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## BIOGRAPHICAL SKETCH

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NAME Vicki S. Helgeson	POSITION TITLE Professor
eRA COMMONS USER NAME vh2624	

EDUCATION/TRAINING			
INSTITUTION AND LOCATION	DEGREE	MM/YY	FIELD OF STUDY
Valparaiso University, Valparaiso, IN	BS	05/82	Psychology/journalism
College of William & Mary, Williamsburg, VA	MA	05/84	Psychology
University of Denver, Denver, CO	PhD	05/87	Social psychology
University of California, Los Angeles, CA	postdoc	08/90	Health psychology

### A. Personnel Statement

The goal of the proposed application is to identify helpful and harmful ways in which partners can help people newly diagnosed with type 1 diabetes adjust to their disease (i.e., enact better self-care, maintain high self-efficacy and good mental health). I have studied how people adjust to chronic illness for over 20 years, often emphasizing the initial adjustment period. I have focused on how both individual difference variables as well as relationship factors influence adjustment to coronary heart disease, breast cancer, and prostate cancer among adults. Over the last 15 years, I have extended this work to children and adolescents—and now emerging adults—with type 1 diabetes. I have conducted a great deal of research on social support, ranging from intervention work in which different kinds of support groups are manipulated among adults with cancer, to daily diary methodologies in one’s naturalistic environment that examine more proximal effects of support interactions, to observational studies of support exchanges, to survey methods. Thus, I bring methods and skills that I have acquired from other areas to the subject matter of the proposed application—adult couples in which one person has type 1 diabetes. Specifically, I have experience with each of the method (e.g., videotaped conversations, daily diary) proposed in the present study. I have lectured on the use of EMA technology at a local workshop. I have an excellent track record of recruiting patient populations into longitudinal studies and maintaining high levels of retention (i.e., 10 years in samples of women with breast cancer and adolescents with diabetes). I also have experience with coding and analyzing qualitative data as well as the statistical analyses required by this application: correlation, repeated measures anova (or ancova), multiple regression, structural equation modeling, and multi-level modeling.

### B. Positions and Honors

#### Positions and Employment

1987-1990 Postdoctoral Scholar, Health psychology, Department of Psychology, UCLA  
 1990-1995 Assistant Professor, Department of Psychology, Carnegie Mellon University  
 1995-2002 Associate Professor, Department of Psychology, Carnegie Mellon University  
 2002-present Full Professor, Department of Psychology, Carnegie Mellon University

#### Other Experience and Professional Memberships

Academy of Behavioral Medicine Research (Member)  
 American Diabetes Association  
 American Psychological Association (Divisions 8, 38, 54)  
 Society of Behavioral Medicine, Fellow

University of Pittsburgh Cancer Institute (Associate Member)  
Center for Research in Chronic Disorders (Affiliate)  
Behavioral Research in Diabetes Exchange Group (Member)

2009-2011 Associate Editor: *Psychological Science*  
2004-2007 Associate Editor: *Journal of Consulting and Clinical Psychology*  
2000-2004 Associate Editor: *Personality and Social Psychology Bulletin*  
1998-1999 Associate Editor: *Women's Health: Research on Gender, Behavior, and Policy*

Reviewer for NIH Fellowships (March 2014)

DSMB FLX3 Trial: An Adaptive Intervention to Improve Outcomes in Youth with Type 1 Diabetes (January, 2014)

External Expert Committee, Chair for R34 Multisite Trial (January, 2013)

Reviewer for NIH Special Emphasis Panel (R21s) (November, 2012; July 2013; November 2013)

Reviewer for NIH Translational Research in Diabetes, Obesity and Endocrinology (March, 2012)

Ad hoc reviewer for National Science Foundation (September, 2011)

Ad hoc reviewer for Behavioral Medicine: Intervention and Outcomes Study Section (June 2011)

Reviewer for NIH Director Early Independence Awards (April 2011)

Reviewer for NIH Fellowships (March 2011)

NIH College of CSR Reviewers (2010)

Reviewer for NIH Special Emphasis Panel (March 2010)

Reviewer for Pioneer Awards (Feb 2010)

Psychosocial Risk and Disease Prevention Study Section Member (October 2004--2008)

Ad hoc reviewer for Psychosocial Risk and Disease Prevention Study Section (July 2004)

Ad hoc reviewer for RPHB-4 (October 2002; July 2003)

Ad hoc reviewer for NIEHS Special Emphasis Panel (January, 2003)

Ad hoc reviewer for *National Science Foundation* (2001, 2002)

State of Massachusetts Breast Cancer Review Panel (October 1997, 2000)

Behavioral Medicine Study Section of *National Institutes of Health* (October 1996; October 1997)

### Honors

Diane J. Willis Award for 2009 Outstanding Article in *Journal of Pediatric Psychology*

Diabetes Lifescan Award; 2008 Society of Behavioral Medicine Meeting

### **C. Selected Peer-Reviewed Publications** (selected from over 120 peer-reviewed publications)

#### Publications from last 10 years

Helgeson, V. S. (2004). Chronic illness. In A. J. Christensen, R. Martin, & J. M. Smyth (Eds.), *Encyclopedia of Health Psychology* (pp. 48-50). New York: Kluwer Academic.

Helgeson, V. S. (2004). Self-esteem. In A. J. Christensen, R. Martin, & J. M. Smyth (Eds.), *Encyclopedia of Health Psychology* (pp. 262-263). New York: Kluwer Academic.

Helgeson, V. S., Snyder, P. R., & Seltman, H. (2004). Psychological and physical adjustment to breast cancer over 4 years: Identifying distinct trajectories of change. *Health Psychology, 23*, 3-15.

Tomich, P. L., & Helgeson, V. S. (2004). Is finding something good in the bad always good? Benefit finding among women with breast cancer. *Health Psychology, 23*, 16-23.

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- Helgeson, V. S., Novak, S. A., Lepore, S. J., & Eton, D. T. (2004) Spouse social control efforts: Relations to health behavior and well-being among men with prostate cancer. *Journal of Social and Personal Relationships, 21*, 53-68.
- Martire, L., Lustig, A. P., Schulz, R., Miller, G. E., & Helgeson, V. S. (2004). Is it beneficial to involve a family member? A meta-analysis of family-focused interventions for chronic illness? *Health Psychology, 23*, 599-611.
- Helgeson, V. S., & Lepore, S. J. (2004). Quality of life following prostate cancer: The role of agency and unmitigated agency. *Journal of Applied Social Psychology, 34*, 2559-2585.
- Helgeson, V. S. (2005). Commentary: Recent advances in psychosocial oncology. *Journal of Consulting and Clinical Psychology, 73*, 268-271.
- Helgeson, V. S., & Tomich, P. L. (2005). Surviving cancer: A comparison of 5-year disease-free breast cancer survivors with healthy women. *Psycho-Oncology, 14*, 307-317.
- Eton, D. T., Lepore, S. J., & Helgeson, V. S. (2005). Psychological distress in spouses of men treated for early-stage prostate carcinoma. *Cancer, 92*, 2412-2418. PMID: PMC2610316
- Tomich, P. L., Helgeson, V. S., & Nowak Vache, E. J. (2005). The benefits and costs of breast cancer: A comparison to age-matched controls 5-years later. *Psycho-Oncology, 14*, 307-317.
- Scheier, M. F., Helgeson, V. S., Schulz, R., Colvin, S., Berga, S., Bridges, M. W., Knapp, J., Gerszten, K., & Pappert, S. (2005). Interventions to enhance physical and psychological functioning among younger women who are ending non-hormonal adjuvant treatment for early stage breast cancer. *Journal of Clinical Oncology, 23*, 4298-42311.
- Helgeson, V. S., Viccaro, L., Becker, D., Escobar, O., Siminerio, L. (2006). Diet of adolescents with and without diabetes: Trading candy for potato chips? *Diabetes Care, 29*, 982-987; PMID: 16644624.
- Helgeson, V. S., Lepore, S. J., & Eton, D. T. (2006). Who benefits: Moderators of the benefits of a psychoeducational intervention for men with prostate cancer. *Health Psychology, 25*, 348-354. PMID: PMC2678168; PMID 16719606
- Helgeson, V. S., Reynolds, K. A., Shestak, A., & Wei, S. (2006). Brief report: Friendships of adolescents with and without diabetes. *Journal of Pediatric Psychology, 31*, 194-199; PMID: 16467319.
- Roberts, K. J., Lepore, S. J., & Helgeson, V. S. (2006). Social-cognitive correlates of adjustment to prostate cancer. *Psycho-Oncology, 14*, 183-192. PMID: PMC2610315
- Reynolds, K.A., Helgeson, V.S., Seltman, H., Janicki, D., Page-Gould, E., & Wardle M. (2006). Impact of interpersonal conflict on individuals high in unmitigated communion. *Journal of Applied Social Psychology, 36*, 1595-1616.
- Park, C. L., & Helgeson, V. S. (2006). Growth following highly stressful life events: Current status and future directions. *Journal of Consulting and Clinical Psychology, 74*, 791-796.
- Helgeson, V. S., Reynolds, K. A., & Tomich, P. L. (2006). A meta-analytic review of benefit finding and growth. *Journal of Consulting and Clinical Psychology, 74*, 797-816; PMID: 17032085
- Tomich, P. L., & Helgeson, V. S. (2006). Cognitive adaptation theory and breast cancer recurrence: Are there limits? *Journal of Consulting and Clinical Psychology, 74*, 980-987; PMID: 17032101
- Scheier, M. F., & Helgeson, V. S. (2006). Commentary on Bardwell et al. (2006). *Journal of Clinical Oncology, 24*, 2407-2408.
- Helgeson, V. S., Reynolds, K. A., Escobar, O., Siminerio, L., Becker, D. (2007). The role of friendship in the lives of male and female adolescents: Does diabetes make a difference? *Journal of Adolescent Health, 40*, 36-43; PMID: 17185204
- Helgeson, V. S., & Novak, S. A. (2007). Illness centrality and well-being among male and female early adolescents with diabetes. *Journal of Pediatric Psychology, 32*, 260-272; PMID: 16837739
- Helgeson, V. S. Escobar, O., Siminerio, L., Becker, D. (2007). Unmitigated communion and health among adolescents with and without diabetes: The mediating role of eating disturbances. *Personality and Social Psychology Bulletin, 33*, 519-536; PMID: 17400835

- Helgeson, V. S., Snyder, P. R., Escobar, O., Siminerio, L., Becker, D. (2007). Comparison of adolescents with and without diabetes on indices of psychosocial functioning for three years. *Journal of Pediatric Psychology, 32*, 794-806; PMID: 17426042
- Scheier, M., Helgeson, V., Schulz, R., Colvin, S., Berga, S., Knapp, J., & Gerszten, K. (2007). Moderators of interventions designed to enhance physical and psychological functioning among younger women with early stage breast cancer. *Journal of Clinical Oncology, 25*(36), 5710-5714.
- Graham, S. M., Huang, J., Clark, M. S., & Helgeson, V. S. (2008). The positives of negative emotions: Willingness to express negative emotions promotes relationships. *Personality and Social Psychology Bulletin, 34*, 394-406.
- Helgeson, V. S., Reynolds, K. A., Siminerio, L., Escobar, O., & Becker, D. (2008). Parent and adolescent distribution of responsibility for diabetes self care: Liks to health outcmoes. *Journal of Pediatric Psychology, 33*, 497-508; PMID: 17848390; PMC3442285
- Helgeson, V. S., Lopez, L., & Mennella, C. (2009). Benefit-finding among adolescents with chronic illness. In C. Park, S. C. Lechner, M. H. Antoni, & A. L. Stanton (Eds.), *Medical illness and positive life change* (pp. 65-86). Washington D. C.: American Psychological Association.
- Helgeson, V. S., Siminerio, L., Escobar, O., & Becker, D. (2009). Predictors of metabolic control among adolescents with diabetes: A four year longitudinal study. *Journal of Pediatric Psychology, 34*, 254-270. NIHMS60139; PMID 18667479; PMC2657034
- Helgeson, V. S., Lopez, L.C., & Kamarck, T. (2009). Peer relationships and diabetes: Retrospective and ecological momentary assessment approaches. *Health Psychology, 28*, 273-282. NIHMS1561251; PMCID: PMC2792470
- Helgeson, V. S., & Takeda, A. (2009). Brief report: Nature and implications of personal projects among adolescents with and without diabetes. *Journal of Pediatric Psychology, 34*, 1019-1024. PMID19372267; PMC2744331
- Helgeson, V. S., & Lopez, L. C. (2010). Social support and growth following adversity. In J. W. Reich, A. J. Zautra, & J. S. Hall (Eds.), *Handbook of adult resilience* (pp. 309-330). New York: Guilford Publications.
- Henselmans, I., Helgeson, V. S., Seltman, H., de Vries, J., Sanderman, R., & Ranchor, Ad. V. (2010). Identification and prediction of distress trajectories in the first year after a breast cancer diagnosis. *Health Psychology, 29*(2), 160-168. PMID: 20230089
- Helgeson, V. S., Escobar, O., Siminerio, L., & Becker, D. (2010). Relation of stressful life events to metabolic control among adolescents with diabetes: Five-year longitudinal study. *Health Psychology, 29*(2), 153-159. NIHMS163645; PMCID:PMC2841306
- Helgeson, V. S., & McUmbur, A. L. (2010). Social environment and cancer. In J. C. Holland, W. Breitbart, P. B. Jacobsen, M. S. Lederberg, M. Loscalzo, & R. McCorkle (Eds.), *Psycho-Oncology (2nd ed)*, pp. 62-68. New York: Oxford University Press.
- Helgeson, V. S. (2010). Corroboration of growth following breast cancer: 10 years later. *Journal of Social and Clinical Psychology, 29*, pp. 546-574.
- Helgeson, V. S., Snyder, P. R., Seltman, H., Escobar, O., Becker, D., & Siminerio, L. (2010). Brief report: Trajectories of glycemic control over early to middle adolescence. *Journal of Pediatric Psychology, 35*, 1161-1167 PMID: 20189951 PMCID: PMC2955830
- Schroevvers, M., Helgeson, V. S., Sanderman, R., & Ranchor, A. V. (2010). Received social support following cancer diagnosis predicts survivors' report of posttraumatic growth. *Psycho-Oncology, 19*, 46-53.
- Henselmans, I., Sanderman, R., Helgeson, V. S., de Vries, J., Smink, A., & Ranchor, A. V. (2010). Personal control over the cure of breast cancer: Adaptiveness, underlying beliefs and correlates. *Psycho-Oncology, 19*, 525-534.
- Roberts, K. J., Lepore, S. J., Hanlon, A. L., & Helgeson, V. S. (2010). Genitourinary functioning and depressive symptoms over time in younger versus older men treated for prostate cancer. *Annals of Behavioral Medicine, 40*, 275-283.
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Martire, L. M., Schulz, R., Helgeson, V. S., Small, B. J., & Saghafi, E. M. (2010). Review and meta-analysis of couple-oriented interventions for chronic illness. *Annals of Behavioral Medicine, 40*, 325-342.

Helgeson, V. S., Honcharuk, E., Becker, D., Escobar, O., & Siminerio, L. (2011). A focus on blood glucose monitoring: Relation to glycemic control and determinants of frequency. *Pediatric Diabetes, 12*, 25-30. NIHMS187933; PMC2935500

Martire, L. M., Schulz, R., Helgeson, V.S., Small, B. J., & Saghafi, E. M. (2011). Are couple-oriented interventions effective across chronic illnesses? A reply to Arthurs and colleagues. *Annals of Behavioral Medicine, 42*, 134-135.

Reynolds, K. A., & Helgeson, V. S. (2011). Children with diabetes compared to peers: Depressed? Distressed? A meta-analytic review. *Annals of Behavioral Medicine, 42*, 29-41. NIHMSID #292725; PMCID: PMC3140576

Helgeson, V. S. (2011). Survivor centrality among breast cancer survivors: Implications for well-being. *Psycho-Oncology, 20*, 517-524. NIHMS191052; PMCID: PMC3013237

Steel, J., Geller, D. A., Tsung, A., Marsh, J. W., Dew, M.A., Spring, M., Grady, J., Likumahuma, S., Dunlavy, A., Youssef, M., Antoni, M., Butterfield, L. H., Schulz, R., Day, R., Helgeson, V., Kim, K. H., & Gamblin, T. C. (2011). Randomized controlled trial of a collaborative care intervention to manage cancer-related symptoms: lessons learned. *Clinical Trials, 8*, 298-310.

Helgeson, V. S. (2011). Gender, stress, and coping. In S. Folkman (Ed.), *The Oxford Handbook of stress, health, and coping* (pp. 63-85). Oxford University Press, New York.

Helgeson, V. S., & Palladino, D. K. (2012). Implications of psychosocial factors for diabetes outcomes among children with type 1 diabetes: A review. *Social and Personality Psychology Compass, 6*(3), 228-242.

Palladino, D. K., & Helgeson, V. S. (2012). Friends or foes? A review of peer influence on self-care and glycemic control in adolescents with type 1 diabetes. *Journal of Pediatric Psychology, 37*, 591-603; doi: 10.1093.

Helgeson, V.S., Becker, D., Escobar, O., & Siminerio, L. (2012). Families of children with diabetes: Implications of parent stress for parent and child health. *Journal of Pediatric Psychology, 37*, 467-478; doi 10.1093/jpepsy/jsr110

Helgeson, V. S. (2012). Gender and health: A social psychological perspective. In A. Baum, T. Revenson, & J. Singer (Eds.), *Handbook of health psychology* (2nd ed., pp. 519-537). New York: Psychology Press.

Helgeson, V. S., & Palladino, D. K. (2012). Agentic and communal traits and health: Adolescents with and without diabetes. *Personality and Social Psychology Bulletin, 38*, 415-428.; NIHMSID #445908; PMC: 3582940

Tomich, P. L., & Helgeson, V. S. (2012). Posttraumatic growth following cancer: Links to quality of life. *Journal of Traumatic Stress, 25*, 567-573.

Palladino, D. K., Helgeson, V. S., Reynolds, K. A., Becker, D. J., Siminerio, L. M., & Escobar, O. (2013). Emerging adults with type 1 diabetes: A comparison to peers without diabetes. *Journal of Pediatric Psychology, 38*, 506-517.

Helgeson, V. S., Reynolds, K. A., Snyder, P. R., Palladino, D. K., Becker, D. J., Siminerio, L., & Escobar, O. (2013). Characterizing the transition from pediatric to adult care among emerging adults with Type 1 diabetes. *Diabetic Medicine, 30*, 610-615; PMCID 23157171

Podcast for 'Online Clinical' online television and radio (December 11, 2012)

Palladino, D. K., & Helgeson, V. S. (2013). Adolescents, parents, and physicians: A comparison of perspectives on Type 1 diabetes self-care. *Canadian Journal of Diabetes, 37*, 175-181.

Helgeson, V. S. (in press). Gender and personality. In L. Cooper and R. Larsen (Eds.), *APA handbook of personality and social psychology: Personality processes and individual differences* (Vol 3).

Helgeson, V. S., Palladino, D. K., Reynolds, K. A., Becker, D. J., Escobar, O., & Siminerio, L. (in press). Relationships and health among emerging adults with and without type 1 diabetes. *Health Psychology*.

Helgeson, V. S., Palladino, D. K., Reynolds, K. A., Becker, D. J., Escobar, O., & Siminerio, L. (in press). Early adolescent relationship predictors of emerging adulthood outcomes: Youth with and without Type 1 diabetes. *Annals of Behavioral Medicine*.

Lyons, S., Becker, D., & Helgeson, V. (in press). Transfer from pediatric to adult health care: Effects on diabetes outcomes. *Pediatric Diabetes*.

#### **D. Research Support**

##### Ongoing

R01 DK095780      Helgeson (PI)      9/1/12—6/30/17  
Links of Communal Coping in Couples with Diabetes to Self-Care Behavior

The goals of the study are to determine whether communal coping in couples is related to better mental health, higher self-efficacy, better self-care behaviors, and indices of good physical health concurrently and over 6 months among patients who are newly diagnosed with type 2 diabetes. We also expect to examine whether the above relations depend on sex and ethnicity.

R01 DK060586      Helgeson (PI)      7/1/12—6/30/17  
From Adolescence to Adulthood: Persons with and without Diabetes

The goals of this study are to: (a) use a “risk and resistance framework” to predict psychological, behavioral, and physical health in persons with and without diabetes in the early stages of emerging adulthood; (b) compare persons with and without diabetes in terms of psychosocial functioning and emerging adulthood outcomes; and (c) among those with diabetes, capture the transfer from the pediatric to adult health care system and examine the trajectory of self-care behavior and diabetes-related complications.

##### Completed

R01 DK060586      Helgeson (PI)      3/15/10--3/08/11  
Administrative Supplement to “Adolescents with and without Diabetes: Transition to Emerging Adulthood”

The goal of this supplement was to identify the factors that influence how youth with diabetes take care of themselves through an exhaustive literature review and interviews with teens, parents, and physicians.

2 R01 DK060586-06A1      Helgeson (PI)      7/1/07 – 06/30/12  
Adolescents with and without Diabetes: Transition to Emerging Adulthood

The primary goal of this study is to examine the health implications of the transition to young adulthood for adolescents with and without diabetes and to compare the level of difficulties the two groups experience.  
Role: PI

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