse crystal meth.			
Role: Co-PI – responsible for intervention development and mentoring the PI.			

2009	Consultant	Supplement to NIDA P60-DA005186-21	
Feasibility and acceptability of ART adherence among IDUs receiving methadone treatment in Kiev.			
The goal of the project is to add “Life-Steps” adherence counseling (an approach I developed and tested) to drug dependence counseling in the opiate substitution clinic setting in Kiev Ukraine.			
Role: Consultant – trained staff in conducting the intervention, qualitative research.			

2004-2010	Investigator	NIDA	
Stress, distress intolerance, and drug dependence PI: Michael Otto			
The major goal of this project is to evaluate the efficacy of CBT-IC for intervening with chronically stressed and treatment-resistant opiate-dependent outpatients.			
Role: Co-investigator/psychologist.			

2004-2009 (extension)	Principal Investigator	NIMH R-01 MH069812	\$1.1 million
Efficacy of CBT for residual ADHD in adults			
The goal of this study is to test, in a two-arm randomized controlled trial, CBT for ADHD in adults who have been treated with medications but still have clinically significant symptoms. Note – transfer of PI role from Safren to Sprich requested in September 2008 inclusive of no-cost extension – due to NIMH rules on maximum number of projects an investigator can be PI of.			

2007-2010	Co-Investigator	NIMH, R34MH081335	
Reducing high-risk behaviors among bipolar patients transitioning to adulthood PI: Aude Henin			
The study aims to develop a novel cognitive-behavioral therapy (CBT) protocol aimed at reducing high-risk behaviors, as well as improving resiliency and addressing important developmental issues in youth with bipolar disorder (BPD) who are transitioning to adulthood.			
Role: Collaborator regarding CBT intervention development and testing			

### *Current Funded Projects*

2002-present	Investigator	ACTG 5175 – AIDS Clinical Trials Group, NIAID	
--------------	--------------	---	--

A phase II, randomized, open-label evaluation of the efficacy of three-nucleoside reverse transcriptase inhibitor combinations for initial antiretroviral treatment of HIV-1 infected persons in developing countries PI: Thomas Campbell, MD			
This is a large scale international trial testing ART for HIV.			
Role: One of two Chairs of the Behavioral Science Working Group, involved in designing adherence and risk reduction counseling to 46 study locations across the U.S., Malawi, South Africa, Zimbabwe, India, Thailand, Brazil, Peru, and Haiti.			

2002-present	Collaborator	HPTN 052 = NIAID, HIV Prevention Trials Group	
A randomized controlled trial of ART to prevent HIV in serodiscordant couples. PI: Myron Cohen, MD			
This is a large scale international trial testing the efficacy of antiretroviral therapy to reduce HIV transmission in sero-discordant couples in Brazil, Thailand, India, and South Africa. Role: Behavioral Scientist, designed adherence counseling and behavioral assessments for this trial.			

2002-2010	Co-Investigator	NIDA (original grant and renewal) 2U10DA015831	
NIDA Clinical trials network: Northern New England node PI: R. Weiss			
This is a collaborative agreement to develop and conduct effectiveness trials of drug abuse interventions. Role: HIV/AIDS working group member/investigator.			

2006-present	Investigator/Behavioral Science Consultant	AIDS Clinical Trials Group 5234	
International trial of directly observed therapy versus self-administered standard of care for participants with first virologic failure on a non-nucleoside reverse transcriptase inhibitor-containing antiretroviral regimen: A limited center trial of the AIDS Clinical Trials Group (ACTG 5234) PI: Robert Gross, MD			
To develop and test a partner-assisted directly observed therapy intervention for HIV-infected individuals at 6 international sites: Peru, Haiti, Brazil, South Africa, Uganda, Zambia Role: Behavioral Scientist/Consultant regarding intervention development, assessment, fidelity			

2006-2011	Principal Investigator	NIMH R-01 MH 1R01MH078571	≈\$1.1 million
CBT for adherence & depression in diabetes			
The study aims to compare a treatment with cognitive behavioral therapy for diabetes medication adherence to treatment with an enhanced treatment as usual condition including diabetes education from a nurse and a nutritionist and a single session medication adherence intervention.			

2007-2010	Co-Principal Investigator	NIMH, 5R34MH081760-	\$432,500
Integrated HIV prevention and trauma treatment in MSM with sexual abuse history.			

PI: Conall O’Cleirigh			
This study aims to develop and test an intervention that integrates cognitive processing therapy for PTSD with HIV risk reduction in men who have sex with men who have experienced childhood sexual abuse and engage in HIV risk behavior.			
Role: Co Principal Investigator, mentoring junior investigator PI.			

2006-2012	Advisor	F30 MH079738-01A2	
Enhancing HIV secondary prevention in a clinical care setting in Southern India. Ruth Kirschstein National Research Service Award (NRSA). Venkatesh Kartik, PI			
Role: To advise on the overall project, adapt my existing project in this setting to trainee work, supervise papers and analyses, provide behavioral science expertise.			

2007-2010 (extension)	Mentor/Co- Investigator	NCI, 1R03CA128478	
Brief CBT for anxiety and advanced NSCLC PI: Joseph Greer			
This is an application to develop and preliminarily test cognitive-behavioral therapy (CBT) for the treatment of anxiety in individuals with advanced non-small cell lung cancer (NSCLC). The overall goal is to lay the necessary groundwork for a full-scale randomized controlled trial of this treatment.			
Role: Mentor for project.			

2007-2012	Co-Mentor	NIMH, 1K23MH076037-01A2	
Psychosocial treatment of depression in Parkinson’s Disease PI: Amy Farabaugh			
The purpose of this study is to assess the efficacy of cognitive behavior therapy (CBT) for depression in Parkinson's disease.			
Role: Co-mentor (psychologist/CBT)			

2007-2012	Co-Investigator	NIMH, R01MH073445	
Optimizing strategies for universal HIV testing PI: Rochelle Walensky			
This is an RCT of an intervention for universal HIV testing in the emergency room setting.			
Role: Behavioral Scientist.			

2007-2012	Co-Investigator	ACTG (NIAID)/NINR ACTG 5251S	
Enhanced nursing support to improve self-management and outcomes of ART PI: Nancy Reynolds, Ph.D.			
This is a study to test the efficacy of a nurse-based phone intervention to help ART adherence.			
Role: Collaborator regarding intervention development			

2008-2013	Co-Investigator	NIAID, 1U01AI069480-01	
Clinical Trial Unit for HIV Prevention and Microbicide Research PI: Kenneth Mayer, M.D.			
This is a clinical trials unit focusing on HIV prevention trials studies.			
Role: Behavioral scientist, site investigator, member of various protocol teams.			
2008-2012	Protocol Chair	HIV Prevention Trials Network (HPTN 063) NIAID-funded network study [tied to 1U01AI069480; Mayer]	≈\$4.98 mil
Preparing for international prevention trials involving HIV-infected individuals in care settings Sites: Zambia, Brazil, and Thailand			
This is an observational longitudinal study of HIV risk behavior and associated variables in various international settings and will lay the groundwork for a multi-site trial of an HIV risk reduction intervention integrating HIV treatment with HIV care. Risk groups include MSM, heterosexual women, and heterosexual men.			
Role: Protocol Chair is a PI level role in a NIH-funded international network, leading the protocol team which includes investigators, biostatistician, operations personnel, ethicists, community representatives, and international site investigators			
2008-2010	Principal Investigator	NIMH R-21 MH085314	\$325,000
Addressing psychosocial needs and HIV risk in Indian MSM			
The current study's aim is to develop and intervention to address and reduce HIV risk in Indian MSM. This is part of an Indo-U.S. bilateral collaborative research partnership on the prevention of HIV/AIDS.			
2008-2013	Principal Investigator	NIMH R-01 MH084757	≈3.7 million
Efficacy of CBT for adherence and depression in HIV care settings			
The current study is a full-scale randomized controlled efficacy trial of cognitive behavioral therapy for adherence and depression in HIV, following the successful formative work through our NIMH R21.			
2008-2011	Principal Investigator	NIMH, 1R34MH083063	375,000
Compensatory executive functioning skills training in adolescents with ADHD Multiple PI's: Safren, Sprich			
The goal of this study is to test an adapted version of our CBT intervention for Adult adhd in adolescents.			
2008-2013	Co-Investigator	NIMH, 1R01MH084759	
Optimal assessment of HAART in routine clinical care PI: Heidi Crane, MD			
The goal of this study is to test a brief, feasible, valid, and well-tolerated measure of computer-assisted self-administered interview (CASI) collected adherence to antiretroviral medications in routine clinical practice focusing on feasibility issues, optimal self-report strategy, and item selection.			
Role: Behavioral scientist investigator, input regarding the assessments and intervention strategies.			
2008-2011	Consultant	NIMH, 1R34MH084674	

Addressing depression and ART adherence in HIV+ adults on the U.S. – Mexico border. PI: Jane Simoni, Ph.D.			
This study's aim is to develop and test, in a 2x2 randomized controlled pilot trial CBT-AD and/or the use of an electronic pillbox to treatment as usual in Mexico.			
Role: Consultant regarding implementing the intervention which I have developed and have been testing in the New England area with HIV and diabetes.			

2008-2010	Co-Investigator	NIMH 1R21MH085319	
Social/sexual networks of high risk married MSM in Mumbai PI, Kenneth H. Mayer, M.D.			
The overall goals are to better understand HIV/STI transmission dynamics and how social and sexual network characteristics contribute to increased risk, and to probe for interest in participating in future HIV/STI prevention interventions. This is part of an Indo-U.S. bilateral collaborative research partnership on the prevention of HIV/AIDS.			
Role: Behavioral Scientist			

2009-2012	Co-Investigator	Bill and Melinda Gates Foundation	
Understanding and improving pre-exposure prophylaxis (PrEP) adherence. PI, David Bangsberg, MD			
Improving adherence to pre-exposure antiretroviral therapy prophylaxis will maximize its effectiveness in preventing HIV transmission. Investigators propose to fully characterize PrEP adherence and PrEP sharing using objective, intensive, state-of-the-art measures.			
Role: Behavioral Scientist – work on development and training for the adherence interventions.			

2009-2010	Consultant	RC1DA028505-0110	
Test of a web-based program to improve adherence to HIV/AIDS medications. PI, Royer F. Cook, Ph.D.			
The goal of this (stimulus / challenge grant) project is to develop and test a web-based intervention for HIV/AIDS that addresses distress/stress management along with adherence.			
Role: Consultant – the grant was developed with the web based intervention based on my work on adherence counseling (Life-Steps) and integrating adherence counseling with treatment of depression (CBT-AD).			

2010-2011	Co-investigator/mentor	Harvard University Center for AIDS Research Development (Feasibility) Award	
Sustaining effects of contingency management on stimulant use in HIV+ persons PI: Jennifer Mitty, MD			
The aim of this award is to utilize behavioral activation and other CBT techniques to sustain the effects of contingency management in stimulant use in HIV-infected patients.			
Role: Co-investigator and mentor to the PI and investigator team.			

2010-2011	Co-investigator/collaborator	Harvard University Center for AIDS Research Development (Feasibility) Award	
-----------	------------------------------	---	--

Improving antiretroviral medication adherence among HIV-infected youth. PIs: Matthew Mimiaga and Laura Bogart		
The aim of this project is to adapt a studied intervention (Life-Steps, Safren et al) for improving antiretroviral adherence to HIV-infected youth.		
Role: To provide guidance to the team regarding the intervention development and testing part of the study as the intervention is based on my prior work.		

2009-2014	Co-mentor	NIMH, K23MH087228	
Novel Measures and Theory of Pediatric Antiretroviral Therapy Adherence in Uganda PI: Jessica Haberer, MD.			
The aim of this project is to examine the best ways of monitoring pediatric antiretroviral adherence in Uganda, laying the groundwork for an intervention trial.			
Role: Consultant – provide behavioral science mentorship and guidance for research plan and career development planning.			

2010-2012	Mentor	MGH Cancer Center / NCI Funded Mentored Career Development award (analogous to a K23)	
Adherence to oral chemotherapy in patients with cancer			
The aim of this project is to obtain baseline information about oral chemotherapy agents in patients with cancer, and develop interventions based on the data.			
Role: Mentor			

2010-2012	Consultant	R44MH080655 (NIMH)	
AREMIND: A personalized system to remind for adherence. PI: Vikram Kumar, MD			
This project is to develop and test a cell-phone text messaging system to remind individuals for HIV medication adherence, and deliver a report to physicians regarding adherence of their patients.			
Role: Consultant—training the staff in qualitative research, interviewing, and analysis, general project consulting.			

## **Report of Local Teaching and Training**

### **Clinical Supervisory and Training Responsibilities**

1999-2008	Seminar Leader/Instructor Cognitive Behavioral Therapy Program	Massachusetts General Hospital, Department of Psychiatry
Preparation time: approximately 20 hours per year, Contact time: approximately 6-10 hours per year	Students: Fellows and Interns in Cognitive-Behavioral Therapy Program	Teach regular seminars in CBT

1999-2008	Clinical and Research Supervisor, Cognitive Behavioral Therapy Program	Massachusetts General Hospital, Department of Psychiatry
2-4 hours per week	Students: Interns and Fellows in Cognitive-Behavioral Therapy Program, Residents, or Psychology Trainees in the Adult Track Psychology Training Program	Coordinator of day to day operations of CBT training program

1999-2004	Instructor/Supervisor, Anxiety disorders rotation	Massachusetts General Hospital, Department of Psychiatry
Preparation time: approximately 2 hours per year, Contact time: approximately 2 hours per year	Students: MGH Residents	Teach 1-2 seminars per year and/or supervise evaluations on anxiety disorders or CBT for anxiety disorders

2000-2002	Clinical Supervisor, Center for Anxiety and Related Disorders (Dr. David Barlow's CBT Program)	Boston University
40 hours a year	Students: Ph.D. students in clinical psychology.	Provide individual supervision for therapy.

2004-present	Director, CBT and Behavioral Medicine Training Tracks, Clinical Psychology Internship	Massachusetts General Hospital, Department of Psychiatry
8 hrs per week	Students: Predoctoral and post-doctoral fellows, junior faculty, senior and mid-level clinical and research faculty hired in my program and/or on my grants.	Provide overall supervision for research and clinical areas to trainees and junior faculty.
2010, 2009, 2008, 2006, 2005	Guest lecturer (1 lecture)	Boston University Psychology Course
Preparation time: approximately 1 hour per year, Contact time: approximately 1.5 hours per year	Students: Boston University Advanced Undergraduates in Psychology	Guest lecture for Dr. David Barlow's course for advanced psychology students

2005- 2008	CBT Seminar leader- Residency	Massachusetts General Hospital, Department of
------------	-------------------------------	---

		Psychiatry
Preparation time: approximately 20 hours first year, 3 hours following years per year. Contact time: approximately 5 hours per year	Students: PGY 3 Residents	Teach yearly seminar in CBT, Organize CBT supervision training
2008, 2009	Mock grant review, Junior faculty meeting	Massachusetts General Hospital, Department of Psychiatry
Preparation time: 4 hours Contact Time: 1 hour	Students: Junior faculty	Description: Reviewed proposal, feedback simulating a formal grant review
2010	CBT for ADHD in Adults	Massachusetts General Hospital, Patient and Family Learning Center
Preparation time: 1 hours Contact Time: 1 hour	Students: MGH Employees / Staff	Description: Discussed CBT approaches for treating ADHD following our treatment manual
2010	Psychosocial Intervention Development	Fenway Institute at Fenway Community Health
Preparation time: 1 hours Contact Time: 1 hour	Students: Fenway Staff	Description: Taught a “brown bag” seminar on behavioral intervention development for HIV prevention
2010	Mental health concerns and HIV risk in MSM	Fenway Population Center, Summer Research Training Program (NIH funded)
Preparation time: 1 hours Contact Time: 1 hour	Students: Selected students at the summery training program	Description: Taught a guest lecture on mental health concerns and HIV risk reduction interventions

### Other Research Supervisory and Training Responsibilities

2007-2009 Data Safety Monitoring Board (DSMB) Membership Maca Root for the Treatment of Antidepressant-Induced Sexual Dysfunction in Women MGH, PI: Christina Dording, MD

2008-2013	Data Safety Monitoring Board (DSMB) Membership	A three-phase study designed to test the efficacy, tolerability and safety of the combination of Ziprasidone with the selective serotonin reuptake inhibitor (SSRI) Escitalopram for patients with Major Depressive Disorder (MDD) that do not sufficiently respond to treatment with Escitalopram	MGH, PI: George Papakostis, MD
-----------	--	--	--------------------------------

### Formally Supervised Trainees –

2001-2003, 2007-present	Ellen Hendriksen, Ph.D.	Research assistant at Fenway Community Health, collaborator when in graduate school, intern at MGH Behavioral Medicine Service, currently post-doctoral fellow MGH Behavioral Medicine	
2002- present	Matthew Mimiaga, Ph.D.	Student, Harvard School of Public Health, former research coordinator, Fenway Community Health, post-doctoral fellow at MGH, now Instructor at HMS/Staff at MGH.	
2002-present	David Pantalone, Ph.D.	RA, then student at University of Washington, Seattle, then post-doc at Hunter College, now faculty at Suffolk University. Collaborator on NIMH funded NRSA (dissertation) and ongoing collaboration. Mentor on NIH Loan Repayment Program	
2003-2005	Michael Berg, Ph.D.	Associate Professor, Wheaton College. Worked on projects related to medical adherence and mental health at Fenway Community Health.	
2003-2004, 2006-present	Conall O’Cleireigh, Ph.D.	Predoctoral intern, MGH psychology internship, current position: Postdoctoral Fellow: MGH/HMS- updates, currently Instructor/staff at MGH/HMS. Mentor then supervisor on NIH Loan Repayment Program.	
2004-2005	Sudha Raminani	MS student at Tufts University. Preceptor, Tufts Public Health Program Applied Learning Experience (thesis equivalent)	
2004-2008	Jeffrey Gonzalez, Ph.D.	Predoctoral intern, MGH psychology internship (CBT track). Obtained supplement to R01 DA DA01860 for postdoctoral training (65% FTE for supplement for Dr. Gonzalez) for July 2005-October 2006, transitioned to staff at MGH / instructor at HMS. Now Assistant Professor at Yeshiva University in NY (Ferkauf Graduate Program). Was mentor on NIH Loan Repayment Program.	
2004-present	Jennider Burbridge, Ph.D.	Postdoctoral intern, MGH psychology 2-year internship (adult track). 2005- junior faculty, part time, at MGH	

2004-present	Joseph Greer, Ph.D.	Postdoctoral Fellow, Behavioral Medicine Service. 2006-2008, staff psychologist/junior faculty MGH, 2008- present. I am mentor on his MGH/Cancer Center Career Development Award (2010-2012), and on his NIH Loan Repayment Program.
2002-2003, 2004-2005	Iftah Yovel, Ph.D.	Predocotrinal intern, MGH psychology internship (CBT track, 2002-2003), 2004-5 postdoctoral fellow under my supervision. Current position, Assistant Professor, Hebrew University, Jerusalem, Israel
2004-2007	Carol Perlman, Ph.D.	Staff psychologist, my role was mentor on NIH loan repayment program, supervisor on NIMH supported study, Efficacy of CBT for residual ADHD in adult. Currently in private practice.
2005-2007	Nafisseh Soroudi, Ph.D.	Postdoctoral Fellow, Behavioral Medicine Service. Currently medical liaison in the pharmaceutical industry.
2005-2007	Kathryn Bottonari, Ph.D	Student at University of Buffalo, Co-mentor on NIH-supported NRSA project, currently post-doctoral fellow at BU.
2005- present	Ana Maria Vranceanu, Ph.D.	Predocotrinal then postdoctoral intern, Behavioral Medicine Service, MGH. Currently staff at MGH, Instructor at HMS.
2006	Lavina Touchon	Thesis Director, Harvard University Extension School, Master of Liberal Arts Program
2006-present	C. Andres Bedoya, Ph.D.	Fellow MGH/Harvard Department of Psychiatry, currently staff at MGH, Instructor at HMS. Was mentor on NIH Minority Supplement Grant.
2006-2009	Allison J. Applebaum	Doctoral student at Boston University, Department of Psychology. Dissertation advisor. Recipient of Clara Mayo Dissertation Award under my supervision (\$4,500.00). Currently psychology intern at Cornell in New York.
2006-2012	Kartik Venkatesh	MD/PHD student at Brown. Advisor on NIMH NRSA award related to my work in Chennai, India.
2007-present	Amy Farabaugh, Ph.D.	Co-mentor for her NIMH K award as staff psychologist at MGH
2007-2008	Christina Meade	Mentor for AmFAR HIV fellow award and Harvard Center for AIDS Research Scholar Award. Fellow, Mclean Hospital and Harvard Medical School. Currently Assistant Professor at Duke.
2007-present	Christina Psaros, Ph.D.	Psychology Intern, psychology post-doctoral fellow Behavioral Medicine Service, MGH
2007-present	Laura Knouse, Ph.D.	Psychology Intern, psychology post-doctoral fellow, CBT Track, MGH.

2008-present	Sarah Markowitz, Ph.D.	Psychology Intern, psychology post-doctoral fellow, Behavioral Medicine, MGH.
2008-present	Lara Traeger, Ph.D.	Psychology Intern, psychology post-doctoral fellow, Behavioral Medicine, MGH.
2009-	Various	American Psychological Association / NIH-supported distance mentoring program for junior investigators (focus on under-represented minorities) working in the field of HIV/AIDS.
2009-	Jessica Haberer, MD	Co-mentor – for behavioral science and intervention development on NIMH K award
2009-2010	Mark Hatzenbuehler, Ph.D.	Psychology Intern, Behavioral Medicine, MGH. Moving on to Robert Wood Johnson Fellow, NY
2009-2010	Kelly Smith, Ph.D.	Psychology Intern, Post-doc, Behavioral Medicine, MGH.
2010-	Aaron Blashill, MA	Psychology Intern, Behavioral Medicine, MGH
2010-	Adam Gonzalez, MA	Psychology Intern, Behavioral Medicine, MGH
2010-	Elyse Kupperman	Dissertation co-Advisor, Ferkauf Graduate School, Yeshiva University, Department of Psychology

### Local Invited Presentations

1998	Suicidality and related factors in lesbian, gay, and bisexual youth compared to heterosexual youth	Grand Rounds/Emerson Award Presentation	Massachusetts General Hospital, Department of Psychiatry
1999	Applying cognitive-behavioral therapy to patient adherence to HIV medication treatment	Grand Rounds	Massachusetts General Hospital, Department of Psychiatry
2001	Clinical applications for persons with HIV	Continuing Education Course: Cognitive-behavioral therapy: Integration and Innovation	Harvard Medical School, Department of Continuing Education/Massachusetts General Hospital, Department of Psychiatry
2002	Cognitive behavioral therapy for HIV medication adherence and depression	Infectious Disease Unit/Partners Center for AIDS Research Clinical Conference	Massachusetts General Hospital
2002	CBT and similarities to general psychotherapy	Psychotherapy Seminar	MGH Psychiatry Department, psychotherapy seminar.
2003	HIV/AIDS care in India: Urban settings	Health Care Strategies for HIV/AIDS in Limited-Resource	MGH Institute for Health Professions; Harvard Medical

		Settings Conference	School, Division of AIDS
2005	Behavioral aspects of HIV care	Grand Rounds	Massachusetts General Hospital
2005	Cognitive behavioral therapy for ADHD in adults	Grand Rounds	Mt. Auburn Hospital, Department of Psychiatry/Harvard Medical School
2005	Development of and testing cognitive behavioral therapy for ADHD in adults	Grand Rounds	Massachusetts General Hospital, Department of Psychiatry
2005	Behavioral Medicine	Continuing Education Course: Psychiatric Care of the Medically Ill: A Review of Psychosomatic Medicine	Harvard Medical School, Department of Continuing Education/Massachusetts General Hospital, Department of Psychiatry
2006	Cognitive behavioral therapy for ADHD in adults	Grand Rounds	Brigham and Women's Hospital/Harvard Medical School, Neurology Department
2006	Cognitive behavioral therapy for ADHD in adults	Grand Rounds and Seminar	Cambridge Hospital/Harvard Medical School, Psychiatry Department
2007	Considerations in HIV secondary prevention research	The Continuing Challenge of Prevention HIV/AIDS Symposium	Harvard Center for AIDS Research and Harvard University Global Health Initiative
2010	Addressing mental health and psychosocial problems in the context of promoting MSM sexual health	Speaker	Fenway Community Health. CDC funded national conference on the Sexual Health of Gay Men and other MSM.
2010	Intervention Development	Presenter	Fenway Community Health, Fenway Institute
2010	Connecting Community Health Providers for Collaboration and Research Endeavors	Panelist at Leadership and Faculty Development Conference 2010	Office for Diversity and Community Partnership Harvard Medical School

## **Report of Regional, National and International Invited Teaching and Presentations**

### **Regional Presentations and Courses**

1999	Cognitive behavioral therapy	Two seminars on CBT for counselors	Fenway Community Health, Research and Evaluation Department	Boston, MA
1999	HIV medication adherence	Fenway Forum: a training for mental health professionals	Fenway Community Health	Boston, MA
2003	HIV self-care and depression	Presentation for medical providers	Fenway Community Health	Boston, MA
2003	Use of technology in behavioral assessments and interventions	Symposium Chair	Annual meeting of the Association for the Advancement of Behavior Therapy	Boston, MA
2004	Successes and challenges for gays and lesbians in graduate training, professional development, and mentoring relationships	Discussant (Panel discussion)	Annual meeting of the Association for the Advancement of Behavior Therapy	New Orleans, LA
2006	Behavioral interventions for adherence in HIV: Studies conducted at Fenway Community Health and Massachusetts General Hospital	Research In Progress Meeting	Brown/Tufts/Lifespan Center for AIDS Research	Providence, RI
2006, 2007, 2008	Cognitive behavioral therapy: A primer for the Non-CBT-er	Continuing Education Course: COPE for Psychopharmacology	Massachusetts General Hospital and Harvard Medical School Psychiatry Academy	Boston, MA
2007	Cognitive behavioral therapy and Interpersonal psychotherapy	Continuing Education Course: Psychiatry Board Review	Massachusetts General Hospital and Harvard Medical School Psychiatry Academy	Boston, MA
2007	Evidence-based psychotherapies: indications, outcomes, and common elements	Continuing Education Course	Massachusetts General Hospital and Harvard Medical School Psychiatry Academy	Boston, MA
2007	CBT for anxiety	Continuing Education Course: Cognitive behavioral and psychopharmacotherapy approaches to the treatment of anxiety	Massachusetts General Hospital and Harvard Medical School Psychiatry Academy	Boston, MA

2007	Course Co-Director	Cognitive Behavioral and Psychopharmacotherapy approaches to the treatment of anxiety	Massachusetts General Hospital and Harvard Medical School: Psychiatry Academy	Boston, MA
2008	CBT: The basics	Grand Rounds	St. Joseph Hospital	Nashua, NH
2008	Adult ADHD	Web-cast	Massachusetts General Hospital and Harvard Medical School Psychiatry Academy	Boston, MA
2009	Interventions for HIV medication adherence	Grand Rounds	University of Massachusetts Medical Center	Worcester, MA

### **Selected\* National Invited Presentations and Courses**

*\*Dr. Safren has been part of over 100 presentations (not all of them are listed below), and most data-based single study presentations are now published and are referenced in publication section.*

1997	Applying behavioral principles and empirical findings to gay, lesbian, and bisexual clinical issues	Clinical Roundtable	Association for the Advancement of Behavior Therapy (AABT) Annual Convention	Miami, FL
1997	Suicidality and Related Factors in Lesbian, Gay, and Bisexual Youth	Symposium Presentation	AABT Annual Convention	Miami, FL
1999	Cognitive-behavioral interventions for adherence to HIV medications	Grand Rounds	Memorial Sloan Kettering Hospital / Cornell Medical School, Department of Psychiatry	New York, NY
1999	Suicidality and related factors in sexual minority youth	Grand Rounds	NYU Child Study Center	New York, NY
1999	Application and Outcome of a Single-Session Cognitive-Behavioral Intervention (Life-Steps) to Increase Adherence to HIV Medications	Symposium Presentation	AABT Annual Convention	Toronto
1999	Adherence to HIV Antiretroviral Medications: Application of Cognitive-Behavioral Theory and Intervention	Symposium Chair	AABT Annual Convention	Toronto
2000	The continuing need for	Clinical Roundtable	AABT Annual	New

	diversity in cognitive-behavioral therapy, training and research		Convention	Orleans, LA
2001	Behavior research and therapy with lesbian, gay, and bisexual individuals	Symposium Discussant	AABT Annual Convention	Philadelphia, PA
2001	Study of Gay, Lesbian, Bisexual, and Transgendered Issues	Special Interest Group Leader	AABT Annual Convention	Philadelphia, PA
2001	Use of an On-Line Cue-Controlled Paging System to Increase Adherence to HIV Antiretroviral Medications	Symposium Discussant	AABT Annual Convention	Philadelphia, PA
2002	Efficacy to real-world effectiveness: CBT for social anxiety disorder in diverse and complex clients	Symposium Chair	AABT Annual Convention	Reno, NV
2002	A Comparison of Methods for Assessment of HIV Medication Adherence	Symposium Presentation	AABT Annual Convention	Reno, NV
2003	Use of Technology in Behavioral Assessments and Interventions	Symposium Chair	AABT Annual Convention	Boston, MA
2003	Behavioral Medicine: Research and Treatment of Medical Populations	Symposium Discussant	AABT Annual Convention	Boston, MA
2004	How to Provide Affirmative Cognitive-Behavioral Therapy With Gay Male Clients	Master Clinical Seminar	AABT Annual Convention	New Orleans, LA
2004	Successes and Challenges for Gays and Lesbians in Graduate Training, Professional Development and Mentoring Relationships	Panel Discussant	AABT Annual Convention	New Orleans, LA
2004	Psychological Comorbidity in People Living With HIV: Its Impact on Disease Progression, Functional Impairment, Symptom Presentation, and CBT Intervention Feasibility and Efficacy	Symposium Discussant	AABT Annual Convention	New Orleans, LA
2004	Cognitive Behavioral Therapy for Residual ADHD Symptoms in Adults	Symposium Presentation	AABT Annual Convention	New Orleans, LA
2005	New psychotherapies directed at young adults with ADHD	ADHD its not just for kids, Symposium (Industry-sponsored)	American Psychiatric Association	Atlanta, GA
2005	Cognitive behavioral therapy in individuals with HIV	Workshop	AABCT Annual Convention	Washington, DC

2005	Experiences of Lesbian, Gay, Bisexual, and Transgender Individuals: Mental Health Correlates and Implications for Treatment	Symposium Discussant	AABT Annual Convention	Washington, DC
2005	Primary and Secondary HIV Prevention Among Adults With Psychological Problems: Challenges Posed by Chronic Mental Illness, Substance Abuse, and Childhood Sexual Trauma	Symposium Discussant	AABT Annual Convention	Washington, DC
2005	The importance of addressing mental health needs in self-care interventions in HIV	Invited Speaker	National HIV prevention conference	Atlanta, GA
2006	Methodological issues in design of adherence interventions: Lessons learned from ongoing and completed randomized controlled trials	Panel discussant and chair	NIMH/IAPAC International Conference on HIV Treatment Adherence	Jersey City, NJ
2006	Working With Lesbian, Gay, and Bisexual Individuals: Clinical Issues for Behavioral and Cognitive Therapists	Clinical Roundtable	ABCT Annual Convention	Chicago, IL
2006	How to Get Published in Cognitive and Behavioral Practice	Special Session Speaker	ABCT Annual Convention	Chicago, IL
2006	CBT for Adherence and Depression in HIV	Symposium Presentation	ABCT Annual Convention	Chicago, IL
2006	HIV prevention in men who have sex with men	Invited address at national summit	Opportunities for improving HIV diagnosis, prevention, and access to care in the U.S.	Washington, D.C.
2006	Understanding cognitive and behavioral approaches to treating ADHD in adults	The role of attention in ADHD (Industry-sponsored Symposium)	American Psychiatric Association	San Diego, CA
2006	The applicability of HIV treatment adherence to mental health treatment adherence	Invited speaker at workgroup on adherence to interventions for mental disorders	NIMH	Rockville, MD
2007	Issues in CBT outcome research for ADHD across the life-span	Symposium Chair	ABCT Annual Convention	Philadelphia, PA

2007	Anxiety and comorbid medical conditions	Symposium Chair	ABCT Annual Convention	Philadelphia, PA
2007	How to Get Published in Cognitive and Behavioral Practice	Special Session Speaker	ABCT Annual Convention	Philadelphia, PA
2007	Cognitive behavioral therapy for adult ADHD	Invited speaker at two-day workshop: Improving long-term outcomes in ADHD: A treatment development workshop	NIMH	Rockville, MD
2007	Types of interventions: Potency, dose, provider	Invited speaker at two-day workshop: Mental health considerations in secondary HIV prevention	NIMH	Rockville, MD
2007	Addressing adherence to multiple treatments for multiple disorders – an HIV perspective	Invited speaker at two-day workshop: Methodological challenges in psychiatric treatment adherence research	NIMH	Rockville, MD
2007	Mental health concerns are common among sexually risk MSM in primary and secondary prevention studies	Symposium on mental health and HIV risk	National CDC Prevention Conference	Atlanta, GA
2007	MSM Studies underway: Implications for new intervention development	Meeting to Establish Domestic HIV Prevention Agenda for HPTN	Family Health International/NIH/HPTN meeting	Arlington, VA
2008	Evidenced-Based Psychotherapeutic Approaches for Anxiety Disorders	Four City Continuing Education Course	MGH Psychiatry Academy	New York, NY and Atlanta, GA
2008	Research Methods	Workshop/breakout session leader	National Center for AIDS Research and Social and Behavioral Sciences Research Network Meeting	Seattle, WA
2008	Interventions for depression, stress management, and engagement in care for HIV-infected persons	Invited Speaker	National Summit on HIV diagnosis, prevention, and access to care	Crystal City, MD

2008	CBT for ADHD in adults	Workshop leader/teacher	ABCT Annual Convention	Orlando, FL
2008	The role of psychological trauma in chronic disease	Symposium Discussant	ABCT Annual Convention	Orlando, FL
2008	Impaired functioning in medication-treated adults with ADHD who have continued ADHD symptoms	Symposium Presentation	ABCT Annual Convention	Orlando, FL
2008	Adapting CBT to community settings: Strategies and outcomes	Symposium Discussant	ABCT Annual Convention	Orlando, FL
2008	Promoting equal opportunity: Policies and beyond	Panel Discussant	ABCT Annual Convention	Orlando, FL
2008	Sticky thinking or stuck in the closet? Differentiating sexual obsessions from emerging homosexuality	Clinical Round Table Discussant	ABCT Annual Convention	Orlando, FL
2009	How to Get Published in Cognitive and Behavioral Practice	Special Session Speaker	ABCT Annual Convention	New York, NY
2009	Depression Moderates the Ability of a Social Cognitive Model to Account for HIV Risk Behavior in HIV-Infected Men Who Have Sex With Men	Symposium Presentation	ABCT Annual Convention	New York, NY
2009	Social and Sexual Networks of High Risk Married MSM in Mumbai	Invited Speaker	NIH meeting: Joint Indo-U.S. Research Initiatives	Rockville, MD
2010	Cognitive Behavioral Therapy for ADHD in adults	Workshop leader/teacher	ABCT Annual Convention	San Francisco, CA

### International Invited Presentations and Courses

2002	Secondary HIV prevention and adherence	Continuing Medical Education course instructor	Indian Medical Association and YRG CARE	Chennai, India
2002	Use of wireless devices for reminder cues for HIV medication adherence	Invited Speaker	Association of Clinical Research Professionals, 5 <sup>th</sup> Annual European	Amsterdam

			Meeting	
2003	HIV medication adherence (the importance of antiretroviral medication adherence strategies to improve it, using informational, motivational, and behavioral change models)	Full-day course taught to physicians, nurses, and counselors	Developed the training materials for the Africa and South America trainings for the remaining study sites for HPTN 052 and ACTG 5175 (described above)	Three study sites: Chennai, India; Cheng-Mai, Thailand; and Pune, India
2005	Primary and secondary behavioral prevention interventions for HIV/AIDS	part of half-day CME course: HIV Prevention: Biologic, Behavioral and Clinical Concerns	Harvard Medical International (Dr. Harvey Makadon) and Sri Ramachandra Medical School	Chennai, India
2005	Enhancing therapeutic adherence in chronic diseases: Lessons learned from HIV	Invited address	Universidad Nacional Autonoma de Mexico, Mexico City, Department of Psychology	Mexico City
2008	Preparing for international prevention trials involving HIV-infected individuals in care settings	Speaker	Speaker on NIH-funded HIV Prevention Trials Network (HPTN)	International network
2009	CBT for ADHD in Adults	Speaker – 2 day workshop; Provided training over the course of 2 days to >200 Swedish psychologists on my CBT protocol for Adult ADHD	Speaker/Trainer – CEREB	Stockholm, Sweden
2009	Empirically supported cognitive-behavioral approaches to treating depression	Invited Speaker / Workshop Leader– Continuing Education	Centro de Salud Familiar La Fe – Sponsored by U. Texas El Paso	El Paso, Texas – participants from El Paso and from Juarez Mexico – Spanish

				translated
2010	Qualitative interviewing	Co-Trainer for HPTN 063 to coordinators and counselors – 3 days	Instituto de Pesquisa Clínica Evandro Chagas Clinical Research Site (IPEC CRS)	Rio De Janeiro, Brazil

## **Report of Clinical Activities and Innovations**

### **Current Licensure and Certification**

1999-present	Licensed Psychologist, State of Massachusetts, #7541.
2007-present	Diplomate in Cognitive Behavioral Therapy, American Board of Professional Psychology (ABPP; Diplomate number 6403)

### **Practice Activities**

My clinical practice has focused on CBT and Behavioral Medicine Interventions for patients in the Outpatient Psychiatry Department at MGH. My cases have mirrored my research interests, and have therefore centered on patients with HIV, patients with a medical illness and comorbid depression, patients with Adult ADHD, patients with anxiety and depression, and work with sexual minority clients. Typical patients in the CBT program at MGH have been individuals with high comorbidity and nonresponsiveness or partial responsiveness to medications.

I have developed and published treatment manuals for medical adherence and for Adult ADHD, and have coauthored a book “CBT with gay, lesbian, and bisexual clients”.

Currently I direct Behavioral Medicine in our department.

### **Clinical Innovations**

I have developed and published novel CBT interventions for treating depression and increasing adherence in the context of medical illness, as well as treatments for Adult and adolescent ADHD.

## **Report of Education of Patients and Service to the Community**

### **Activities**

1993-1995	Counselor	Grieving Children’s Support Group, HAVEN, Schenectady, NY.
1995-1996	Counselor	Youth Support Group, Capital District Gay, Lesbian, Bisexual Community Center Albany, NY.

1996-1997	Counselor	Sexual Minority Youth Program, The Attic, Voyage House, Philadelphia, PA.
2005-present	International Health Advisory Board	The Humsafar Trust, Mumbai, India.

### **Educational Material for Patients and the Lay Community**

#### *Selected press articles*

2002, July 30	Paying attention to adult ADHD	By Matthew McMillen, Washington Post
2002, August 23	Internet paging system helps improve adherence	AIDS Alert, Medical News, CDC News Update
2002, December	Perception of punishment undermines HIV treatment	Health Behavior News Service, <a href="http://www.cfah.org/hbns/news/punish11-01-02.cfm">http://www.cfah.org/hbns/news/punish11-01-02.cfm</a>
2002, November	Patient support helps AIDS treatment	WebMD Health, <a href="http://my.webmd.com/content/article/53/61261.htm">http://my.webmd.com/content/article/53/61261.htm</a>
2002, November	Perception of punishment undermines adherence	CDC News Updates: The Body, <a href="http://www.thebody.com/cdc/news_updates_archive/nov27_02/adherence.html">http://www.thebody.com/cdc/news_updates_archive/nov27_02/adherence.html</a>

#### *Authored works*

2006	Can CBT help your ADHD?	Attention! Magazine, New York: Children and Adults with ADHD
------	-------------------------	--

## **Report of Scholarship**

### **Peer-Reviewed Research Investigations**

1. **Safren SA**, Heimberg RG, Juster HR. Client's expectancies and their relationship to pretreatment symptomatology and outcome of Cognitive-Behavioral Group Treatment for Social Phobia. *Journal of Consulting and Clinical Psychology*, 1997; 65: 694-698.
2. **Safren SA**, Heimberg RG, Brown EJ, Holle C. Quality of life in patients with social phobia. *Depression and Anxiety*, 1997; 4: 126-133.
3. **Safren SA**, Heimberg RG, Turk C. Factor structure of the Social Phobia Scale and the Social Interaction Anxiety Scale. *Behaviour Research and Therapy*, 1998; 36: 443-453.
4. **Safren SA**, Heimberg, RG. Depression, Hopelessness, Suicidality and Related Factors in Sexual Minority and Heterosexual Adolescents. *Journal of Consulting and Clinical Psychology*, 1999; 67: 859-866.
5. Wulfert E, **Safren SA**, Brown I, Wan CK. Cognitive, behavioral, and personality correlates of HIV-positive persons' unsafe sexual behavior. *Journal of Applied Social Psychology*, 1999; 29: 223-244.

6. Lerner J, **Safren, SA**, Warman M, Henin A, Heimberg RG, Kendall PC. Differentiating anxious and depressive self-statements in youth: Factor structure of the Negative Affect Self-Statement Questionnaire. *Journal of Clinical Child Psychology*, 1999; 28: 82-93.
7. Heimberg RG, Horner KJ, Juster HR, **Safren SA**, Brown EJ, Schneier FR, Liebowitz MR. Reliability and validity of the Liebowitz Social Anxiety Scale. *Psychological Medicine*, 1999; 29: 199-211.
8. **Safren SA**, Heimberg RG, Horner KJ, Juster HR, Schneier FR, Liebowitz MR. Factor structure of social fears: The Liebowitz Social Anxiety Scale. *Journal of Anxiety Disorders*, 1999; 13: 253-270.
9. **Safren SA**, Lerner J, Henin A, Warman M, Heimberg RG, Kendall PC. Differentiating anxious and depressive self-statements: Factor structure of the Anxious Self-Statements Questionnaire and the Automatic Thoughts Questionnaire-Revised. *Cognitive Therapy and Research*, 2000; 24: 327-334.
10. **Safren SA**, Lanka GD, Otto MW, Pollack MH. Prevalence of childhood ADHD among patients with generalized anxiety disorder and a comparison condition, social phobia. *Depression and Anxiety*, 2001; 13: 190-191.
11. Eng W, Coles ME, Heimberg RG, & **Safren SA**. Quality of life following cognitive-behavioral treatment for social anxiety disorder: Preliminary findings. *Depression and Anxiety*, 2001; 13: 192-193.
12. **Safren SA**, Otto, MW, Worth J, Salomon E, Johnson W, Mayer K, Boswell S. Two strategies to increase adherence to HIV antiretroviral medication: Life-Steps and medication monitoring. *Behavioural Research and Therapy*, 2001; 39: 1151-1162.
13. Pirl WF, Beck BJ, Kim H, **Safren SA**. Description of On-Site Psychiatry Consultations in Primary Care. *Journal of Clinical Psychiatry (Primary Care Companion)*, 2002; 3: 190-194.
14. Otto MW, Hong J, **Safren, SA**. Benzodiazepine discontinuation difficulties in panic disorder: Conceptual model and outcome for cognitive-behavioral therapy. *Current Pharmaceutical Design*, 2002; 8: 75-80.
15. Simon NM, **Safren SA**, Sharma SG, Lanka GD, Otto MW, Pollack, MH. Longitudinal outcome with pharmacotherapy in a naturalistic study of panic disorder. *Journal of Affective Disorders*, 2002; 69: 201-208.
16. **Safren SA**, Gershuny B, Marzol P, Otto MW, Pollack, MH. History of childhood abuse in panic disorder, social phobia, and generalized anxiety disorder: An examination of rates across diagnostic categories. *Journal of Nervous and Mental Disease*, 2002; 7: 453-456.
17. **Safren SA**, Radomsky AS, Otto MW, Salomon E. Predictors of psychological well-being in a diverse sample of HIV-positive patients on highly active antiretroviral therapy. *Psychosomatics*, 2002; 43: 478-485.
18. **Safren SA**, Hendriksen ES, DeSousa N, Boswell SL, Mayer KH. Use of an on-line pager system to increase adherence to antiretroviral medications. *AIDS Care*, 2003; 15: 787-793.
19. **Safren SA**, Gershuny BS, Hendriksen ES. Symptoms of post traumatic stress and death anxiety in persons with human immunodeficiency virus and medication adherence difficulties. *AIDS Patient Care and STDs*, 2003; 17: 657-664.
20. Berg M, Mimiaga M, **Safren SA**. Mental health concerns of HIV positive men gay and bisexual men seeking mental health services: A retrospective study. *AIDS Patient Care and STDs*, 2004; 18: 635-643.
21. Hinton DE, Pham T, Tran M, **Safren SA**, Otto MW, Pollack MH. CBT for Vietnamese Refugees with Treatment-resistant PTSD and Panic Attacks: A Pilot Study. *Journal of Traumatic Stress*, 2004; 17: 429-433.

22. **Safren SA**, Hendriksen ES, Mayer KH, Mimiaga MJ, Pickard R, Otto MW. Cognitive behavioral therapy for HIV medication adherence and depression. *Cognitive and Behavioral Practice*. 2004; 11: 415-423.
23. Eng W, Coles ME, Heimberg RG, **Safren SA**. Domains of life satisfaction in social anxiety disorder: Relation to symptoms and response to cognitive-behavioral therapy. *Journal of Anxiety Disorders*, 2005; 19: 143-156.
24. **Safren SA**, Otto MW, Sprich S, Perlman CL, Wilens TE, Biederman, J. Cognitive behavioral therapy for ADHD in medication-treated adults with continued symptoms. *Behaviour Research and Therapy*, 2005; 43: 831-842.
25. Berg M, **Safren SA**, Mimiaga MJ, Grasso C, Boswell S, Mayer KH. Nonadherence to medical appointments is associated with HIV plasma RNA and decreased CD4 cell counts in a community-based HIV primary care clinic. *AIDS Care*, 2005: 17, 902-907.
26. **Safren SA**, Kumarasamy N, James R, Raminani SR, Solomon S, Mayer KH. ART adherence, demographic variables, and CD4 outcome among HIV-positive patients on antiretroviral therapy in Chennai, India. *AIDS Care*, 2005: 17, 853-862.
27. Pirl WF, Greer J, Weiss-Garber C, **Safren SA**. Screening for infectious diseases in a state psychiatric hospital. *Psychiatric Services*, 2005: 56, 1614-1616.
28. Kumarasamy N, **Safren SA**, Raminani, S.R., Pickard, R., James, R., Krishnan, A.K.S., Solomon, S., Mayer, KH. Barriers and facilitators to antiretroviral medication adherence among patients with HIV in Chennai, India: A qualitative study. *AIDS Patient Care and STDs*, 2005: 19, 526-537.
29. Hinton DF, Pich V, **Safren SA**, Pollack MH, McNally RJ. Anxiety sensitivity in traumatized Cambodian refugees: A discriminant function and factor analytic investigation. *Behavior Research and Therapy*, 2005: 1631-1643.
30. Hinton DH, Chhean D, **Safren SA**, Hofmann SG, Pollack MH. A randomized controlled trial of CBT for Cambodian refugees with treatment-resistant PTSD and panic attacks: A cross over design. *Journal of Traumatic Stress*, 2005: 18, 617-629.
31. Mimiaga MJ, **Safren SA**, Benet DJ, Manseau M, DeSousa N, Mayer KH. MSM in HIV prevention trials are sexual partners with each other: an ancillary study to the EXPLORE study. *AIDS and Behavior*, 2006: 10, 27-34.
32. O'Cleirigh C, **Safren SA**. Domains of life satisfaction among patients living with HIV: A factor analytic study of the Quality of Life Inventory. *AIDS and Behavior*, 2006: 10, 53-58.
33. Hinton DF, Pich V, **Safren SA**, Pollack MH, McNally RJ. Anxiety sensitivity among Cambodian refugees with panic disorder: A factor analytic investigation. *Journal of Anxiety Disorders*, 2006: 20, 281-295.
34. **Safren SA**, Kumarasamy N., Hosseinipour M., Harwood MM, Hoffman I, McCauley M, Jumbe A, Nyirenda C, Mimiaga MJ, Solomon S, Celentano D, Mayer KH. Perceptions about the acceptability of assessments of HIV medication adherence in Lilongwe, Malawi and Chennai, India. *AIDS and Behavior*, 2006: 10, 443-450.
35. **Safren SA**, Martin C, Menon S, Greer JA, Solomon S, Mimiaga MJ, Mayer KH. A survey of MSM HIV prevention outreach workers in Chennai, India. *AIDS Education and Prevention*, 2006: 18, 323-332.
36. Hinton DE, Pich V, Chhean D, **Safren, SA**, Pollack MH. Somatic-focused therapy for traumatized refugees: Treating posttraumatic stress disorder and comorbid neck-focused panic attacks among Cambodian Refugees. *Psychotherapy: Theory, Research, Practice and Training*, 2006: 43, 491-505.
37. Hinton, DE, **Safren SA**, Pollack, MH. Cognitive-behavior therapy for Vietnamese refugees with

- PTSD and comorbid panic attacks. *Cognitive and Behavioral Practice*, 2006: 13, 271-281.
38. **Safren SA**, Duran P, Yovel I, Perlman CA, Sprich S. Medication adherence in psychopharmacologically-treated adults with attention deficit and hyperactivity disorder. *Journal of Attention Disorders*, 2007: 10, 257-260.
  39. Yovel I, **Safren SA**. Measuring homework utility in psychotherapy: CBT for adult ADHD as an example. *Cognitive Therapy and Research*, 2007: 31, 385-399.
  40. Krishnan AK, Hendriksen E, Vallabhane S, Johnson SL, Raminani S, Kumarasamy N, Hobsen J, Solomon S, Mayer KH, **Safren S**. Sexual behaviors of individuals with HIV living in South India: A qualitative study. *AIDS Education and Prevention*, 2007:19, 334-345.
  41. Knauz RO, **Safren SA**, O’Cleirigh C, Capistrant BD, Driskell J, Agular D, Salomon L, Hobson J, Covahey C., Mayer K. Developing an HIV-prevention for HIV-infected men who have sex with men. *AIDS and Behavior*, 2007: 11, 117-126.
  42. Gonzalez JS, **Safren SA**, Cagliero E, Wexler DJ, Delahanty L, Wittenberg E, Blais MA, Meigs JB, Grant RW. Depression, Self-Care, and Medication Adherence in Type 2 Diabetes: Relationships Across the Full Range of Symptom Severity *Diabetes Care*, 2007: 30, 2222-2227.
  43. Mimiaga MJ, Fair AD, Mayer KH, Koenen K, Gortmaker S, Tetu AM, Hobson J, **Safren SA**. Experiences and sexual behaviors of HIV-infected MSM who acquired HIV in the context of crystal methamphetamine use. *AIDS Education and Prevention*, 2008: 20, 30-41.
  44. Berg M, Mimiaga M, **Safren SA**. Mental health concerns of HIV-negative gay and bisexual men seeking services. *Journal of Homosexuality (Journal of the Gay and Lesbian Medical Association)*, 2008: 54, 294-307.
  45. Soroudi N, Perez GK, Gonzalez JS, Greer JA, Pollack MH, Otto MW, **Safren SA**. CBT for medication adherence and depression (CBT-AD) in HIV-infected individuals receiving methadone maintenance therapy. *Cognitive and Behavioral Practice*, 2008: 15: 93-106.
  46. Lu M, **Safren SA**, Skolnik PR, Rogers WH, Coady W, Hardy H, Wilson IB. What is the optimal recall period and response task format for assessing antiretroviral adherence. *AIDS and Behavior*, 2008: 22, 313-321.
  47. Berg CJ, Raminani S, Greer J, Harwood M, **Safren SA**. Participants’ perspectives on cognitive-behavioral therapy for adherence and depression in HIV. *Psychotherapy Research*, 2008: 18, 271-280.
  48. Mimiaga MJ, Skeer M, Mayer KH, **Safren SA**. Study participation as a social group influencing sexual behaviors in an HIV-prevention trial for men who have sex with men. *AIDS Care*, 2008: 20, 346-355.
  49. Harley R, Sprich S, **Safren SA**, Jacobo M, Fava M. Adaptation of DBT Skills Training Group for Treatment Resistant Depression: A Pilot Study. *Journal of Nervous and Mental Disease*, 2008: 196, 136-143.
  50. Vranceanu AM, **Safren SA**, Lu M, Coady WM, Skolnik PR, Rogers WH, Wilson I. The relationship of post traumatic stress disorder and depression to antiretroviral medication adherence in persons with HIV. *AIDS Patient Care and STDs*, 2008: 12, 86-94.
  51. Vranceanu AM, Ring D, Zhao M, Cowan J, **Safren SA**. Idiopathic hand and arm pain: Delivering cognitive behavioral therapy a part of a surgical practice. *Cognitive and Behavioral Practice*, 2008: 15, 244-254.
  52. Mimiaga MJ, Reisner SL, VanDerwarker R, Gaucher MJ, O’Connor CA, Medieros S, & **Safren SA**. Polysubstance use and HIV/STD risk behavior among Massachusetts men who have sex with men accessing Department of Public Health mobile van services: Implications for intervention

- development. *AIDS Patient Care and STDs*, 2008: 22(9), 745-751.
53. Vranceanu AM, **Safren S**, Cowan J, Ring D. The Development of the Negative Pain Thoughts Questionnaire. *Pain Practice*, 2008.
  54. Vranceanu AM, **Safren S**, Cowan J, Zhao M, Ring D. Disability and psychological distress in patients with nonspecific and specific arm pain. *Clinical Orthopedics and Related Research*, 2008: 486, 2820-2026.
  55. Gonzalez JS, **Safren SA**, Delahanty LM, Cagliero E., Wexler DJ, Meigs JB, Grant RW. Symptoms of depression prospectively predict poorer self-care in patients with Type 2 Diabetes. *Diabetic Medicine*: 2008: 25, 1102-1107.
  56. Gonzalez JS, Delahanty LM, **Safren SA**, Meigs JB, Grant RW. Differentiating symptoms of depression from diabetes-specific distress: relationships to self-care in type 2 diabetes. *Diabetologia* 2008: 51, 1822-1825.
  57. Driskell J, Salomon L., Mayer K, Capistrant B, **Safren S**. Barriers and facilitators of HIV disclosure among sexually risky HIV-infected MSM. *Journal of HIV/AIDS and Social Services*, 2008: 7, 135-156.
  58. Reisner SL, Mimiaga MJ, Mayer KH, Tinsley JP, **Safren SA**. Tricks of the trade: Sexual health behaviors, the context of HIV risk, and potential prevention intervention strategies for male sex workers. *Journal of Lesbian, Gay, Bisexual, and Transgender Health Research*. 2008: 4, 195-209.
  59. **Safren SA**, O'Cleirigh CO, Tan JY, Raminani SR, Reilly LC, Otto MW, Mayer KH. A randomized controlled trial of cognitive behavioral therapy for adherence and depression (CBT-AD) in HIV-infected individuals. *Health Psychology*: 2009, 28, 1-10.
  60. Mimiaga MJ, Reisner SL, Tinsley JP, Mayer KH, **Safren SA**. Street workers and internet escorts: Contextual and psychosocial factors surrounding HIV risk behavior among men who engage in sex work with other men. *Journal of Urban Health*: 2009: 86, 54-86.
  61. Mimiaga MJ, Case P, Johnson CV, **Safren SA**, Mayer KH. Pre-Exposure Antiretroviral Prophylaxis (PrEP) attitudes in high risk Boston area MSM: limited knowledge and experience, but potential for increased utilization after education. *Journal of AIDS*: 2009: 50, 77-83.
  62. Reisner SL, Mimiaga MJ, Case P, Johnson CV, **Safren SA**, Mayer KH. Predictors of identifying as a barebacker among high risk New England HIV seronegative men who have sex with men. *Journal of Urban Health*: 2009: 86, 250-262.
  63. Mimiaga MJ, Noonan E, Donnell D, **Safren SA**, Koenen K, Gortmaker, S, O'Cleirigh C, Chesney MA, Coates TJ, Koblin BA, Mayer KH. Childhood sexual abuse is highly associated with HIV risk taking behavior and infection among MSM in the EXPLORE study. *Journal of AIDS*, 2009: 51, 340-348.
  64. Applebaum A, Reilly L, Gonzalez J, Richardson M., Leveroni C, Safren S. The Impact of Neuropsychological Functioning on Adherence to HAART in HIV-Infected Substance Abuse Patients. *AIDS Patient Care and STDs*. 2009: 23, 455-62.
  65. Reichmann W, Losina E, Seage G, Arbelaez C, **Safren S**, Katz J, Hetland A, Walensky R. Does modality of survey administration impact data quality: Audio computer assisted self interview (ACASI) vs. self-administered pen and paper. *PLoS ONE*. 2009: 5: e8728. doi:10.1371/journal.pone.0008728.
  66. Reisner SL, Mimiaga MJ, Skeer M, VanDerwarker R, Gaucher MJ, O'Connor CA, Medeiros SM, **Safren SA**. Differential HIV risk behavior among men who have sex with men seeking health-related mobile van services at diverse gay-specific venues. *AIDS and Behavior*, 2009: 822-831.
  67. Salomon L., Mimiaga MJ, Husnik MJ, Welles SL, Manseau MW, Montenegro A, **Safren SA**,

- Koblin BA, Chesney MA, Mayer KH. Depressive symptoms, utilization of mental health care, substance use, and sexual risk among young men who have sex with men (YMSM) in EXPLORE: implications for age-specific interventions. *AIDS and Behavior*,13, 2009: 811-821
68. Thomas B., Mimiaga MJ, Menon S, Chandrasekaran V, Murugesan P, Swaminathan S, Mayer KH, **Safren SA**. Unseen and unheard: Predictors of sexual risk behaviour and HIV infection among men who have sex with men (MSM) in Chennai, India. *AIDS Education and Prevention*. 2009: 21, 372-383 .
  69. Raisner SL, Mimiaga MJ, **Safren SA**, Mayer KH. Stressful or traumatic life events, post-traumatic stress disorder (PTSD) symptoms, and HIV sexual risk taking among men who have sex with men. *AIDS Care*. 2009: 21, 1481-1489.
  70. O’Cleirigh, CO, Skeer, M, Mayer KH, **Safren SA**. Functional impairment and health care utilization among HIV-infected men who have sex with men: The relationship between depression and post-traumatic stress. *Journal of Behavioral Medicine*, 2009: 32, 466-477.
  71. Reisner SL, Mimiaga MJ, Bland S, Mayer KH, Perkovich B, **Safren SA**. HIV risk and social networks among male to female transgender sex workers in Boston Massachusetts. *Journal of the Association of Nurses in AIDS Care*. 2009: 20, 373-386.
  72. Thomas B, Mimiaga MJ, Mayer KH, Menon S, Chandrasekaran V, Murugesan P, Swaminathan S, & **Safren SA**. HIV prevention programs in Chennai, India: are MSM being reached. *AIDS Patient Care and STDs*. 2009: 21, 981-986.
  73. Applebaum AJ, Otto MW, Richardson M, **Safren SA**. Contributors to neuropsychological impairment in HIV-infected and HIV-uninfected opiate dependent patients. *Journal of Clinical and Experimental Neuropsychology*. 2009: 32, 579-589.
  74. **Safren SA**, Thomas B, Mimiaga MJ, Chandrasekaran V, Menon S, Swaminathan S, Mayer KH. Depressive symptoms and HIV risk among MSM in Chennai, India. *Psychology Health and Medicine*. 2009: 14, 705-715.
  75. **Safren SA**, Sprich S, Cooper-Vince C, Knouse LE, Lerner JA. Life impairments in adults with medication-treated ADHD. *Journal of Attention Disorders*. 2010: 13, 524-531.
  76. Vranceanu AM, **Safren S**, Cowan J, Ring D. Health concerns and somatic symptoms explain perceived disability and idiopathic arm pain in a surgical practice. A path analysis model. *Psychosomatics* 2010: 51, 330-337.
  77. Driskell JR, O’Cleirigh CO, Covahey C, Ripton J, Mayer KH, Perry D, Salomon E, **Safren S**. Building program acceptability: Perceptions of gay and bisexual men to peer or prevention case manager relationships in secondary HIV prevention counseling. *Journal of Gay and Lesbian Social Services*. 2010: 22, 269-286.
  78. Mimiaga MJ, Reichmann WM, **Safren SA**, Losina E, Arbelaez C, Walensky RP. Prevalence and correlates of clinically significant depressive symptoms in an urban hospital emergency department. *Primary Care Companion to Journal of Clinical Psychiatry*. 2010: 12 (2), 1-11.
  79. Mayer KH, O’Cleirigh C, Skeer M, Covahey C, Leidolf E, Vanderwarker R, **Safren SA**. Which HIV-infected MSM in care are engaging in risky sex and acquiring sexually transmitted infections: Findings from a Boston community health center. *Sexually Transmitted Infections*. 2010: 86, 66-70.
  80. Sprich SE, Knouse LE, Cooper-Vince C, Burbridge J, **Safren SA**. Description and demonstration of CBT for ADHD in adults. *Cognitive and Behavioral Practice*. 2010: 17, 9-15.
  81. Wilson IB, Laws MG, **Safren SA**, Lee Y, Lu M, Coady M, Skolnik PR, Rogers WH. Provider focused intervention increases HIV antiretroviral adherence related dialog but does not improve antiretroviral therapy adherence in persons with HIV. *Journal of AIDS*. 2010: 53, 338-347.

82. **Safren SA**, Traeger L, Skeer M, O’Cleirigh C, Meade CS, Covahey C, Mayer KH. Testing a social-cognitive model of HIV transmission risk behaviors in HIV-infected MSM with and without depression. *Health Psychology*. 2010: 29, 215-221.
83. Daughters SB, Magidson J, Schuster RM, **Safren S**. ACT HEALTHY: A combined cognitive-behavioral depression and medication adherence treatment for HIV infected substance users. *Cognitive and Behavioral Practice*. 2010: 17, 309-321.
84. Reisner SL, Mimiaga MJ, Johnson CV, Bland S, Case P, **Safren SA**, Mayer KH. What makes a respondent-driven sampling "seed" productive? Example of finding at-risk Massachusetts men who have sex with men. *Journal of Urban Health*. 2010: 87, 467-469.
85. Applebaum AJ, Bullis JR, Traeger LN, O’Cleirigh C, Otto MW, Pollack MH, **Safren, SA**. Rates of mood and anxiety disorders and contributors to continued heroin use in methadone maintenance patients: A comparison by HIV status. *Neurobehavioral HIV Medicine*. 2010: 2, 49-57.
86. **Safren SA**, Sprich S, Mimiaga MJ, Surman C, Knouse L, Groves M, Otto MW. Cognitive behavioral therapy versus relaxation with educational support for medication-treated adults with ADHD and persistent symptoms: A randomized controlled trial. *Journal of the American Medical Association (JAMA)*, 2010: 304, 875-880.
87. Mimiaga MJ, **Safren SA**, Dvoryak S, Reisner SL, Needle R, Woody G. We fear the police, and the police fear us: Structural and individual barriers and facilitators to HIV medication adherence among injection drug users in Kiev, Ukraine. *AIDS Care*. 2010: [epub ahead of print].
88. Bottonari KA, **Safren SA**, McQuaid JR, Hsiao CB, Roberts JE. A longitudinal investigation of the impact of life stress on HIV treatment adherence. *Journal of Behavioral Medicine*. 2010: [epub ahead of print].
89. Mimiaga MJ, Thomas B, Mayer KH, Reisner SL, Menon S, Swaminathan S, Murugesan P, **Safren SA**. Alcohol use and HIV sexual risk among MSM in Chennai, India. *International Journal of STD and AIDS (in press)*.
90. Knouse LE, Sprich S, Cooper-Vince C, **Safren SA**. Attention-deficit hyperactivity disorder symptom profiles in medication-treated adults entering a psychosocial treatment program. *Journal of Attention and Related Disorders. (in press)*.
91. Freudenreich O, Goforth HW, Cozza KL, Mimiaga MJ, **Safren SA**, Bachmann G, Cohen MA. Psychiatric treatment of persons with HIV/AIDS: An HIV psychiatry consensus survey of current practices. *Psychosomatics, (in press)*.
92. Greer JA, Park ER, Prigerson HG, **Safren SA**. Tailoring cognitive-behavioral therapy to treat anxiety comorbid with advanced cancer. *Journal of Cognitive Psychotherapy (in press)*.
93. Gonzalez JS, McCarl LA, Wexler DD, Cagliero E, Delahanty L, Soper TD, Goldman V, Knauz R, **Safren SA**. Cognitive behavioural therapy for adherence and depression (CBT-AD) in type 2 diabetes. *Journal of Cognitive Psychotherapy (in press)*.
94. **Safren SA**, O’Cleirigh C, Skeer M, Driskell J, Goshe BM, Covahey C, Mayer KH. Demonstration and evaluation of a peer-delivered, individually-tailored, HIV prevention intervention for HIV-infected MSM in their primary care setting. *AIDS and Behavior (in press)*.
95. Betancourt TS, Rubin-Smith J, Manzi A, Stulac SN, **Safren SA**. A qualitative study of mental health problems among children affected by HIV/AIDS in Rwinkwavu, Rwanda. *AIDS Care, (in press)*.
96. Walensky RP, Reichmann WM, Arbelaez C, Katz JN, Seage GR, **Safren SA**, Hare AQ, Novais A, Losina E. Counselor-versus provider-based HIV screening in the emergency department: Results from the Universal Screening for HIV-infection in the Emergency Room (USHER) randomized

controlled trial. *Annals of Emergency Medicine (in press)*.

97. Meade CS, Conn NA, Skalskr LM, **Safren SA**. Neurocognitive impairment and medication adherence in HIV patients with and without cocaine dependence. *Journal of Behavioral Medicine (in press)*.
98. Venkatesh K, Srikrishnan AK, Safren SA, Triche E, Thamburaj E, Prasad, Lurie M, Kumar MS, Kumarasamy N, Solomon S. Marriage, fertility intent, and unprotected sex among HIV-infected South Indians in primary care. *AIDS Care*, in press.
99. Venkatesh K, Srikrishnan AK, Mayer KH, Kumarasamy N, Raminani S, Thamburaj E, Prasad L, Triche E, Solomon S, Safren SA. Predictors of non-adherence to HAART among HIV-infected South Indians in clinical care: Implications for developing adherence interventions in resource-limited settings. *AIDS Patient Care and STDs*, in press.
100. Hendriksen E, Sri Krishnan AK, Vallabhaneni S, Johnson S, Raminani S, Kumarasamy N, Solomon S, Mayer KH, **Safren SA**. Primary prevention lessons learned from those with HIV in Chennai, India. *Sexual Health*. In press.
101. Laws MB, Bradshaw Y, **Safren SA**, Beach MC, Lee Y, Rogers W, Wilson IB. Physician responses to sexual risk behaviour in HIV care: An observational study. *AIDS and Behavior*, in press.

#### **Other Peer-Reviewed Publications**

1. **Safren SA**, Heimberg RG. Suicidality in lesbian, gay, and bisexual youth: A review and cognitive-behavioral model. *The Behavior Therapist*, 1998; 21: 146-150.
2. **Safren SA**. Selected issues facing gay, lesbian, and bisexual graduate students in clinical psychology training. *The Behavior Therapist*, 1999; 22: 189-192.
3. **Safren SA**. The continuing need for diversity in cognitive-behavioral therapy training and research. *The Behavior Therapist*, 24, 2001: 1.
4. **Safren SA**, Otto, MW, Worth J. Life-Steps: Applying cognitive-behavioral therapy to patient adherence to HIV medication treatment. *Cognitive and Behavioral Practice*, 1999; 6: 332-341.
5. **Safren SA**, Gonzalez RE, Horner K, Leung AW, Heimberg RG, Juster HR. Anxiety in ethnic minority youth: Methodological and conceptual issues and literature review. *Behavior Modification*, 2000; 24: 147-183.
6. **Safren SA**, Hollander G, Hart TA, Heimberg RG. Cognitive-behavioral therapy with lesbian, gay, and bisexual youth. *Cognitive and Behavioral Practice*, 2001; 8: 215-223.
7. **Safren SA**, Rogers T. Cognitive-behavioral therapy with lesbian, gay, and bisexual persons. *Journal of Clinical Psychology: In-Session, Psychotherapy in Practice*, 2001; 57: 629-645.
8. Otto MW, **Safren SA**, Pollack MH. Internal cue exposure and the treatment of substance use disorders: Lessons from the treatment of panic disorder. *Journal of Anxiety Disorders*, 2004; 18: 69-87.
9. Mayer KH, **Safren SA**, Gordon CM. HIV care providers and prevention: Opportunities and challenges. *Journal of Acquired Immune Deficiency Syndrome (JAIDS)*, 2004; 37: S130-S132.
10. **Safren SA**, Sprich S, Chulvick S, Otto, MW. Psychosocial treatments for adults with ADHD. *Psychiatric Clinics of North America*, 2004; 27: 349-360.
11. Biederman J, Arnsten AF, Doyle AE, Spencer TJ, Wilens TE, Weiss MD, **Safren SA**, Culpepper L. New developments in the treatment of ADHD. *Journal of Clinical Psychiatry (supplement)*, 2006: 67, 148-159.
12. Olatunji BO, Mimiaga MJ, O'Cleirigh C, **Safren SA**. A review of treatment studies of depression in

- HIV. *Topics in HIV Medicine*, 2006, 14, 112-124.
13. **Safren SA.** Cognitive-behavioral approaches to ADHD treatment in adulthood. *Journal of Clinical Psychiatry*, 2006, 67(s), 46-50.
  14. Berg CJ, Michelson SE, **Safren SA.** Behavioral aspects of HIV care: Adherence, depression, substance use, and HIV-transmission behaviors. *Infectious Disease Clinics of North America*, 2007: 21, 181-200.
  15. **Safren SA,** Wingood, GW, Altice FL. Strategies for primary HIV prevention that target behavioral change. *Clinical Infectious Diseases*, 2007: s300-s307.
  16. O’Cleirigh CO, **Safren SA.** Breaking the mold or business as usual? Meeting the challenges of HIV prevention in people with serious mental illness and substance use disorders. *Clinical Psychology Science and Practice*, 2007: 14, 34-38.
  17. Knouse LE, Cooper-Vince C, Sprich S, **Safren SA.** Recent developments in the psychosocial treatment of adult ADHD. *Expert Review of Neurotherapeutics*, 2008:, 8, 1537-1548.
  18. O’Cleirigh CO, **Safren SA.** Optimizing the effects of stress management interventions in HIV. *Health Psychology*, 2008: 27, 397-301.
  19. Walkup J, Blank M, Gonzalez J, **Safren S,** Schwartz R, Brown L, Wilson I, Knowlton A, Lombard F, Grossman C, Lyda K, Schumaker JE. Mental health and substance abuse factors impacting HIV prevention and treatment. *Journal of AIDS*, 2008: 642-651.
  20. Weiss M, **Safren SA,** Solanto M, Hechtman L, Rostain AL, Ramsay R, Murray C. Research forum on psychological treatment of adults with ADHD. *Journal of Attention Disorders*, 2008: 11, 642-651.
  21. Gonzalez JS, Peyrot M, McCarl L., Collins EM, Serpa L, Mimiaga M, **Safren SA.** Depression and diabetes treatment nonadherence: A meta analysis. *Diabetes Care*, 2008: 31, 2398-2403.
  22. Reisner SL, Mimiaga MJ, Skeer M, Perkovich B, Johnson CV, **Safren SA.** A review of HIV antiretroviral adherence and intervention studies among HIV-infected youth. *Topics in HIV Medicine*. 2009: 17: 2-11.
  23. Gonzalez JS, Hendriksen ES, Collins EM, Durán RE, **Safren SA.** Latinos and HIV/AIDS: Examining factors related to disparity and identifying opportunities for psychosocial intervention research. *AIDS and Behavior*, 2009: 13: 582-602.
  24. Markowitz SM, Gonzalez JS, Wilkinson JL, **Safren SA.** A review of treating depression in diabetes: emerging findings. *Psychosomatics*, in press.
  25. Velligan D, Vanestein M, Riley W, **Safren S,** Frenandez RL, Weiden P, Ogedegbe G, Jamison J. Methodological challenges in psychiatric treatment adherence. *Clinical Schizophrenia and Related Psychoses*, in press.
  26. Riley W, Velligan D, Sajotovic M, Valenstein M, **Safren S,** Fernandez RL, Weiden P, Ogedegbe G. Adherence to psychaitric treatments. *Current Medical Literature: Psychiatry*, 2009: 20., 89-96.
  27. Mayer KH, Mimiaga MJ, **Safren SA.** Out of the closet and into public health focus: HIV and STDs in men hwo have sex with men in middle income and resource-limited countries. *Sexually Transmitted Diseases*, in press.
  28. Vranceanu AM, **Safren SA,** Ring D. Cognitive behavioral therapy for hand and arm pain. *Journal of Hand Therapy*, in press.
  29. **Safren SA,** Reisner SA, Herrick A, Mimiaga MJ, Stall R. Mental health and HIV risk in men who have sex with men. *Journal of AIDS*, in press.
  30. Simoni JM, **Safren SA,** Manhart LE, Lyda K, Grossman CI, Rao D, Mimiaga MJ, Wong FY, Catz SL, Blank MB, DiClemente RJ, Wilson IB. Challenges in addressing depression in HIV research:

assessment, cultural context, and methods. **AIDS and Behavior**.

### **Non-peer Reviewed Scientific Publications in Print or Other Media**

#### *Reviews, chapters, monographs, and editorials*

1. Otto MW, **Safren SA**. Mechanisms of action in the treatment of social phobia. In Hoffman SG, DiBartolo PM, editors. From Social phobia to social anxiety: An integration. Needham Heights, MA: Allyn & Bacon. 2001. p. 391-407.
2. **Safren SA**. Treatment for Chronic Depression, by JP McCullough. Book review for Clinical Psychology Review, 2002; 22: 629-630.
3. Jacobo MC, **Safren SA**. Handbook of affirmative psychotherapy with lesbians and gay men. Book review for K.Y. Ritter & A.L.Terndrup A.L. The Scientist Practitioner, 2002.
4. Otto MW, **Safren SA**, Nicolaou DC, Pollack MH. Considering mechanisms of action in the treatment of social anxiety disorder. In Pollack MH, Simon NM, Otto MW, editors. Social Phobia: Presentation, course, and treatment. New York: Castle Connolly Graduate Medical Publishing, Ltd, 2003.
5. Mayer KH, **Safren SA**. Prevention of HIV transmission through behavioral change and sexual means. In Cohen J, Powderly WG, editors. Infectious Diseases, 2nd Edition. Burlington, MA, Elsevier, 2004, 1209-1215.
6. Gould RA, **Safren SA**, Washington DO, Otto MW. Cognitive-behavioral treatments: Meta-analytic findings. In Heimberg RG, Turk C, Mennin D, editors. Generalized anxiety disorder. New York: Guilford press. p. 248-264, 2004.
7. Yovel I., **Safren SA**. Commentary on attention deficit hyperactivity disorder: Current status and future perspectives by Saadah & Saadah, International Journal of Therapy and Rehabilitation: 2004: 11, 535.
8. **Safren SA** Affirmative, evidence-based, and ethically-sound psychotherapy with lesbian, gay, and bisexual clients. Clinical Psychology: Science and Practice, 2005; 12: 29-32.
9. **Safren SA**, Pantalone D. Social anxiety and barriers to resilience in lesbian, gay, and bisexual adolescents. In Omoto AM, Kurtzman H, editors. Sexual orientation and mental health: Examining identity and development in lesbian, gay, and bisexual people. Washington D.C: American Psychological Association, 2006, 55-71.
10. Balsam KF, Martell CR, **Safren, SA**. Lesbian, gay, and bisexual affirmative cognitive-behavioral therapy. In P. Hays & G. Imawasa, editors. Cognitive-behavioral therapy with diverse populations. Washington DC: American Psychological Association Press, 2006, pp. 223-243.
11. **Safren SA**. Cognitive behavioral therapy for ADHD in adulthood. The curbside consultant. Boston, MA: Massachusetts General Hospital, Department of Psychiatry, 2006: 4, 1-2.
12. Mimiaga MJ, Raisner S, Reilly LC, Soroudi N, **Safren SA**. Individual interventions. In Mayer KH and Pizer H, HIV-prevention. NY: Academic Press, a division of Elsevier Press, 2008: 203-239.
13. Makadon HJ, **Safren SA**. Prevention of HIV infection. In Libman H & Makadon HJ editors. HIV, third edition. Philadelphia, PA: American College of Physicians. In press.
14. Mayer KH, Mimiaga, MM, **Safren SA**. Prevention of HIV transmission through behavioral change and sexual means. In Cohen J, Powderly WG, editors. Infectious Diseases, 3rd Edition. Burlington, MA, Elsevier, in press.
15. Gorman M, **Safren S**, Handelsman P, Masek B. Behavioral medicine strategies. In Roberts L, editor. Essentials of clinical psychiatry. Philadelphia, PA: Lippincott, Williams & Wilkins, in press.

16. Otto MW, **Safren SA**, Hearon BA. Mechanisms of action in the treatment of social anxiety disorder. In S. G. Hofmann, & P. M. DiBartolo (Eds.). *Social phobia and social anxiety: An integration* (2<sup>nd</sup> Edition). Needham Heights, MA: Allyn & Bacon. In press.
17. Knouse LE, Safren SA. Adult attention-deficit hyperactivity disorder. In L Baer and MA Blais: *Handbook of clinical ratings scales and assessment in psychiatry and mental health*. Totowa, NJ: Humana Press, 2010: 195-208.
18. **Knouse LE**, Safren, SA. Psychosocial treatment of adults with ADHD. In S. Evans and B. Hoza (Eds.), *Attention Deficit Hyperactivity Disorder: State of the Science and Best Practices – Volume 2*. Civic Research Institute: Kingston, NJ. In press.
19. Otto MW, Hearon BA, **Safren SA**. Mechanisms of action in the treatment of social phobia. In S. G. Hofmann, & P. M. DiBartolo (Eds.), *Social anxiety: Clinical, Developmental, and Social Perspectives*. New York: Elsevier. In press.

### ***Books/Textbooks for the medical or scientific community***

1. Martell C, **Safren SA**, Prince S. *Cognitive behavioral therapy with gay, lesbian, and bisexual clients*. New York: Guilford Press, 2003.
2. **Safren SA**, Perlman CA, Sprich S, Otto MW. *Mastery of your adult ADHD. Client Workbook*. Oxford University Press, 2005.  
*Dutch translation:* Bij Volwassenen Cliëntenwerkboek: Een Programma Voor Cognitieve Gedragstherapie. NZ: Uitgeverij Nieuwezijds, 2006.  
*German translation:* Kognitive Verhaltens-therapie der ADHS des Erwachsenenalters. Medizinisch Wissenschaftliche Verlagsgesellschaft (2007).  
*Portuguese translation:* Dominando o TDAH adulto: Programa de tratamento cognitivo-comportamental. Brazil: Artmed (2008).  
*Turkish translation:* Ankara, Turkey: Hyb Publishing. (in press).  
*Swedish translation:* pending – Cereb, SW.
3. **Safren SA**, Sprich S, Perlman CA, Otto MW. *Mastery of your adult ADHD, Therapist Manual*. Oxford University Press, 2005.  
*Also translated to Dutch, German, Portuguese, Turkish, (Swedish pending) per above client workbook.*
4. **Safren SA**, Gonzalez JS, Soroudi N. *Coping with Chronic Illness: Cognitive behavioral therapy for adherence and depression in individuals with chronic illness, Client Workbook*. 2007, Oxford University Press.
5. **Safren SA**, Gonzalez JS, Soroudi N. *Coping with Chronic Illness: Cognitive behavioral therapy for adherence and depression in individuals with chronic illness, Therapist Guide*. 2007, Oxford University Press.

### **Professional Education Materials, in print or other media**

1. **Safren SA**. Cognitive behavioral interventions for depression and self-care in HIV. *Practical Reviews in Psychiatry*, 2002; 27. Birmingham, AL: Oakstone Publishers (audiotape journal).

### **Theses**

- B.A. Thesis: “Prospective and concurrent predictions of children’s memory span. Advisor: Dr. Joseph G.

Cunningham

M.A. Thesis: “Quality of life in social phobia” Advisor: Dr. Richard G. Heimberg

Ph.D. Dissertation: “Depression, substance abuse, and suicidality in sexual minority adolescents”  
Advisor: Dr. Richard G. Heimberg

### **Selected Abstracts, Poster Presentations, and Exhibits Presented at Professional Meetings Not Yet Published (data based presentations/abstracts now published as articles not included)**

1. Reisner SL, Mimiaga MJ, Mayer KH, **Safren SA**. Childhood sexual abuse and HIV risk among MSM sex workers in Boston, Massachusetts: Implications for HIV prevention interventions. Poster accepted for presentation at the American Public Health Association Annual Meeting, Philadelphia, PA, November, 2009.
2. Mimiaga MJ, Noonan E, Donnell D, **Safren SA**, O’Cleirigh C, Chesney MA, Coates TJ, Koblin BA, Mayer KH. Mediators of the relationship between childhood sexual abuse and subsequent HIV infection among MSM in the EXPLORE study. Oral abstract presentation at the American Public Health Association Annual Meeting, Philadelphia, PA, November, 2009.
3. Skeer M, Mimiaga MJ, **Safren SA**, O’Cleirigh CO, Mayer KH. What substances are HIV-infected MSM using that are associated with transmission risk behavior? Oral abstract presentation at the American Public Health Association Annual Meeting, Philadelphia, PA, November, 2009.

### **Narrative Report**

I am Director of Behavioral Medicine at Massachusetts General Hospital and conduct treatment, research, and training related to cognitive-behavioral treatments (CBT) or interventions for problems that require increasing motivation and skills for self-care.

My primary “area of excellence” is investigation. I have made contributions in behavioral aspects of HIV treatment and care, and the psychosocial treatment for adult ADHD. Accordingly, since 2001, I have obtained funding as PI or protocol chair of 9 NIH funded projects, including 1 R03, 2 R21s, 1 R34, 4 R01s, and one NIAID/NIMH network funded international protocol through the HIV Prevention Trials Network (HPTN 063). Additionally, I have served regularly (as ad-hoc and regular member) of NIH study sections for HIV related projects, have presented at several NIMH consultation workshops regarding priority planning. I mentor multiple psychology fellows and junior faculty, as well as physician colleagues within and outside faculty, many of which have attained their own NIH funding for their work within and outside of the Harvard system. I have also collaborated at a co-PI or co-I level with physician and PhD researchers in the Harvard system and elsewhere. Finally, I am a member of the NIH-funded international Clinical Trials Units (HPTN, ACTG, HANC), contributing behavioral science expertise to biomedical prevention and treatment trials for HIV. Almost 100% of my time is funded by research, with a small portion of my time is spent on clinical and administrative duties within the hospital.

Within the area of HIV prevention and treatment, I am studying cognitive-behavioral interventions for adherence and for reducing HIV transmission/acquisition risk taking in a variety of domestic and international settings. Of note, I have developed and published several successful interventions that focus on increasing adherence to HIV medications, including working with patients with comorbid depression, and recently completed two secondary prevention trials with HIV-infected MSM as Co-PI for which I am writing up the results. Recently, I started a three-site, 3-arm, R01 full scale efficacy study of the efficacy

of CBT for adherence and depression in HIV care settings, and have extended this work on CBT for adherence and depression to diabetes.

My work in HIV extends to international settings. I am PI of an NIH-funded HPTN network multi-country observational study of HIV-infected individuals in care (HPTN063). This is a secondary prevention study with sites in Rio De Janeiro, Brazil, Chiang Mai, Thailand, and Lusaka Zambia. I have worked on and been PI of multiple studies in India, including my currently joint Indo-U.S. funded r21 to develop and test an HIV prevention for men who have sex with men in Chennai, India. My HIV adherence interventions have been adapted and tested in multiple international settings including China (J. Simoni, PI), Ukraine (G. Woody, PI), Mexico (J Sanchez-Soza at UNAM), Mexico/U.S. Border (J. Simoni and J Weibe PIs) and one was the basis for the adherence counseling in two large-scale multi-site international trials of HIV medications (ACTG 5175, HPTN 052). Currently I collaborate with the MGH Center for Global Health (Bangsberg), providing behavioral science expertise, on studies of HIV prevention and treatment in Uganda and S. Africa.

Additionally, I have developed the first U.S.-based psychosocial treatment for adult ADHD. This treatment has been tested in 2 randomized controlled trials (one published, efficacy study submitted). Despite the prevalence of ADHD and its validity as a disorder for adults, psychological treatments were previously lacking. The treatment manual, originally published in English by Oxford University Press as part of their “Treatments that work” series, has been translated to German (Germany), Portuguese (Brazil), and Dutch. After a two-day training I recently did in Sweden, a Swedish translation is pending, where I heard from therapists from Northern Europe (Denmark, Sweden, Netherlands) who implement this in their practice.

My primary teaching and education contributions involve supervising fellows and junior faculty in the Behavioral Medicine Service at MGH. This involves running the Behavioral Medicine training track currently, and running the CBT track for a number of years. Accordingly, I teach seminars for both tracks, arrange supervision, supervise the supervisors, supervise interns and fellows, and arrange / organize CBT training for psychiatry residents, including teaching a CBT seminar for them. Most of my mentees who are on a research track in Behavioral Medicine have attained their own research funding (e.g. Mimiaga R03; Greer R03, NCI/MGH K; O’Cleirigh R34 and CFAR development grant; Vranceanu foundation grants; 2 minority supplements; Gonzalez – minority supplement, Psaros CFAR developmental grant).

Other significant supporting activities have focused on clinical and administrative work. Clinically, I work through the Behavioral Medicine Service, of which I am the director. Administratively, I led the development of a behavioral medicine program at MGH, which has grown dramatically since its inception approximately 5 years ago. Mainly its growth has been through attaining NIH grants and through mentoring trainees who go on to staff positions and develop their own clinical/research careers here at MGH.