

SARAH ELIZABETH LINKE

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EDUCATION & TRAINING

- Sep 2013-present Postdoctoral Fellowship
Primary Mentor: Bess Marcus, Ph.D.
Secondary Mentor: Kevin Patrick, M.D., M.P.H.
NHLBI T32 Integrated Cardiovascular Epidemiology Training Program
Department of Family & Preventive Medicine
University of California, San Diego
- July 2011-Sep 2013 Postdoctoral Fellowship
Primary Mentor: Bess Marcus, Ph.D.
Department of Family & Preventive Medicine
University of California, San Diego
- July 2010-June 2011 Clinical Psychology Internship Program, Behavioral Medicine Track
The Warren Alpert School of Medicine at Brown University (APA-accredited)
Research Mentor: Bess Marcus, Ph.D.
- June 2011 Doctorate, Clinical Psychology, Behavioral Medicine Specialty Track
SDSU/UCSD Joint Doctoral Program in Clinical Psychology
Primary Mentor: Thomas Rutledge, Ph.D.
Dissertation Title: *Intermittent exercise in response to nicotine cravings in the context of an Internet-based smoking cessation program*
- August 2009 Master of Public Health, Health Promotion Specialty Track
San Diego State University, San Diego, California
Advisor: Guadalupe X. "Suchi" Ayala, Ph.D.
Thesis Title: *Attrition and adherence rates of sustained vs. intermittent exercise interventions*
- December 2007 Master of Science, Clinical Psychology
San Diego State University, San Diego, California
Mentor: Thomas Rutledge, Ph.D.
Thesis Title: *The joint impact of smoking and exercise capacity on clinical outcomes among women with suspected myocardial ischemia: The WISE Study*
- May 2004 Bachelor of Arts, Psychology, *Summa Cum Laude*
Truman State University, Kirksville, MO
Senior Capstone Title: *The relationships among tobacco use, BMI, perceived fitness, and actual physical performance among Military Science students*

Aug-Dec 2002 Semester Abroad
Kingston University, Kingston-upon-Thames, England

HONORS/AWARDS

2009 Dissertation Award, American Psychological Association, Division 38 (Health)
2009 *Excellence in Research* Student Award for the Society of Behavioral Medicine
2007 *Student Travel Award* for the American Psychosomatic Society Conference
2004 Who's Who Among Students in Colleges & Universities
2000-2004 The National Dean's List
2000-2004 Truman Leadership Scholarship
2000-2001 Missouri Bright Flight Scholarship
2000 American Business Women's Scholarship
2000 KMBC 9/Cottman Transmission Scholar-Athlete Award
2000 Kansas City Chiefs Ambassador's Scholar-Athlete Scholarship
2000 Kansas City Star Scholar-Athlete Award

GRANTS/FELLOWSHIPS

UCSD Academic Senate Grant Lindamer (PI) 04/01/15-03/31/16
Adaptation of an Exercise Intervention for Veterans in Outpatient Drug and Alcohol Treatment: A Feasibility Study

The proposed pilot study tests a modified version of an evidence-based exercise program, extending it to a high-risk, vulnerable population: Veterans seeking SUD treatment through the outpatient Alcohol & Drug Treatment Program (ADTP) at the VA San Diego Healthcare System (VASDHS). The proposed multi-component, adjunctive intervention addresses common barriers to exercise; incorporates a combination of subjective, objective, and observational measurement methods to accurately track exercise behavior; and includes multiple behavioral components to increase adherence. We will examine the potential efficacy of the intervention in terms of both acute and long-term (from baseline to 12-week/post-intervention assessment) substance use trajectory, physical fitness, mood/affect, anxiety, and substance cravings.

Role: Co-Investigator

T32 HL079891 Criqui (PI) 05/2007-08/2017

The objective of this T32 training grant entitled "Integrated Cardiovascular Epidemiology Fellowship" is to rigorously train physicians and behavioral scientists in epidemiologic and behavioral research methods focused on preventing cardiovascular diseases by a) providing trainees with an integrated, comprehensive, and intensive 2-year research training experience in cardiovascular disease prevention and/or behavioral medicine, b) linking trainees with highly experienced and dedicated mentors who will supervise the research experience and evaluate their progress and c) providing instruction to these trainees on multiple related components of the research process, including didactic coursework on epidemiology and /or behavioral medicine, protection of human subjects in research, confidentiality requirements, elements of appropriate and unbiased analysis of data, and, after the completion of training, finding the appropriate venue to utilize their skills.

Role: Trainee/Postdoctoral Fellow (09/2013-09/2015)

R21 AA024294 Linke (PI) Submitted 11/2014

NIH/NIAAA Developing Interventions for Health-Enhancing Physical Activity (R21/R33)
Social Sport and Exercise Program to Prevent Alcohol Use Disorders among Veterans

The proposed research will develop, pilot, refine, implement, and evaluate a program (V-SPORT: Veterans' Social Program & Organized Recreational Teams) that provides recently separated Veterans engaging in risky alcohol use but not meeting criteria for SUD with social networks that promote healthy engagement in physical exercise and sports; facilitates connections with civilians to assist with the reintegration process; incorporates mentors/coaches who demonstrate healthy lifestyle behaviors and provide positive guidance for participants; and leverages an existing sport and social infrastructure (YMCAs) to organize appealing and convenient activities.

Role: Principal Investigator

R34 DA038317 Linke (PI) Submitted 11/2013

NIH/NIDA Behavioral & Integrative Treatment Development Program

Incorporating Exercise and Technology to Augment Recovery Home Treatment for SUDs

The proposed research assesses the effects of a technology-enhanced, exercise-based health behavior intervention on substance use recovery trajectories and physical fitness outcomes among individuals with SUDs seeking recovery home treatment. The limited existing evidence suggests that exercise has the potential to improve recovery trajectories and general health outcomes among individuals with SUDs. As a result, the numerous problems associated with SUDs may also be prevented or mitigated, reducing the overall public health burden of SUDs.

Role: Principal Investigator

GRANT11284810 Lindamer/Norman (Co-PIs) Submitted 06/2013

HSR&D Merit Review Award (Parent I01)

Adjunctive Exercise for Veterans in Outpatient Alcohol and Drug Treatment

The objectives of this application are: 1) To conduct a randomized controlled trial (RCT) examining the relative effects of an exercise vs. wellness control program on substance use trajectories, physical fitness, substance cravings, mood/affect, and anxiety among Veterans enrolled in the VA outpatient Alcohol & Drug Treatment Program (ADTP); and 2) To conduct a process evaluation (PE) to collect contextual information about factors that will improve the adoption, implementation, and sustainability of this innovative intervention.

Role: Co-Investigator

K99 DA035250 Linke (PI) Submitted 03/2013

NIH/NIDA Pathway to Independence Award (K99/R00)

Technology-Enhanced, Exercise-Based Treatment for Substance Use Disorders

This transition to independence award assesses the effects of a technology-enhanced, exercise-based health behavior intervention on substance use recovery trajectories and physical fitness outcomes among individuals with SUDs seeking recovery home treatment. The proposed award would provide me with a unique opportunity to obtain training and develop expertise in exercise-based health behavior intervention research with SUD populations. Although this emerging area of research is growing rapidly, it will undoubtedly be stunted unless we can increase participants' exercise adherence and accurately measure their exercise behavior. These and other specific goals are built in to the design of this award.

Role: Principal Investigator

F31 DA025421 Linke (PI) 06/01/2009-05/31/2011

NIH/NIDA Ruth L. Kirschstein National Research Service Award (NRSA) Individual Fellowship

Walk Away from the Habit: Overcoming Nicotine Dependence through Exercise

This randomized controlled clinical trial attempts to replace smoking with exercise among generally healthy, inactive adult smokers who desire to quit. The primary goals are to help participants achieve long-term cessation and to examine the exercise intervention's efficacy and effectiveness.

Role: Principal Investigator

PUBLICATIONS

Peer-Reviewed Articles

- Linke, S. E.**, Noble, M., Hurst, S., Redwine, L., Strong, D. R., Norman, S. B., & Lindamer, L. A. Formative research examining exercise in the context of substance abuse treatment. *Journal of Psychoactive Drugs*. *Accepted*.
- Myers, M. G., Strong, D. R., **Linke, S. E.**, Hofstetter, R., Edland, S., & Al-Delaimy, W. (2015). Predicting Use of Assistance When Quitting: A Longitudinal Study of the Role of Quitting Beliefs. *Drug and Alcohol Dependence*, *149*, 220-224.
- Linke, S. E.**, & Ussher, M. (2015). Exercise-based interventions for substance use disorders: A systematic review. *The American Journal of Drug and Alcohol Abuse*, *41*(1), 7-15.
- Larsen, B., Strong, D., & **Linke, S. E.** (2014). The association between family and friend integration and physical activity: Results from the NHIS. *International Journal of Behavioral Medicine*, *21*, 529-36.
- Linke, S. E.**, Robinson, C. J., & Pekmezi, D. (2014). Applying psychological theories to promote healthy lifestyles. *American Journal of Lifestyle Medicine*, *8*, 4-14.
- Rutledge, T., Redwine, L. S., **Linke, S. E.**, & Mills, P. J. (2013). A meta-analysis of mental health treatments and cardiac rehabilitation for improving clinical outcomes and depression among patients with coronary heart disease. *Psychosomatic Medicine*, *75*, 335-49.
- Rutledge, T., Kenkre, T. S., Bittner, V., Krantz, D. S., Thompson, D. V., **Linke, S. E.**, Eastwood, J., Eteiba, W., Cornell, C. E., Vaccarino, V., Pepine, C. J., Johnson, B. D., & Bairey Merz, C. N. (2013). Anxiety associations with cardiac symptoms, angiographic disease severity, and healthcare utilization: The NHLBI-sponsored Women's Ischemia Syndrome Evaluation. *International Journal of Cardiology*, *168*, 2335-40.
- Rutledge, T., Herbst, K. L., & **Linke, S. E.** (2013). Depression due to a general medical condition (coronary heart disease): Implications for understanding and treating depression among cardiac populations. *International Journal of Behavioral Medicine*.
- Linke, S. E.**, Ciccolo, J. T., Ussher, M., & Marcus, B. H. (2013). Exercise-based smoking cessation interventions among women. *Women's Health*, *9*, 69-84.
- Whiteley, J. A., Dunsiger, S. I., Jennings, E., Bock, B. C., Ciccolo, J. T., Williams, D. M., **Linke, S. E.**, & Marcus, B. H. (2012). YMCA Commit to Quit: Randomized trial outcomes. *American Journal of Public Health*, *43*, 256-62.
- Redwine, L. S., Tsuang, M., Rusiewicz, A., Pandzic, I., Cammarata, S., Rutledge, T., Hong, S., **Linke, S.**, & Mills, P. J. (2012). A pilot study exploring the effects of a 12-week tai chi intervention on somatic symptoms of depression in patients with heart failure. *Journal of Alternative and Complementary Medicine*, *18*, 744-8.

- Linke, S. E.,** Rutledge, T., & Myers, M. G. (2012) Intermittent exercise in response to cigarette cravings in the context of an internet-based smoking cessation program. *Mental Health and Physical Activity, 5*, 85-92.
- Rutledge, T., **Linke, S. E.,** Johnson, B. D., Bittner, V., Krantz, D. S., Cornell, C. E., Vaccarino, V., Pepine, C. J., Handberg, E. M., Eteiba, W., Shaw, L. J., Parashar, S., Eastwood, J. A., Vido, D. A., & Bairey Merz, C. N. (2012). Relationships between cardiovascular disease (CVD) risk factors and depressive symptoms as predictors of cardiovascular disease events. *Journal of Women's Health, 21*, 133-9.
- Linke, S. E.,** Gallo, L. C., & Norman, G. J. (2011). Attrition and adherence rates of sustained vs. intermittent exercise interventions. *Annals of Behavioral Medicine, 42*, 197-209.
- Rutledge, T., Groesz, L. M., **Linke, S. E.,** Woods, G. N., & Herbst, K. L. (2010). Behavioral weight management for the primary care provider. *Obesity Reviews, 12*, e290-7.
- Rutledge, T., **Linke, S. E.,** Johnson, B. D., Bittner, V., Krantz, D. S., Whittaker, K. S., Eastwood, J. A., Eteiba, W., Cornell, C. E., Pepine, C. J., Vido, D. A., Olson, M. B., Shaw, L. J., Vaccarino, V., & Bairey Merz, C. N. (2010). Self-rated versus objective health indicators as predictors of major cardiovascular events: the NHLBI-sponsored Women's Ischemia Syndrome Evaluation. *Psychosomatic Medicine, 72*, 549-55.
- Wirtz, P. H., Redwine, L. S., **Linke, S.,** Hong, S., Rutledge, T., Greenberg, B. H., & Mills, P. J. (2010). Circulating levels of soluble intercellular adhesion molecule-1 (sICAM-1) independently predict depressive symptom severity after 12 months in heart failure patients. *Brain, Behavior, and Immunity, 24*, 366-9.
- Rutledge, T., **Linke, S. E.,** Krantz, D. S., Johnson, D., Bittner, V., Eastwood, J., Eteiba, W., Pepine, C. J., Vaccarino, V., Francis, J., Vido, D. A., & Bairey Merz, C. N. (2009). Comorbid depression and anxiety symptoms as predictors of cardiovascular events: Results from the NHLBI-sponsored Women's Ischemia Syndrome Evaluation (WISE) Study. *Psychosomatic Medicine, 71*, 958-64.
- Linke, S. E.,** Rutledge, T., Johnson B. D., Vaccarino, V., Bittner, V., Cornell, C. E., Eteiba, W., Sheps, D. S., Krantz, D. S., Parashar, S., & Bairey Merz, C. N. (2009). Depressive symptom dimensions and cardiovascular prognosis among women with suspected myocardial ischemia. *Archives of General Psychiatry, 66*, 499-507.
- Linke, S. E.,** Rutledge, T., Johnson, B. D., Olson, M. B., Bittner, V., Cornell, C. E., Shaw, L. J., Eteiba, W., Parashar, S., Sheps, D. S., Vido, D. A., Mulukutla, S., & Bairey Merz, C. N. (2009). The joint impact of smoking and exercise capacity on clinical outcomes among women with suspected myocardial ischemia: The WISE Study. *Journal of Women's Health, 18*, 443-450.
- Rutledge, T., Vaccarino, V., Johnson, B. D., Bittner, V., Olson, M. B., **Linke, S. E.,** Cornell, C. E., Eteiba, W., Sheps, D. S., Francis, J., Krantz, D. S., Bairey Merz, C. N., Parashar, S., Handberg, E., Vido, D. A., & Shaw, L. J. (2009). Depression and cardiovascular health care costs among women with suspected myocardial ischemia. *Journal of American College of Cardiology, 53*, 176-183.
- Rutledge, T., **Linke, S. E.,** Olson, M. B., Frances, J., Johnson, B. D., Bittner, V., York, K., McClure, C., Kelsey, S. F., Reis, S. E., Cornell, C. E., Vaccarino, V., Sheps, D. S., Shaw, L. J., Krantz, D. S., &

Bairey Merz, C. N. (2008). Social networks and incident stroke among women with suspected myocardial ischemia. *Psychosomatic Medicine*, 70, 282-287.

Rutledge, T., Reis, V. A., & **Linke, S. E.** (2007). Depression and heart failure: Why the link continues to elude us: reply. *Journal of the American College of Cardiology*, 49, 1504.

Rutledge, T., & **Linke, S. E.** (2007). Comment on: Watkins, L.L., Blumenthal, J.A., Davidson, J.R.T., Babyak, M.A., McCants, C.B., & Sketch, M.H. (2006). Phobic anxiety, depression, and risk of ventricular arrhythmias in patients with coronary heart disease. *Psychosomatic Medicine*, 68, 651-656. *Evidence Based Mental Health*, 10 (2).

Rutledge, T., Reis, V. A., **Linke, S. E.**, Greenberg, B. H., & Mills, P. J. (2006). Depression in congestive heart failure: A review of prevalence, interventions effects, and associations with clinical outcomes. *Journal of the American College of Cardiology*, 48, 1527-37.

Linke, S. E., & Saperoff, L. A. (2005). The relationships among tobacco use, BMI, perceived fitness, and actual physical performance among Military Science students. *The Journal of Psychology and the Behavioral Sciences*, 18, 19-29.

Peer-Reviewed Articles – In Preparation & Under Review

Linke, S. E., Strong, D. R., Myers, M. G., Edland, S., Hofstetter, R., Zablocki, R., & Al-Delaimy, W. Relationships between tobacco use and other health behaviors among smokers in California. *Under Review*.

Strong, D. R., **Linke, S. E.**, Myers, M. G., Edland, S., Hofstetter, R., Zablocki, R., & Al-Delaimy, W. Mental and Physical Health Influences on Persistent Tobacco Use in California. *Under Review*.

Strong, D. R., Myers, M. G., **Linke, S. E.**, Hofstetter, R., Edland, S., & Al-Delaimy, W. Gender differences influence overweight smokers experimentation with electronic nicotine delivery systems. *Under Review*.

Marcus, B. H., Hartman, S. J., Pekmezi, D., Dunsiger, S. I., **Linke, S. E.**, Gans, K. M., Bock, B. C., Larsen, B. A., Rojas, C. Using Interactive Internet Technology to Promote Physical Activity in Latinas: Rationale, design, and baseline findings of Pasos Hacia La Salud. *Under Review*.

Dunsiger, S. I., **Linke, S. E.**, Whiteley, J. A., & Marcus, B. H. Patterns of smoking cessation behavior: A case study. *Under Review*.

Whiteley, J. A., Dunsiger, S. I., **Linke, S. E.**, Jennings, E., Bock, B. C., Ciccolo, J. T., & Marcus, B. H. Psychosocial changes in Commit to Quit in the YMCAs (CTQY). *Under Review*.

Ciccolo, J. T., Dunsiger, S. I., Whiteley, J. A., Jennings, E., Bock, B. C., **Linke, S. E.**, & Marcus, B. H. Exercise and Physical Fitness Changes in Commit to Quit in the YMCA (CTQY). *In Preparation*.

Marcus, B. H., Hartman, S. J., Pekmezi, D., Dunsiger, S. I., **Linke, S. E.**, Gans, K. M., Bock, B. C., Larsen, B. A., Rojas, C. Primary outcomes of the Pasos Hacia La Salud study. *In Preparation*.

Camacho, A., D'Anna-Hernandez, K., Gonzalez, P., Roesch, S., **Linke, S. E.**, & Allison, M. Association of somatic versus cognitive symptoms of depression with inflammation: The Multi-Ethnic Study of Atherosclerosis (MESA). *In Preparation*.

Linke, S. E., Camacho, A., D'Anna-Hernandez, K., Gonzalez, P., Roesch, S., & Allison, M. Somatic versus cognitive symptoms of depression in the prediction of cardiovascular disease events: The Multi-Ethnic Study of Atherosclerosis (MESA). *In Preparation*.

Linke, S. E., McEvoy, L., Laughlin, G., Kritz-Silverstein, D., Reas, E., and Barrett-Connor, E. Healthy lifestyle behaviors predict changes in cognitive functioning in a sample of community-dwelling older adults: The Rancho Bernardo Study. *In Preparation*.

Reports

Strong, D. R., **Linke, S. E.**, Myers, M. G., Edland, S., Hofstetter, R., Zablocki, R., & Al-Delaimy, W. (2013). Mental and physical health disorders among smokers. In: *California Tobacco Surveys State Report 2011*.

Book Chapters

Calfas, K., & **Linke, S. E.** (2013). How Do We Best Achieve Smoking Cessation, Ideal Body Weight, and Weight Loss as Modifiable Risk Factors? In: *CDS: Cardio*.

Jennings, E. J. & **Linke, S. E.** (2013). Facilitating Behavior Change. In: *ACSM Practitioner Manual*.

Linke, S. E., & Pekmezi, D. (2012). Applying Psychological Theories to Promote Healthy Lifestyles. In: *Lifestyle Medicine*.

Pekmezi, D., **Linke, S. E.**, Hartman, S., & Marcus, B. H. (2012). Physical activity promotion for women's health. *Women's Health Psychology*.

Bock, B. C., **Linke, S. E.**, Gaskins, R., Clark, M., Napolitano, M. A., & Marcus, B. H. (2012). Exercise initiation, adoption, and maintenance in adults: Theoretical models and empirical support. In J. Van Raalte, & B. Brewer (Eds.). *Exploring sport and exercise psychology (3rd ed.)*. Washington, DC: American Psychological Association.

Presentations at Scientific Meetings

Linke, S. E., Noble, M., Hurst, S., Redwine, L., Strong, D. R., Norman, S. B., & Lindamer, L. A. (2015, April). Formative research examining exercise in the context of substance abuse treatment. Poster presentation at the 1st Annual UC San Diego Public Health Research Day, San Diego, CA.

Linke, S. E., and Marcus, B. H. (2014, May). Exercise in Smoking Cessation. Symposium (*Exercise in the Treatment of Substance Use*) Presentation at the American College of Sports Medicine 61st Annual Meeting, Orlando, FL.

Marcus, B. H., and **Linke, S. E.** (2014, April). Low-cost interventions to promote physical activity behavior in diverse settings. Symposium (*Exercise is Medicine: Multilevel Approaches to Implementation*) Presentation at the Society of Behavioral Medicine 34th Annual Scientific Conference, Philadelphia, PA.

- Linke, S. E.,** Strong, D. R., Edland, S., & Al-Delaimy, W. (2014, March). Relationships between Health Behaviors and Physical & Mental Health among Smokers in California. Poster presentation at the AHA/NPAM Annual Scientific Conference, San Francisco, CA.
- Dunsiger, S. I., **Linke, S. E.,** Whiteley, J. A., and Marcus, B. H. (2013, March). Patterns of Smoking Cessation Behavior: A Case Study. Poster presentation at the Society of Behavioral Medicine 33rd Annual Scientific Conference, San Francisco, CA.
- Jennings, E., **Linke, S. E.,** Whiteley, J. A., Dunsiger, S. I., and Marcus, B. H. (2013, March). Training YMCA Smoking Cessation Facilitators: Commit to Quit YMCA. Poster presentation at the Society of Behavioral Medicine 33rd Annual Scientific Conference, San Francisco, CA.
- Whiteley, J. A., Dunsiger, S. I., **Linke, S. E.,** Bock, B. C., Jennings, E., Ciccolo, J. T., and Marcus, B. H. (2012, April). Psychosocial Changes in Commit to Quit YMCA (CTQY). Poster presentation at the Society of Behavioral Medicine 32nd Annual Scientific Conference, New Orleans, Louisiana.
- Linke, S. E.** (2011, June). Exercise Self-efficacy and Leisure Time Exercise Levels in the Context of a Smoking Cessation Intervention. Poster presentation at the American College of Sports Medicine 58th Annual Meeting, Denver, Colorado.
- Linke, S. E.** (2010, August). Walk away from the habit: Overcoming nicotine dependence through exercise. Poster presentation at the International Congress of Behavioral Medicine 11th Annual Scientific Conference, Washington, D.C.
- Linke, S. E.** and Rutledge, T. (2010, April). Managing overweight/obesity in veterans everywhere II (MOVE-II): A pilot program. Poster presentation at the Society of Behavioral Medicine 31st Annual Scientific Conference, Seattle, Washington.
- Linke, S. E.,** (2010, April). Intermittent exercise in response to nicotine cravings: A novel smoking cessation program. Poster presentation at the Society of Behavioral Medicine 31st Annual Scientific Conference, Seattle, Washington.
- Rutledge, T., **Linke, S. E.,** Johnson B. D., Bittner, V., Krantz, D. S., Whittaker, K. S., Eastwood, J., Eteiba, W., Cornell, C. E., Pepine, C., Vido, D., Olson, M., Shaw, L., Vaccarino, V., and Bairey Merz, C. N. (2010, April). Self-rated versus objective health indicators as predictors of major cardiovascular events: the NHLBI-sponsored Women's Ischemia Syndrome Evaluation (WISE) study. Paper presentation at the Society of Behavioral Medicine 31st Annual Scientific Conference, Seattle, Washington
- Nelesen, R. A., Redwine, L., **Linke, S.,** Dimsdale, J. E., and Mills, P. J. (2009, April). Cardiac responses to a laboratory stressor in sleep apnea and heart failure patients. Poster presentation at the American Psychosomatic Society 67th Annual Scientific Conference in Chicago, IL.
- Linke, S. E.,** Rutledge, T., Johnson B. D., Vaccarino, V., Bittner, V., Cornell, C. E., Eteiba, W., Sheps, D. S., Krantz, D. S., Parashar, S., and Bairey Merz, C. N. (2009, April). Depressive symptom dimensions and cardiovascular prognosis among women with suspected myocardial ischemia. The NHLBI-Sponsored WISE Study. Paper presentation at the Society of Behavioral Medicine 30th Annual Scientific Conference, Montreal, Quebec, Canada.

- Rutledge, T., **Linke, S. E.**, Johnson B. D., Bittner, V., Krantz, D. S., Cornell, C. E., Vaccarino, V., Pepine, C., Eteiba, W., York, K., Kelsey, S., Sheps, D. S., Shaw, L., Parashar, S., Vido, D., and Bairey Merz, C. N. (2009, April). Cardiovascular Disease Risk Factors and Clinical Events among Women with and without Depression: The NHLBI Sponsored Women's Ischemia Syndrome Evaluation (WISE). Paper presentation at the Society of Behavioral Medicine 30th Annual Scientific Conference, Montreal, Quebec, Canada.
- Hong, S., Pruitt, C., Woods, B. G., Zapanta, C., **Linke, S.**, Redwine, L., DeJardin, D., Rutledge, T., Dimsdale, J. E., Greenberg, B. H., Maisel, A., and Mills, P. J. (2008, March). Depressive symptoms and inflammation in congestive heart failure patients vs. healthy individuals. Poster presentation at the American Psychosomatic Society 66th Annual Scientific Conference in Baltimore, MD.
- Zapanta, C., **Linke, S.**, Rutledge, T., Redwine, L., DeJardin, D., Hong, S., Woods, B. G., Pruitt, C., and Mills, P. J. (2008, March). Coping with stress and inflammation markers in congestive heart failure. Poster presentation at the American Psychosomatic Society 66th Annual Scientific Conference in Baltimore, MD.
- Mills, P. J., Woods, B. G., Pruitt, C., Zapanta, C., DeJardin, D., **Linke, S. E.**, Hong, S., Redwine, L., Dimsdale, J. E., Rutledge, T., Maisel, A., Ziegler, M. G., and Greenberg, B. H. (2008, March). The effects of psychological and exercise stressors on inflammatory and blood pressure responses in heart failure (HF). Paper presentation at the American Psychosomatic Society 66th Annual Scientific Conference in Baltimore, MD.
- Redwine, L. S., Chiu, A., Halpain, D., Reis, V., **Linke, S.**, Hong, S., Rutledge, T., and Mills, P. J. (2008, March). Twelve weeks of tai chi training reduces depressive symptoms, symptom severity and frequency, and IFN gamma expression in heart failure. Citation poster presentation at the American Psychosomatic Society 66th Annual Scientific Conference in Baltimore, MD.
- Redwine, L. S., Carter, S., **Linke, S.**, Hong, S., DeJardin, D., Rutledge, T., Greenberg, B., and Mills, P. J. (2008, March). Cynicism and hostility are associated with reduced cell mediated immune function and circulating cellular adhesion molecules but not inflammatory cytokines in heart failure and healthy individuals. Paper presentation at the American Psychosomatic Society 66th Annual Scientific Conference in Baltimore, MD.
- Linke, S. E.**, Redwine, L., Rutledge, T., Hong, S., and Mills, P. J. (2008, March). Relationships among depression, heart failure, and exercise-induced pro-inflammatory cytokines. Paper presentation at the Society of Behavioral Medicine 29th Annual Scientific Conference, San Diego, CA.
- Redwine, L., Hong, S., **Linke, S. E.**, DeJardin, D., Greenberg, B., and Mills, P. (2008, March). Depressive symptoms are associated with cellular immune dysregulation in heart failure and healthy individuals. Paper presentation at the Society of Behavioral Medicine 29th Annual Scientific Conference, San Diego, CA.
- Rutledge, T., **Linke, S. E.**, Reis, V. A., Redwine, L., Hong, S., and Mills, P. (2008, March). Mental stress reactivity and recovery patterns in healthy adults versus heart failure patients. Poster presentation at the Society of Behavioral Medicine 29th Annual Scientific Conference, San Diego, CA.

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

TEACHING EXPERIENCES

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| Spring 2015 | <i>Guest Lecturer</i> , Addiction
University of Iceland, Reykjavík, Iceland |
| Winter 2015 | <i>Lecturer</i> , Introduction to Clinical Psychology
University of California, San Diego, Department of Psychology |
| Winter 2015 | <i>Co-Instructor</i> , Physical Activity and Public Health: Local, National and Global (Freshman Seminar)
University of California, San Diego, Department of FMPH |

Fall 2014 *Lecturer, Psychology Research Methods*
University of San Diego, San Diego, California

Spring 2014 *Lecturer, Psychology Research Methods*
University of San Diego, San Diego, California

Summer 2009 *Instructor, Psychology of Sport: The Mind-Body Connection*
University of California, San Diego, Academic Connections Program

Summer 2008 *Instructor, Psychology of Sport: The Mind-Body Connection*
University of California, San Diego, Academic Connections Program

Fall 2009 *Guest Lecturer, Health Psychology*
University of San Diego, San Diego, California

Spring 2008 *Guest Lecturer, Abnormal Psychology*
San Diego State University, San Diego, California

RESEARCH ASSISTANTSHIP EXPERIENCES

Postdoctoral Fellowship

September 2013-present *Integrated Cardiovascular Epidemiology Fellowship*
Department of Family & Preventive Medicine
University of California, San Diego
Primary Mentor: Bess Marcus, Ph.D.
Secondary Mentor: Kevin Patrick, M.D., MPH

July 2011-September 2013 *Department of Family & Preventive Medicine*
University of California, San Diego
Primary Mentor: Bess Marcus, Ph.D.

Predoctoral Internship

July 2010-June 2011 *Physical Activity Research Center at the Institute for Community Health Promotion, Brown University, Providence, RI*
Principal Investigator: Bess Marcus, Ph.D.

July 2010-current *Walk Away from the Habit Smoking Cessation Intervention Centers for Behavioral & Preventive Medicine at The Miriam Hospital*
Supervisors: Bess Marcus, Ph.D., Ernestine Jennings, Ph.D.

Graduate School

April 2009-current *Walk Away from the Habit Smoking Cessation Intervention*
University of California, San Diego, CA
Supervisors: Thomas Rutledge, Ph.D., Mark Myers, Ph.D.

- August 2008-June 2009 Managing Overweight/Obesity in Veterans Everywhere – II (MOVE-II)
Veterans Affairs Medical Center, San Diego, CA
Principal Investigator: Thomas Rutledge, Ph.D.
- August 2007-Feb 2009 Women (Pregnant, Post-partum, Menopausal, PMDD) & Depression
University of California, San Diego, Department of Psychiatry
Principal Investigator: Barbara Parry, M.D.
- January 2006-August 2008 Mood and Cytokines in Older CHF Patients
University of California, San Diego, Department of Psychiatry
Principal Investigator: Laura Redwine, Ph.D.
- August 2005-May 2009 Neuroimmune Characteristics of Congestive Heart Failure and Depression
University of California, San Diego, Department of Psychiatry
Principal Investigator: Paul Mills, Ph.D.

Pre-Graduate School

- February-August 2005 Center on Everyday Lives of Families (CELf)
University of California, Los Angeles, SLOAN Research Center
Supervisor: Rena Repetti, Ph.D.
- July 2004-July 2005 Adolescent Girls Study
University of California, Los Angeles, Department of Clinical Psychology
Principal Investigator: Tali Klima, Ph.D. / Supervisor: Rena Repetti, Ph.D.
- June-December 2004 Social Personalities & Health
University of California, Los Angeles, Dept. of Social/Health Psychology
Principal Investigator: Shelley Taylor, Ph.D.
- July-September 2004 Emotional Adjustment from Late Adolescence to Early Adulthood
University of California, Los Angeles, Department of Clinical Psychology
Principal Investigator: Michelle Craske, Ph.D.
- January 2003-May 2004 Intergenerational Psychology Laboratory
Department of Psychology, Truman State University, Kirksville, Missouri
Principal Investigator: Mark Hatala, Ph.D.
- June-August 2003 Health Psychology Research Laboratory
Department of Health Psychology, University of Missouri, Kansas City
Principal Investigator: Walker Carlos Poston, III, Ph.D.
- January 2001-May 2002 Physiological Psychology Research Laboratory
Department of Psychology, Truman State University, Kirksville, Missouri
Principal Investigator: Fred Shaffer, Ph.D.

CLINICAL EXPERIENCES

Predoctoral Internship Rotations

May-June 2011 Mood Disorders Clinic
Rhode Island Hospital, Providence, RI
Supervisors: Jeffery Wincze, PhD, Gabor Keitner, MD

March-April 2011 Psychiatric Partial Hospitalization & Consultation Program
Butler Hospital, Providence, RI
Supervisors: David Strong, PhD, Daniel Squires, PhD, Paul Lieberman, MD

Nov 2010-Feb 2011 Primary Care Mental/Behavioral Health
Veterans Affairs Medical Center, Providence, RI
Supervisors: Tracy O’Leary-Tevyaw, PhD, Pamela Steadman-Wood, PhD

July-October 2010 Behavioral Medicine, Cardiac Rehab, C/L, Men’s Health, Weight Control
The Miriam Hospital, Providence, RI
Supervisors: Jeffery Burock, M.D., Judith DePue, Ed.D., Karen Oliver, Ph.D., John Wincze, Ph.D.

Graduate School Rotations

August 2009-June 2010 Smoking Cessation Program
Veterans Affairs Medical Center, San Diego, CA
Supervisor: Mark Myers, Ph.D.

August 2008-June 2009 Weight Control Clinic
Veterans Affairs Medical Center, San Diego, CA
Supervisor: Thomas Rutledge, Ph.D.

July 2007-June 2008 Alcohol & Drug Treatment Program, VA
Veterans Affairs Medical Center, San Diego, CA
Supervisors: Tamara Wall, Ph.D., Shoshana Shea, Ph.D.

July 2006-June 2007 Community Outpatient Clinic
San Diego State University Psychology Clinic, San Diego, CA
Supervisors: Linda Gallo, Ph.D., Nader Amir, Ph.D.

PROFESSIONAL ACTIVITIES

Invited Lectures

April 2015 *Maintaining Health & Happiness during College*
Presented to UCSD Cares

September 2014 *How to Identify, Assess, and Begin the Discussion about Substance Use*
Presented to the Karen Organization of San Diego

February 2014 *Foundations of Exercise & Reasons to Just Do It*
Presented to the East African Cultural Center

Ad Hoc Reviewer

Addiction
Addictive Behaviors
American Journal of Epidemiology
American Journal of Preventive Medicine
American Journal of Public Health
Biological Psychiatry
Biomed Central: Cardiovascular Disorders
Cardiology
Economics and Human Biology
Journal of Behavioral Medicine
Journal of Smoking Cessation
The Lancet
Nicotine & Tobacco Research
Psychological Medicine
Psychotherapy and Psychosomatics
Sports Medicine
The World Journal of Biological Psychiatry

Appointments

2015-present	Member, Public Health Research Day Planning Committee, UCSD Institute for Public Health
2013-present	Member, Speaker Series Committee, UCSD Center of Excellence in Health Behavior Change for Underserved and Vulnerable Populations
2010-2011	Intern Representative, Speaker Selection Committee, Department of Psychiatry and Human Behavior, Warren Alpert School of Medicine at Brown University
2009	Student Volunteer, Society of Behavioral Medicine's 30 th Annual Meeting, Montreal, Canada
2008-present	Mentor, National Institutes of Health (NIH), Office of Science Education
2008-2010	Interviewer, SDSU/UCSD Joint Doctoral Program in Clinical Psychology, Behavioral Medicine Admissions Committee
2008	Member, Local Arrangements Committee, Society of Behavioral Medicine's 29 th Annual Meeting, San Diego, CA
2008	Fun Run Coordinator/10K Leader, Society of Behavioral Medicine's 29 th Annual Meeting, San Diego, CA
2006-present	WOC (Without Compensation), Department of Veterans Affairs
2005-2006	Student Representative, SDSU/UCSD Joint Doctoral Program in Clinical Psychology, Behavioral Medicine Admissions Committee

Memberships

2013-present	UCSD Center of Excellence in Women's Health
2011-present	Division of Behavioral Medicine, Department of Family & Preventive Medicine
2011-present	UCSD Center of Excellence in Health Behavior Change for Underserved and Vulnerable Populations
2011-present	UCSD Center of Excellence in Tobacco Research
2011-present	American Heart Association
2010-present	American College of Sports Medicine

2008-present Society of Behavioral Medicine
2006-present American Psychosomatic Society
2006-present American Psychological Association
2002-2004 Phi Kappa Phi National Honor Society
2002-2004 Cardinal Key National Honor Society
2002-2004 Omicron Delta Kappa National Honor Society
2001-2004 Psi Chi National Honor Society
2001-2004 Phi Eta Sigma National Honor Society
2000-2004 National Society of Collegiate Scholars

COMMUNITY SERVICE

2011-2014 Division Manager, La Jolla YMCA Annual Support Campaign
2010-2011 Team Member, La Jolla YMCA Annual Support Campaign
2009-2010 Volunteer, Cardiovascular Disease Foundation
2009-2010 Division Manager, La Jolla YMCA Annual Support Campaign
2007-2009 Team Captain, La Jolla YMCA Annual Support Campaign
2006-2007 Team Member, La Jolla YMCA Annual Support Campaign
2006-2010 Group Exercise Instructor/Running Club Leader, La Jolla YMCA
2004-2005 Group Exercise Instructor, Santa Monica YMCA
2003-2004 Tutor/Mentor, Kirksville High School, Kirksville, MO
2002-2004 Fundraising Chair, Cardinal Key National Honor Society, Truman State University
2001-2004 Community Service Chair, Phi Eta Sigma Honor Society, Truman State University
2000-2004 Site Director, Annual Kick Butts Day, Campaign for Tobacco-Free Kids
2000-2004 Co-President, BACCHUS & GAMMA Peer Education Network, Truman State
1998-2000 Student Representative, *Out of the Blue Into the Future* Committee