

ELI PUTERMAN
CURRICULUM VITAE

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EMPLOYMENT

Title: Canada Research Chair Tier 2 in Physical Activity and Health
Assistant Professor

Institution: University of British Columbia
Department: School of Kinesiology, Faculty of Education

Title: Assistant Professor, 2013 –2015
Institution: University of California, San Francisco
Department: Department of Psychiatry, School of Medicine

EDUCATION

Institution: University of California, San Francisco
Degree: Postdoctoral Fellowship, Completed 2013
Major: Health Psychology

Institution: University of British Columbia, Vancouver
Degree: Ph.D., Completed 2009
Major: Health Psychology

Institution: University of British Columbia, Vancouver
Degree: M.A., completed 2004
Major: Clinical Psychology

Institution: Concordia University, Montreal
Degree: B.A., completed 2001
Major: Psychology, Honors with Highest Distinction

Institution: McGill University, Montreal
Degree: B.Sc., completed 1996
Major: Physiology, with Distinction

ADVANCED TRAINING

2013 Faculty Success Program, National Center for Faculty Development & Diversity

2012 NIH and OBSSR's Twelfth Annual Summer Institute for Randomized Behavioral Clinical Trials

2011 RAND Summer Institute Mini-Medical School for Social Scientists

2011 RAND Summer Institute on Demography, Economics, Psychology, and Epidemiology of Aging

2010 UCSF Biomarker Seminar Series

HONOURS AND AWARDS

2015	Academy of Behavioral Medicine Research, Neil Miller New Investigator Award
2014	Society of Behavioral Medicine, Early Career Investigator Award
2013	Psychological Science and Behavioral Economics in the Service of Public Policy Meeting at the White House, "Rising Star" Scientist
2011	American Psychosomatic Society, Young Scholar Award
2011	Institute of Medicine, Stockholm, Sweden, Berzelius Symposium on Telomere Biology in Health and Disease, Best Abstract
2009	Canadian Psychological Association Dissertation Award
2003	American Psychological Association – Division 38 Outstanding Poster Presentation Student Affiliate Award
2003	Western Psychological Association Outstanding Poster Presentation Student Award
2001	Concordia University, JW Bridges Award for Academic Excellence
2000	Concordia University, Student Scholar Award

GRADUATE TRAINING SCHOLARSHIPS

2005-2008	Michael Smith Foundation for Health Research Senior Trainee Award, Doctoral level scholarship
2004-2007	Social Science and Health Research Council Canada Graduate Scholarship, Doctoral level scholarship
2003-2005	Michael Smith Foundation for Health Research Master Trainee Award, Masters level scholarship
2003-2004	Social Science and Health Research Council Canada Graduate Scholarship, Masters level scholarship
2001-2003	Fonds québécois de la recherche sur la nature et les technologies Master Student Award, Masters level scholarship

ONGOING RESEARCH SUPPORT

2014 New Investigator Research Award (Role: Principal Investigator) 2/01/14 – 1/31/16
Alzheimer's Association \$100,000 Total

Improving caregivers' daily lives with exercise: A randomized study

Exercise has direct benefits to physical and psychological health in unfit adults, yet few have tested the psychological benefits of exercise in a scientifically rigorous intervention study in unfit, highly stressed populations. Perhaps it is possible to improve the quality of day-to-day lives, by helping caregivers to be more resilient in the face of constant demands. The proposed study advances our understanding of multiple pathways to health by including ecological momentary assessments of stressor occurrence and affective reactivity pre- and post-intervention.

K99/R00 HL 109247 (Role: Principal Investigator) 7/01/13 – 6/30/16
NIH/National Heart, Lung, and Blood Institute \$1,000,000 Total

Effects of exercise and life stress on telomere maintenance and CVD risk

The R00 phase of the Pathway to Independence Award builds on earlier work demonstrating that maintaining an active lifestyle moderates lifespan stress effects on cell aging. The R00 study is a 6-month exercise randomized controlled trial in 80 highly stressed family caregivers of Alzheimer's disease patients. Outcome measures are markers of aging (telomere length, telomerase, mitochondria DNA copy number), psychological well-being, and cardiorespiratory fitness.

R01 HL 108821 (Role: Co-Investigator) 6/7/11 – 5/31/16
 NIH/National Heart, Lung, & Blood Institute \$540,000 Direct Total
Effects of Exercise on Cell Aging

Immune cell aging is an important pathway to disease, and animal studies suggest that exercise can retard cell aging. This will be one of the first intervention studies in humans to test effects of exercise on cell aging. It will provide further insight into mechanisms of cell aging, and whether telomerase can be used as a barometric indicator of health that is partly under people's control.

R21 HL 117725 (Role: Co-Investigator) 6/7/11 – 5/31/15
 NIH/National Heart, Lung, & Blood Institute \$424,875 total
Stress-induced poor sleep: Sex differences, vulnerability & resilience factors

This study tests whether certain daily stress processes (exposure, reactivity and recovery) serve as a central pathway of vulnerability to poor sleep and whether interactions with ones' spouse/partner modify this pathway.

COMPLETED RESEARCH SUPPORT (within the last 3 years)

K99 HL 109247 (Role: Principal Investigator) 7/01/11 – 6/30/13
 NIH/National Heart, Lung, and Blood Institute \$200,000 Direct Total
Effects of exercise and life stress on telomere maintenance and CVD risk

The interplay between exercise and chronic stress is rarely examined, and thus the cardiovascular benefits of exercise to chronically stressed individuals are poorly understood. The K99 phase of the Pathway to Independence Award builds on previous cross-sectional work that demonstrates the potential for exercise to buffer the chronic stress-telomere length association, extending these findings to lifespan stress and long-term maintenance of exercise.

John & Catherine MacArthur Foundation (Role: Co-Principal Investigator) 7/01/09 – 8/31/13
 Research Network on Socioeconomic Status and Health \$230,000 Direct Total
SES, Stress, Telomeres, and Cardiovascular Disease

Funding to support telomere length assays from 1002 adults, repeated three times over a ten year period, in the Coronary Risk Development in Young Adults Study. Study seeks to examine lifespan stress effects on telomere attrition over time.

Robert Wood Johnson Foundation (Role: Co-Investigator) 8/01/11 – 8/31/12
 Robert Wood Johnson Health and Society Scholars Program \$8,000 Direct Total
Health and Retirement Study Secondary Analyses

This project's goals were two fold: (1) to create a consistent stress measurement tool for large cohort studies as outlined by our goals in The National Institute of Aging's Stress Measurement Working Group, and (2) to further our understanding of the interplay between accumulated life stress and health behaviors in predicting diseases of aging and mortality in the Health and Retirement Study

Robert Wood Johnson Foundation (Role: Co-Investigator) 10/01/11 – 8/31/12
 Robert Wood Johnson Health and Society Scholars Program \$10,000 Direct Total
National Growth and Health Study Secondary Analyses

The National Growth and Health Study (NGHS) was an observational study initiated in 1985 by the National Heart, Lungs and Blood Institute. The study examined factors associated with development of obesity and related cardiovascular disease risk factors in a cohort of 2500 African-American and white girls. HDWG supported the work needed to contribute to the manuscript currently under review from the National Growth and Health Study

Bernard and Barbro Foundation Fund (Role: Co-Investigator) 1/01/08-12/31/11
 The International Telomere Health Analysis (T3) Research Facility \$50,000 Direct Total
Stress and Cell Aging

The goal of this project is to establish a laboratory-based facility that will serve as a national and international resource for assessing and understanding human telomere health in clinical with the long-term goal of amelioration of common threats to human health.

PROFESSIONAL ORGANIZATIONS

Memberships

2013-present American College of Sports Medicine
 2012-present Association for Psychological Science
 2009-present American Psychosomatic Society (APS)
 2010-2014 Society for Behavioral Medicine
 2013-2014 American Heart Association
 2011-2013 International Society of Psychoneuroendocrinology (ISPNE)
 2003-2009 American Psychological Association [Division 38-Health]
 2003-2008 Canadian Psychological Association

SERVICE TO PROFESSIONAL ORGANIZATIONS

Ad Hoc Referee

Addiction; Age and Ageing; Annals of Behavioral Medicine; BMC Psychiatry; Brain, Behavior, and Immunity; Emotion; International Journal of Behavioral Medicine; Journal of Gerontology; Journal of Personality and Social Psychology; Journal of Psychiatric Research; Journal of Social and Clinical Psychology; Medicine and Science in Sports and Medicine; PLoS ONE; Psychiatry Research; Psychology and Health; Psychoneuroendocrinology; Psychosomatic Medicine; Stress and Health;

UNIVERSITY AND PUBLIC SERVICE

Membership on Committees for Academic Societies, Advisory Boards, Study Groups

2013-Present Chair, Special Interest Group in Sexual Minority Health,
 American Psychosomatic Society
 2012-Present Coronary Artery Risk Development in Young Adults (CARDIA) Study,
 Psychosocial Working Group
 2012-Present Coronary Artery Risk Development in Young Adults (CARDIA) Study,
 Physical Activity and Fitness Working Group
 2011-Present National Institute of Aging, Stress Measurement Group
 2011-2014 Scientific Advisory Board Member, BalanceME (formerly, Well Balance)
 2009 Organizing Committee for the Annual Meeting for the International Society for
 Psychoneuroendocrinology
 2007 Conference co-organizer for Peter Wall- and SSHRCC- supported Bi-Annual
 Meeting of Dyadic Coping and Stress

University of British Columbia (Faculty)

- 2015 School of Kinesiology Undergraduate Committee
 2015 School of Kinesiology Search Committee

University of California, San Francisco

- 2013 UCSF Chancellor's Committee on Gay, Lesbian, Bisexual, and Transgender Issues
 2012 Seminar Organizer and Instructor for Statistics, Center for Health and Community
 2010 Seminar Instructor for Didactics, Center for Health and Community

University of British Columbia (Graduate Level)

- 2006-2007 Search Committee Student Representative
 2006 Graduate Recruitment Committee Student Representative
 2005-2007 Graduate Student Council Health Psychology Representative
 2005-2006 Graduate Student Council Co-Chair
 2004-2005 Graduate Student Council Clinical Representative

PEER-REVIEWED PUBLICATIONS

1. Puterman, E, Prather, AA, Epel, ES, Loharuka, S, Adler, NE, Laraia, B, & Tomiyama, J. (In Press). Exercise buffers chronic stress effects on BMI trajectories in girls Aged 10 to 19: Findings from the National Heart, Lung, and Blood Institute Growth and Health Study. *Health Psychology*.
2. Mason, A.E., Laraia, B., Daubenmier, J., Hecht, F.M., Lustig, R., Puterman, E., Adler, N., Dallman, M., Kiernan, M., Gearhardt, A.N., & Epel, E.S. (In Press). Putting the brakes on the "drive to eat": Pilot effects of naltrexone and reward based eating on food cravings among obese women. *Eating Behaviors*.
3. Puterman, E, Lin, J, Krauss, J, Blackburn, E, Epel, E. (2015). Determinants of telomere attrition over one year in healthy older women: Stress and health behaviors matter. *Molecular Psychiatry*, 20, 529-535. PMID: 25070535.
4. Aschbacher, K, Kornfeld, S, Picard, M, Puterman, E, Havel, P, Stanhope, K, Lustig, R, Epel, E. (2014). Chronic Stress Increases Vulnerability to Diet-Related Abdominal Fat, Oxidative Stress, and Metabolic Risk. *Psychoneuroendocrinology*, 46, 14-22. PMID: 24882154.
5. Womack, VY, Ning, H, Lewis, CE, Loucks, EB, Puterman, E, Reis, J, Siddique, J, Sternfeld, B, Van Horn, L, Carnethon, MR. (2014). Relationship between perceived discrimination and sedentary behaviors in adults. *American Journal of Health Behaviors*, 38, 641-649. PMID: 24933133.
6. Prather, A, Puterman, E, Epel, E, & Dhabhar, FS (2014). Poor sleep quality potentiates stress-induced cytokine reactivity in postmenopausal women with high visceral abdominal adiposity. *Brain, Behavior, and Immunity*, 35, 155-162. PMID: 24060585.
7. Puterman, E, Epel, E, O'Donovan, A, Prather, A, Aschbacher, K, & Dhabhar, FS (2013). Anger is associated with increased IL-6 stress reactivity in women, but only among those low in social support. *International Journal of Behavioral Medicine*. Epub ahead of print. PMID: 24357433.
8. Puterman, E, Haritatos, J, Schwartz, JE, Adler, NE, Sidney, S, & Epel, ES (2013). Indirect effect of financial strain on daily cortisol output through daily negative to positive affect index in the Coronary Artery Risk Development in Young Adults Study.

- Psychoneuroendocrinology*, 38, 2883-2889. PMID: 23969421.
9. Puterman, E, Epel, ES, Blackburn, EH, Whooley, MA, & Cohen, B (2013). Multisystem resiliency moderates the major depression-telomere length association: Findings from the Heart and Soul Study. *Brain, Behavior, and Immunity*, 33, 65-73. PMID: 23727245.
 10. Hudson, DL, Adler, NE, Puterman, E, Bibbins-Domingo, K, Kalra, P, & Matthews, K. (2013). Examining the effects of race, life course socioeconomic position, and racial discrimination on health. *Social Science & Medicine*, 97, 7-14. PMID: 24161083
 11. Shalev, I, Entringer, S, Wadhwa, PD, Wolkowitz, OM, Puterman, E, Lin, J, Blackburn, EH, Epel, ES. (2013). Stress and telomere biology: A lifespan perspective. *Psychoneuroendocrinology*, 38, 1835-42. PMID: 24161083.
 12. Rawdin, B, Mellon, SH, Dhabhar, FS, Puterman, E, Epel, ES, Burke, HM, Reus, VI, Rosser, R, Nelson, JC, Wolkowitz, OM. (2013). Dysregulated relationship of oxidation and inflammation in major depression. *Brain, Behavior, and Immunity*, 31, 143-152. PMID: 24161083.
 13. Puterman E, Epel E. (2012). An intricate dance: Life experience, multisystem resiliency, and rate of telomere decline throughout the lifespan. *Social and Personality Psychology Compass*, 6, 807–825. PMID: 24161083.
 14. Puterman E, Adler N, Matthews KA, Epel E (2012). Financial strain and impaired fasting glucose: The moderating role of physical activity in the Coronary Artery Risk Development in Young Adults study. *Psychosomatic Medicine*, 74, 187-92. PMID: 22286855.
 15. Tomiyama, AJ, Puterman, E, Rehkof, D, Epel, E, & Laraia, B (2013). Chronic Psychological Stress and Racial Disparities in Weight Gain Between Black and White Girls Aged 10-19 in the National Growth and Health Study. *Annals of Behavioral Medicine*, 45(1), 3–12. PMID: 22993022.
 16. Epel, E, Puterman, E, Lin, J, Blackburn, E, Lazaro, A, Mendes, W (2012). Wandering minds and aging cells. *Clinical Psychological Science*, 1, 75–83. doi:10.1177/2167702612460234.
 17. O'Donovan A, Tomiyama AJ, Lin J, Puterman E, Adler N, Kemeny M, Wolkowitz O, Blackburn E, Epel E (2012). Stress appraisals and cellular aging: A key role for anticipatory threat in the relationship between psychological stress and telomere length. *Brain, Behavior, and Immunity*, 26, 573-9. PMID: 22993022.
 18. Tomiyama, AJ, Schamarek, I, Lustig, R, Kirschbaum, C, Puterman, E, Havel, P, & Epel, E (2012). Leptin concentrations in response to acute stress predict subsequent intake of comfort foods. *Physiology and Behavior*, 107, 34-39, PMID: 22579988.
 19. Tomiyama AJ, O'Donovan A, Lin J, Puterman E, Lazaro A, Chan J, Dhabhar F, Wolkowitz O, Kirschbaum C, Blackburn E, Epel E. (2012). Does cellular aging relate to patterns of allostasis? An examination of basal and stress reactive HPA axis activity and telomere length. *Physiology and Behavior*, 106, 40-5. PMID: 22993022.
 20. Aschbacher K, Epel E, Wolkowitz OM, Prather AA, Puterman E, Dhabhar FS. (2012). Maintenance of a positive outlook during acute stress protects against pro-inflammatory reactivity and future depressive symptoms. *Brain, Behavior, and Immunity*, 26, 346-52. PMID: 22119400.
 21. Puterman E, O'Donovan A, Adler NE, Tomiyama AJ, Kemeny M, Wolkowitz OM, Epel E. (2011). Physical activity moderates stressor-induced rumination on acute cortisol reactivity. *Psychosomatic Medicine*, 73, 604-11. PMID: 22119400.
 22. Hagedoorn M, Dagan M, Puterman E, Hoff C, Meijerink WJ, Delongis A, Sanderman R (2011). Relationship satisfaction in couples confronted with colorectal cancer: the interplay of past and current spousal support. *Journal of Behavioral Medicine*, 34, 288-97. PMID: 22119400.

PMC3141841.

23. O'Donovan A, Pantell M, Puterman E, Dhabhar FS, Blackburn EH, Yaffe K, Cawthon RM, Opreko PL, Hsueh WC, Satterfield S, Newman AB, Ayonayon HN, Rubin SM, Harris T & Epel ES for the Health Aging and Body Composition Study (2011). Cumulative inflammatory load is associated with short leukocyte telomere length in the Health, Aging and Body Composition Study. *PLoS ONE*; 6, e19687. PMID: PMC3094351.
24. Lee-Flynn SC, Pomaki G, DeLongis A, Biesanz JC, Puterman E (2011). Daily cognitive appraisals, daily affect, and long-term depressive symptoms: The role of self-esteem and self-concept clarity in the stress process. *Personality and Social Psychology Bulletin*, 37, 255-68. PMID: 21239598.
25. Hagedoorn M, Puterman E, Sanderman R, Wiggers T, Baas PC, van Haastert M, DeLongis A (2011). Is self-disclosure in couples coping with cancer associated with improvement in depressive symptoms? *Health Psychology*, 30, 753-62. PMID: 21688913.
26. Tomfohr LM, Murphy ML, Miller GE, Puterman E (2011). Multiwave associations between depressive symptoms and endothelial function in adolescent and young adult females. *Psychosomatic Medicine*, 73, 456-61. PMID: PMC3216486.
27. Krauss J, Farzaneh-Far R, Puterman E, Na B, Lin J, Epel E, Blackburn E, Whooley, MA (2011). Physical fitness and telomere length in patients with coronary heart disease: Findings from the Heart and Soul Study. *PLoS One*, 6, e26983. PMID: PMC3212515.
28. Prather AA, Puterman E, Lin J, O'Donovan A, Krauss J, Tomiyama AJ, Epel ES, Blackburn EH. (2011). Shorter leukocyte telomere length in midlife women with poor sleep quality. *Journal of Aging Research*, 721390. PMID: PMC3199186.
29. Puterman E & DeLongis A & Pomaki G (2010). Protecting us from ourselves: A multilevel analysis of the role of social support in rumination. *Journal of Social and Clinical Psychology*. 29, 797-820. PMID: PMC3167008
30. Puterman E, Lin J, Blackburn E, O'Donovan A, Adler N & Epel E (2010). The power of exercise: Buffering the effect of chronic stress on telomere length. *PLoS One*. 5, e10837. PMID: PMC2877102.
31. Epel ES, Lin J, Dhabhar FS, Wolkowitz OM, Puterman E, Karan L, Blackburn EH (2010). Dynamics of telomerase activity in response to acute psychological stress. *Brain, Behavior & Immunity*, 24(4): 531-9; PMID: PMC2856774.
32. Puterman E, DeLongis A, Lee-Baggley D & Greenglass E (2009). Coping and health behaviors in times of health crises: Lessons from SARS and West Nile. *Global Public Health*, 4, 69-81. PMID: 19153931.
33. Lam M, Lehman A, Puterman E & DeLongis A (2009). Spouse depression and disease course among persons with rheumatoid arthritis. *Arthritis Care and Research*, 61, 1011-17. PMID: 19644902.
34. Byrd-O'Brien T, DeLongis A, Pomaki G, Puterman E & Zwicker A (2009). Couples coping with stress: The role of empathic responding. *European Psychologist*, 14, 18-28. DOI: 10.1027/1016-9040.14.1.18.

BOOK CHAPTERS

1. Puterman, E, Epel, E, Prather, AA, Tomiyama, J. (in press). Emotions, emotion regulation, and health behaviors. Invited Chapter for the Handbook of Emotion, Edition 4 (all authors contributed equally).

2. DeLongis A, Holtzman S, Puterman E & Lam M (2010). Dyadic Coping: Support from the spouse in times of stress. In K. Sullivan & J. Davila (Eds.), *Support Processes in Intimate Relationships* (pp. 153-174). New York: Oxford Press.
3. DeLongis A & Puterman E (2007). Coping skills. In G. Fink, *Encyclopedia of Stress, Second edition* (pp. 578-584). Oxford: Academic Press.

MANUSCRIPTS UNDER REVIEW (*mentees italicized*)

1. *Catalino, LI, Epel, E, Arenander, J, & Puterman, E.* Trait acceptance in everyday life: Relationships with rumination, emotions, and future depressive symptomology.

INVITED NON-PEER REVIEWED PRESENTATIONS

UCSF Community: Center for Health and Community; Osher Center for Integrative Medicine Postdoctoral Seminar; Center for Obesity Assessment, Study, and Treatment
National/International: Columbia University, Behavioral Medicine; Stanford University, Department of Psychology; University of British Columbia, Vancouver, Department of Psychology; University of British Columbia, Okanogan, Department of Psychology; University of California, Los Angeles, Department of Psychology; City College of San Francisco; Oakland Alzheimer's Association Monthly Caregiver; Palo Alto; Living Well Summit at Vail, Colorado; The Harvard Club of New York City; 3rd Skin Physiology International Meeting at Vichy, France; American Sports Institute's

PEER-REVIEWED PRESENTATIONS (*mentees italicized*)

- Prather, AA, Puterman, E, Coccia, M, Arenander, J, Epel, ES (2015, September). *Bad days and nights: illuminating the biological consequences of the sleep-stress nexus*. Annual meeting of the Society for Experimental Social Psychology. Denver, CO.
- Puterman, E. (2015). Physical activity as resiliency. Symposium Presentation to the 27th Annual Convention of the Association for Psychological Science.
- Nauman, E, Weiss, J, Schilf, S, Lachman, M, & Puterman, E.* (2015). Factors that influence physical activity over a 10 year period. Poster submitted to the 27th Annual Convention of the Association for Psychological Science.
- Weiss, J, Schilf, S, Mogle, J, Almeida, D, & Puterman, E.* (2015). Keeping stress at bay: A bout of exercise buffers affective reactivity to daily stressors. Poster submitted to the 27th Annual Convention of the Association for Psychological Science.
- Weiss, J, Schilf, S, Mogle, J, Almeida, D, & Puterman, E.* (2014). Exercise mitigates affect reactivity: Findings from the National Study of Daily Experiences. Poster presented at the 26th Annual Convention of the Association for Psychological Science.
- Puterman, E, Prather, AA, Epel, ES, *Loharuka, S, Adler, NE, Laraia, B, Tomiyama, AJ.* (2014). Long-term Exercise buffers long-term chronic Stress effects on BMI trajectories in girls aged 10 to 19: Findings from the National Heart, Lung, and Blood Institute Growth and Health Study. Paper selected for presentation at the Epidemiology and Prevention /Nutrition, Physical Activity and Metabolism 2014 Scientific Sessions.
- Puterman, E, Wawrzyniak, AJ, Figueroa, WS, Kamen, C, Hatzenbuehler, ML, Juster, RP (2014). Sexual minority stress and risk for physical health problems: Psychosocial and biological mediators (Symposium Chair). Invited symposium presentation at the 72nd American Psychosomatic Society 2014 Annual Meeting.
- Puterman, E, Prather, AA, Epel, ES (2014). Stressful experiences throughout the life course, risk for disease, and all-cause mortality. Symposium Presentation at the 26th Association for

- Psychological Science Annual Convention.
- Womack, V, de Chavez, P, Siddique, J, Loucks, EB, Puterman, E, Albrecht, S, Redmond, N, Durant, N, Williams, D, Carnethon, MR. (2013). Associations of depressive symptoms with metabolic syndrome: the Coronary Artery Risk Development in Young Adults Study (CARDIA). American Health Association Scientific Sessions 2013.
- Kurtzman, L, Epel, E, Arenander, J, Koslov, K, Prather, A, & Puterman, E.* Does ruminating elevate metabolic risk in response to daily stress? Findings from a daily diary study. Poster presentation at the 34th Annual Meeting of the Society for Behavioral Medicine.
- Puterman, E, Blackburn, E, Lin, J, & Epel, E. (2013). A recipe for telomere shortening: the compounding effect of an unhealthy lifestyle and major life events. Symposium presentation at the 71st American Psychosomatic Society 2013 Annual Meeting.
- Womack, V, Puterman, E, Van Horn, L, Siddique, J, Loucks, EB, Sternfeld, B, & Carnethon, M (2013). Association of discriminatory experiences on sedentary behaviors: the coronary artery risk development in young adults study (CARDIA). Poster presented at the American Heart Association Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism 2013 Scientific Sessions, New Orleans, LA.
- Puterman, E, Epel, E, Lin, J, Blackburn, E, Gross, J, Whooley, M, & Cohen, B (2012). Multisystem protective profile moderates depression – leukocyte telomere length association. Symposium presentation at the 65th Annual Scientific Meeting of the Gerontological Society of America.
- Puterman, E (2012). Stress and cellular aging: What’s lifestyle got to do with it? Symposium presentation at the 42nd Annual Conference of the International Society for Psychoneuroendocrinology.
- Prather, AP, Puterman, E, Dhabhar, FS, & Epel, ES (2012). Poor sleep potentiates the effects of stress-induced rumination on circulating IL-6 and cortisol dynamics. Symposium presentation at the 42nd Annual Conference of the International Society for Psychoneuroendocrinology.
- Loharuka, S, Puterman, E, Prather, A, Esmaeli, P, Epel, E, Rehkopf, D, Evans, Z., Tomiyama, AJ, Laraia, B.* (2012) Physical Activity Mitigates the impact of chronic stress on BMI growth in Girls from ages 10 through 19: Results from the NHLBI Growth and Health Study. Poster presentation at the 140th Annual Conference of the American Public Health Association.
- Esmaeli, P, Puterman, E, Prather, A, Loharuka, S, Epel, E, Rehkopf, D, Evans, Z., Tomiyama, AJ, Laraia, B.* (2012). The Lingering Effect of Childhood SES: Parental Education Predicts Diurnal Cortisol Trajectory in Adulthood. Poster presentation at 42nd Annual Conference of the International Society for Psychoneuroendocrinology.
- Lin, J, Puterman, E, O’Donovan, A, Neylan, TC, Krauss, J, Lazaro, A, Truong, W, Cheon, J, Epel, ES, & Blackburn, E (2011). Psychological stress and its relationship to telomere length maintenance. Poster presentation at the American Association for Cancer Research 2011 Annual Meeting.
- Puterman, E (Spring, 2011). Can exercise moderate effects of depression on telomere length? Berzelius Symposium on Telomere Biology. Stockholm, Sweden.
- Puterman, E, Lin, J, Krauss, J, Lazaro, A, Truong, W, Cheon, J, Blackburn, E, Epel, ES (2011). Leisure time physical activity buffers associations between childhood abuse and adulthood stress with leukocyte telomere length. Symposium presentation to American Psychosomatic Society 2011 Annual Meeting.
- Puterman, E, Epel, ES, O’Donovan, A, Tomiyama, AJ, Tillie, JM, Prather, A, Aschbacher, K,

- Adler, A, Kemeny, M, Wolkowitz, O, Dhabhar, FS (2011) Social support buffers the effects of anger on the systemic pro-inflammatory response induced by acute stress Paper presentation to American Psychosomatic Society 2011 Annual Meeting.
- O'Donovan, A., Tomiyama, AJ, Lin, J, Puterman, E, Kemeny, M, Wolkowitz, O, Lazaro, A, Rankin, B, Blackburn E, Epel, ES (2011). Are threat and challenge appraisals of acute stress associated with leukocyte telomere length? Paper presentation to American Psychosomatic Society 2011 Annual Meeting.
- Tomiyama, AJ, O'Donovan, A, Lin, J, Puterman, E, Lazaro, A, Chan, J, Blackburn, E, Epel, ES (2011). Greater cortisol response to acute stress is associated with shorter telomere length. Symposium presentation to American Psychosomatic Society 2011 Annual Meeting.
- Puterman, E, O'Donovan, A, Kuczmaraska, A, Adler, N, Lin, J, & Epel, ES (2010). The Power of exercise: Buffering the effect of chronic stress on telomere length. Paper presentation at The American Psychosomatic Society Annual Convention, Portland, Oregon.
- Krauss, J, Puterman, E, Na, B, Epel, ES, Whooley, M (2010). Relation between exercise capacity and telomere length in patients with coronary heart disease from the Heart and Soul Study. Poster presented at the annual conference of the American Heart Association.
- DeLongis, A, Holtzman, S, & Puterman, E (2010). Dyadic coping with chronic pain. Paper presentation at The American Psychosomatic Society Annual Convention, Portland, Oregon.
- Puterman, E, Cohn, M, Wolkowitz, O, & Epel, ES (2009). Trait brooding predicts cortisol response trajectories during the Trier Social Stress Test. Poster presentation at the Annual Meeting for the International Society of Psychoneuroendocrinology, San Francisco.
- Puterman, E, DeLongis, A, & Lam, M (2009). Bringing Risk Assessment into the Bedroom: Sex Motives and Risky Behaviors in Men Who Have Sex with Men. Paper Presentation at the Society of Behavioral Medicine, Montreal
- Pomaki, G, Puterman, E, & DeLongis, A (2008). Coping and Partner Neuroticism: Moderating Effects on Daily Positive and Negative Affect. Poster to be presented at the Society of Behavioral Medicine's 29th Annual Meeting and Scientific Sessions. Abstract Published.
- Puterman, E, Lam, M, DeLongis, A, & Lehman, A (2007). Disease course among patients with Rheumatoid Arthritis: What does the spouse have to do with it? Poster presented at the Gerontology Society of America Annual Meeting. San Francisco. Abstract Published.
- Puterman, E, DeLongis, A, & Yager, S (2007). Event-specific sex cognitions and condom use: A daily study. Poster presented at the American Psychological Association Annual Conference. San Francisco. Abstract Published.
- Puterman, E, Steeves, S, DeLongis, A, Lee-Bagglely, D, & Greenglass, E (2007). Health behaviors and sources of information during the SARS crisis. Poster presented at the American Psychological Association Annual Conference. San Francisco. Abstract Published.
- Puterman, E, Steeves, S, DeLongis, A, Lee-Bagglely, D, & Greenglass, E (2007). Sources of information and health behaviors during the SARS crisis. Poster presented at the Western Psychological Association Annual Conference. Vancouver. Abstract Published.
- Hagedoorn, M, Puterman, E & DeLongis, A (2007). Protective buffering and disclosure within couples coping with cancer. Biannual Meeting of the Dyadic Coping International Research.
- Hagedoorn, M, Puterman, E, & DeLongis, A (2007). Supportive communication within couples coping with cancer. Annual Meeting of the American Psychological Association.
- DeLongis, A, Lee-Bagglely, D, Puterman, E, Welsted, A, Pomaki, G, & Greenglass, E (2006). Coping with the threat of infectious disease: SARS and West Nile Virus. International Association of Applied Psychology, Athens, Greece.
- DeLongis, A, Puterman, E, Welsted, A, & Zwicker, A (2006). Couples facing stress: Dyadic

coping and support processes. Paper to be presented at the Canadian Psychological Association as part of an invited symposium entitled Three Canadian Programs in Close Relationships Research: Couples Facing Stress, Lesbian-Headed Families and Gender Differences in Memory. Calgary.

- Alfonso, V, Erskine, Y, Bermbach, N, Toy, J, Puterman, E, Toulson, A, & Montaner, JSG (2006). Putting adherence in context: Using a model of inclusive adherence (MIA) to collaborate with patients to enhance adherence. Poster presented at the NIMH/IAPAC International Conference on HIV Treatment Adherence. New Jersey. Abstract Published.
- Puterman, E, Preece, M, Holtzman, S, & DeLongis, A (2006). Chronic pain and caregiver burden among rheumatoid arthritis patients and their spouses. Poster presented at the Alternative & Integrative Medical Society. Vancouver.
- Puterman, E, Yager, S, Welsted, A, Zwicker, A, Lee, S, & DeLongis, A (2006). Couples facing stress: Coping, rumination, and support processes. Poster presented at the Western Psychological Association. Palm Springs. Abstract Published.
- Puterman, E, Pomaki, G, & DeLongis, A (2005). A daily process study of reactive rumination and negative affect. Poster presented at the annual Canadian Psychological Association Conference. Montreal. Abstract Published.
- DeLongis, A, Holtzman, S, Puterman, E, & Pomaki, G (2005). Dyadic coping and support processes. Paper presented as part of an invited symposium at the European Society for Health Psychology, Galway, Ireland. Abstract published in *Psychology and Health*.
- Lee-Baggley, D, Albert, A, Puterman, E, & DeLongis, A (2005). The role of work and family stressors in individual health and marital well-being. Poster presented at the annual Canadian Psychological Association Conference. Montreal. Abstract Published.
- Puterman, E, DeLongis, A, & Holtzman, S (2003). Caregiver burden among spouses of persons with rheumatoid arthritis. Poster presented at the Annual Convention of the Western Psychological Association. Vancouver. Abstract Published.
- Puterman, E, DeLongis, A, & Holtzman, S (2003). Rheumatoid arthritis: Couples coping with a chronic illness. Poster presented at the Annual Convention of the American Psychological Association Toronto. Abstract Published.
- DeLongis, A, Newth, S, Holtzman, S, & Puterman, E (2003). The role of personality and social support in coping with Rheumatoid Arthritis. Paper presented at the annual meeting of the Society for Behavioural Medicine. Salt Lake City. Abstract Published.

ROUNDTABLE/WORKSHOP PRESENTATIONS

- Pressman, S, **Puterman, E**, Tomiyama, A.J. (2015). Managing your time as a trainee to maximize job market success. Invited roundtable presentation at the 73rd American Psychosomatic Society 2015 Annual Meeting.
- Alfonso, V, & **Puterman, E** (2005). Solution-oriented supervision: On the road to a collaborative, competency-based supervision model. Workshop presented at the 2005 Canadian Psychological Association Conference. Montreal. Abstract Published.

MEDIA COVERAGE

- American Association for Cancer Research Annual Meeting, 2011
Journal of American Medical Association News, Daily News and Analysis
PLoS ONE coverage, 2010
National Media: Healthbeat (US Department of Health and Human Services), Wall Street Journal, WebMD, US News and World Report, Bloomberg's Business Week, Allure

Magazine, Science Daily, Medical News Daily, Daily Mail, Top News, The San Francisco Chronicle, San Mateo Daily Journal, Seattle Times, Self Magazine, Remedy, Daily Health Net, Men's Health, Vogue Magazine, Shape
International Media: Times of India, The Hindu, Bernama, IOSTE Independente

LIST OF MENTORED STUDENTS

Current Mentees, Highest Degree, Mentee Position

Lhanna Catalino, Ph.D., UCSF Postdoctoral fellow
 Ashley Mason, Ph.D., UCSF Postdoctoral fellow
 Tomas De Baca, PHD, UCSF Postdoctoral fellow
 Melissa Hagan, PHD, UCSF Postdoctoral fellow
 Alison Gemmill, MA, UC Berkeley PHD Candidate
 Deborah Karasek, M.PH., UC Berkeley PHD Candidate
 Rashida Brown, M.PH., UC Berkeley PHD Student
 Amanda Gilbert, B.A., UCSF Research Assistant
 Emily Nauman, B.A., UCSF Research Assistant
 Samantha Schilf, B.A., UCSF Lab Manager
 Jordan Weiss B.S., UCSF Research Assistant

Previous Mentees, Highest Degree, Mentee Position During Supervision

Annesa Flentje, Ph.D., UCSF Postdoctoral fellow
 Benjamin Campbell, Alliant University, Completed PhD (dissertation advisor)
 Sai Wing Chan, B.S., UCSF, Medicine (4th year)
 Jacqueline Diggs, B.A., UCSF Research Assistant
 Zoe Evans, B.A., UCSF Research Assistant
 Pardis Esmaeli, B.S., UCSF Research Assistant
 Nicholas K. Harsch, B.A., UCSF Research Assistant
 Andrew Kim B.A., UCSF Research Assistant
 Jeffrey Krauss, B.A., M.D., Current Stanford Resident, UCSF Research Study Coordinator
 Alanie Lazaro, USC, M.Sc., UCSF Research Assistant
 Shiela Loharuka, B.A. Current D.O. Student, UCSF Research Assistant
 Kai Proschan B.S., UCSF Research Assistant
 Candace Riley Rearden, B.A., UCSF Research Assistant
 Roger Rothenberg, B.A., UCSF Research Assistant
 Olivia Sacks, B.A., UCSF Research Assistant
 Wanda Truong, B.A., M.Sc. Nutrition, UCSF Research Assistant
 Sarah Yager, B.A., M.D., UBC Research Assistant