

Curriculum Vitae
Susan Ann Carr Gaylord, Ph.D.
August 2023

1. PERSONAL INFORMATION:

Name: Susan Ann Carr Gaylord, Ph.D.

Work Address: Program on Integrative Medicine; CB# 7200,
183 Wing D, UNC-CH School of Medicine, Chapel Hill, NC 27599

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2. EDUCATION:

Doctor of Philosophy (Ph.D.), Department of Psychology & Neuroscience, Duke University, Durham, NC, 1984, Psychology(experimental)

Master of Public Health (MA), Department of Psychology & Neuroscience, Duke University, Durham, NC, 1979, Psychology(experimental)

Bachelor of Arts (BA), with honors, University of North Carolina at Chapel Hill, Chapel Hill, NC, 1972, Zoology and Psychology

3. PROFESSIONAL WORK EXPERIENCE:

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| 12/2011- present | Research Associate Professor and Director, Program on Integrative Medicine, Department of Physical Medicine and Rehabilitation, School of Medicine, University of North Carolina, Chapel Hill, N.C. |
| 11/1998-12/2011 | Research Assistant Professor and Director, Program on Integrative Medicine, Department of Physical Medicine and Rehabilitation, School of Medicine, University of North Carolina, Chapel Hill, N.C. |
| 07/2008 – present | Co-Director, T-32 Research Fellowship in Complementary and Alternative Medicine, Department of Physical Medicine and Rehabilitation, School of Medicine, University of North Carolina, Chapel Hill, N.C., 07/2008-present. |
| 04/1997 –present | Adjunct Research Assistant Professor, Department of Family Medicine, University of North Carolina School of Medicine. Direct courses in Alternative and Complementary Medicine. |
| 04/1997 –present | Adjunct Research Assistant Professor, Department of Health Behavior and Health Education, School of Public Health, University of North Carolina at Chapel Hill. Direct courses in Alternative and Complementary Medicine. |
| 09/1991-10/1998 | Research Associate in the School of Medicine, Program on Aging, University of North Carolina at Chapel Hill. Research Coordinator for the Program on Aging. Independently developed and conducted aging-related research; taught aging-related topics; wrote and reviewed articles for publication. |
| 04/1987-08/1991 | Social Research Associate I in the Department of Medicine and Program on Aging, University of North Carolina at Chapel Hill. Research Coordinator for the Program on Aging. Developed, coordinated, and carried out research activities in aging; wrote articles for publication; wrote grant proposals. |

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- 01/1986-05/1986 Psychologist/Instructor, Department of Health Education, School of Public Health, University of North Carolina at Chapel Hill. Designed and taught a course on psychosocial aspects of aging.
- 01/1982-06/1985 Psychologist/Instructor, Department of Health Policy and Administration, University of North Carolina at Chapel Hill. Designed and taught a course on long-term care of the aging population.
- 12/1979-06/1985 Psychologist-Research Associate, School of Public Health, Program on Aging, University of North Carolina at Chapel Hill. Coordinator of Program on Aging. Designed and implemented a wide range of programmatic activities, including curriculum development, faculty education, and lecture series; developed and evaluated educational materials; and wrote grant proposals. Lectured on long-term care and mental health aspects related to an aging population. Provided technical assistance to university and state constituencies of the SPH Program on Aging. Carried out research in health services and aging.
- 09/1977-12/1979 Research Assistant, Center for the Study of Aging and Human Development, KWIC/ASTRA Project at Duke University, Durham, NC. Wrote and edited book reviews and abstracts of educational materials on aging for publication. Selected materials for review and edited reviews. Evaluated geriatrics/gerontology educational and training resources. Left when the project concluded.
- 09/1975-05/1977 Teaching Assistant, Psychology 102: "Sensation and Perception." Duke University, Department of Psychology.
- 05/1972-11/1974 Research Assistant, Center for the Study of Aging and Human Development, Duke University, Durham, NC. Planned and implemented aging-related research studies with old and young human and animal subjects in perception, cognition, and psychophysiology. Other duties included analyzing data, writing computer programs, library research, and maintenance of laboratory equipment. Left to attend graduate school.

4. HONORS:

- 2011 Award winner, *Prevention Magazine's* Integrative Medicine
- 2010-2011 Member, Academy of Educators, UNC School of Medicine
- 2007 Spirit of Caring Award, UNC Hospital's Planetree Initiative

5. BIBLIOGRAPHY AND PRODUCTS OF SCHOLARSHIP:

Published books and chapters:

1. **Gaylord S**, Kadro Z, Toche J. Integrative Medicine. In: Busby-Whitehead J, Durso SC, Arenson C, Elon R, Palmer MH, Reichel W, editors. *Reichel's Care of the Elderly: Clinical Aspects of Aging*. 8th ed. Cambridge: Cambridge University Press; 2022. p. 684–698. doi:10.1017/9781108942751.056.
2. **Gaylord, S. Lange A**, Homeopathy. In J. E. Pizzorno and M.T. Murray, (Eds.) *Textbook of Natural Medicine*, 5th edition. St. Louis, Mo: Elsevier, Inc. 2021, pp. 307-315.
3. **Gaylord, S**. Integrative Medicine in the Care of the Elderly. In Jan Busby-Whitehead (Ed) *Reichel's Care of the Elderly*, 2016.
4. Lange A., **Gaylord S**. Homeopathy. In M.T. Murray (Ed.) *Textbook of Natural Medicine*, 4th ed. 2012, 51 pages.
5. **Gaylord SA.**, Norton SK, Curtis P. (Series Eds.), *The Convergence of Complementary, Alternative and Conventional Health Care: Educational Resources for Health Professionals*. University of North Carolina at Chapel Hill, Program on Integrative Medicine, 2004.
6. **Gaylord SA.**, Mann JD. Understanding the Convergence of Complementary, Alternative and Conventional Care in the United States. In S. Gaylord, S. Norton, P. Curtis (Eds.), *The Convergence of Complementary, Alternative and Conventional Health Care: Educational Resources for Health Professionals*. University of North Carolina at Chapel Hill, Program on Integrative Medicine, 2004.
7. Curtis P, **Gaylord SA**. Concepts of Healing and Models of Care. In S. Gaylord, S. Norton, P. Curtis (Eds.), *The Convergence of Complementary, Alternative, and Conventional Health Care: Educational Resources for Health Professionals*. University of North Carolina at Chapel Hill, Program on Integrative Medicine, 2004.
8. Mann JD, **Gaylord SA**, Norton SK. Integrating Complementary and Alternative Therapies with Conventional Care. In S. Gaylord, S. Norton, P. Curtis, (Eds.) *The Convergence of Complementary, Alternative, and Conventional Health Care: Educational Resources for Health Professionals*. University of North Carolina at Chapel Hill, NC, Program on Integrative Medicine, 2004.
9. Mann, JD and **Gaylord, SA**. "Multiple Sclerosis," in *Netter's Textbook of Internal Medicine*. MS Runge & A. Greganti (Ed). Icon Learning Systems/MediMedia, Inc., Teterboro, New Jersey. 2003, pp. 671-678.
10. **Gaylord SA**, Coeytaux R. Complementary and alternative therapies in Family Medicine. In: *Essentials of Family Medicine*, 4th ed. Sloane, P., Slatt, L. et al. (eds.). Baltimore: Williams and Wilkins. 2002.
11. **Gaylord S**. Women and aging: a psychological perspective. In: Garner JD, Mercer SO, eds. *Women as They Age*, 2nd Ed. New York, NY: Haworth Press; 2001.
12. Hunter RH, Britnell M, Norton SK, **Gaylord S**. Health Action: Preventing disability in older persons. Program on Aging, UNC School of Medicine, 2001.

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13. **Gaylord SA**, Horrell S, Bullard T. Wellness and Prevention. In: Making a Difference in the Lives of Rural Elders: Interdisciplinary Approaches to Health and Well Being. Program on Aging, UNC School of Medicine, Chapel Hill, NC, 1999.
14. Hunter RH, **Gaylord SA**. Challenges of rural sites. In: Siegler E, Hyer K, Fulmer T, Mezey M, eds. Geriatric Interdisciplinary Team Training. New York: Springer Publishing Company; 1998; Chapter 14, pp 193-210.
15. **Gaylord SA**. Complementary therapies in family medicine. In Essentials of Family Medicine, 3rd ed. Sloane, P, Curtis, P, Bell, ME, Slatt, L. (eds.). Baltimore: Williams and Wilkins; 1998:191-200.
16. Hunter RH, **Gaylord SA**, Britnell M, Ashford-Works C. Making a Difference in Rural Communities: A Guide for Trainees in the Health Professions. Chapel Hill, NC: UNC Printing Services; 1998.
17. Arcury T, **Gaylord S**, Cook H. Incorporating qualitative methods into the study of health beliefs and health behaviors of rural older adults. In: Gesler WM, Rabiner DJ, DeFries GH, eds. Rural Health and Aging Research: Theory, Methods and Practical Applications. Amityville, NY: Baywood Publishing Company, Inc., 1998.
18. **Gaylord S**. Demography of aging. In: Reuben DB, et al, eds. Geriatric Review Syllabus Supplement. New York: American Geriatrics Society; 1993.
19. **Gaylord S**. Biology of aging. In: Reuben DB, et al, eds. Geriatric Review Syllabus Supplement. New York: American Geriatrics Society; 1993.
20. **Gaylord S**. Psychology of aging. In: Reuben DB, et al, eds. Geriatric Review Syllabus Supplement. New York: American Geriatrics Society; 1993.
21. **Gaylord S**. Demography of aging. In: Beck JC, ed. Geriatrics Review Syllabus. Vol 2. New York, NY: American Geriatrics Society; 1991.
22. **Gaylord S**. Biology of aging. In: Beck JC, ed. *Geriatrics Review Syllabus*. Vol 2. New York, NY: American Geriatrics Society; 1991.
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24. **Gaylord S**. Women and aging: a psychological perspective. In: Garner JD, Mercer SO, eds. Women as They Age. New York, NY: Haworth Press; 1989.
25. **Gaylord S**. Williams M. Biology of aging. In: Beck JC, ed. Geriatrics Review Syllabus. New York, NY: American Geriatrics Society; 1989.
26. Williams M, **Gaylord S**. Physiologic changes with aging. In: Beck JC, ed. Geriatrics Review Syllabus. New York, NY: American Geriatrics Society; 1989.
27. Williams M, **Gaylord S**. Aging of tissues and organs. In: Beck JC, ed. Geriatric Review Syllabus. New York, NY: American Geriatrics Society; 1989.

28. **Gaylord S**, Zung W. Affective disorders and aging. In: Carstensen L, Edelman B, eds. *Handbook of Clinical Gerontology*. New York, NY: Pergamon Press; 1987.
29. **Gaylord S**. Biological aging: public health implications. In: Phillips HT, Gaylord SA, eds. *Aging and Public Health*. New York, NY: Springer Publishing Company; 1985.
30. Phillips H, **Gaylord S**, eds. *Aging and Public Health*. New York, NY: Springer Publishing Company; 1985.
31. Rosenfeld L, **Gaylord S**, Allen J. *Introduction to Long-Term Care of the Aging. Guide to Independent Study*. Chapel Hill, NC: UNC-CH Extension Division; 1983.
32. Rosenfeld L, **Gaylord S**. *Long-term Care for the Aging: Organization and Administration. Annotated Bibliography*. Chapel Hill, NC: UNC-CH School of Public Health, Department of Health Administration; 1980.
33. Saltz C, Phillips H, Herndon S, **Gaylord S**. *Gerontopia. An Aging Resource Book*. Chapel Hill, NC: UNC-CH School of Public Health, Department of Health Administration; 1980.
34. McGehee J, **Gaylord S**, eds. *ASTRA. Analysis and Selection of Training Resources in Aging, No. 1*. Durham, NC: Center for the Study of Aging and Human Development; 1978.
35. Bevan W, **Gaylord S**. Stimuli, the perceiver, and perception. In: Walk RD, Pick, Jr HL, eds. *Perception and Experience*. New York, NY: Plenum Press; 1978.

In Press/Submitted books and chapters:

N.A.

Original Research:

1. **Gaylord S**, Faurot KR, Shafer J, Harr E, Lathren C, Roth I, Giscombe K, Sheffield-Abdullah K, Williams S. Easing the burden of dementia caregiving: Protocol development for a telephone-delivered mindfulness intervention for rural, African American families. *Contemp Clin Trials Commun*. 2022 Oct 28;30:101031. doi: 10.1016/j.conctc.2022.101031. eCollection 2022 Dec. PMID: 36387990.
2. Kelley ML, Strowger M, Chentsova VO, Bravo AJ, **Gaylord SA**, Burgin EE, Vinci C, Ayers KL, Agha E. Mindfulness to Manage Moral Injury: Rationale and development of a live online 7-week group intervention for veterans with moral injury. *Contemp Clin Trials Commun*. 2022 Oct 14;30:101011. doi: 10.1016/j.conctc.2022.101011. eCollection 2022 Dec. PMID: 36340697.
3. Li H, Fu Q, Philips K, Sun Y, Faurot KR, **Gaylord SA**, Mann JD. Leukocyte inflammatory phenotype and function in migraine patients compared with matched non-migraine volunteers: a pilot study. *BMC Neurol*. 2022 Jul 27;22(1):278. doi: 10.1186/s12883-022-02781-4. PMID: 35896985.
4. Woods-Giscombe, Cheryl L.; Conklin, Jamie; Dodd, Adam; Barthold, Louise F.; Perry, Yvonne; Brooks, Jada; Bradford, Andrew; Vines, Sierra; Smith, Raven; Ikharo, Ebahi; Agha, Erum; Chilcoat, Aisha; Sheffield-Abdullah, Karen M.; **Gaylord, Susan A**. Workplace meditation interventions for reducing psychological stress and other cardiovascular risk factors: workplace wellness policy. *Current Cardiovascular Risk Reports* 2022; 16:231-240.

5. Zieff GH, Stoner L, Frank B, **Gaylord S**, Battle S, Hackney AC. Aerobic exercise, mindfulness meditation, and stress-reduction in high-stress, college-based young adults: A pilot study. *J Am Coll Health*. 2022 May 25:1-5. doi: 10.1080/07448481.2022.2076103. Epub ahead of print. PMID: 35613415.
6. Kelley ML, Chae JW, Bravo AJ, Milam AL, Agha E, **Gaylord SA**, Vinci C, Currier JM. Own soul's warning: Moral injury, suicidal ideation, and meaning in life. *Psychol Trauma*. 2021 Oct;13(7):740-748. doi: 10.1037/tra0001047. Epub 2021 Aug 5. PMID: 34351211.
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8. Morone N, Greco C, **Gaylord S**, Faurot K, Weinberg J, Gardiner P, Roth I, et al., The Design and Methods of the OPTIMUM Study (Optimizing Pain Treatment In Medical Settings Using Mindfulness). *Contemporary Clinical Trials*. (2021); Oct;109:106545. doi: 10.1016/j.cct.2021.106545. Epub 2021 Aug 27.
9. Giscombe CW, **Gaylord SA**, Faurot KR, Lynch C, Phillips P. It's not just about enrollment: Recognizing the impact of RCT recruitment approaches on prediabetes awareness, screening, and capacity building in African American communities. Submitted to *J Urban Health*, Oct 2021. 98(Suppl 2):123-128. Doi: 10.1007/s11524-021-00543-0.
10. Barnhill JL, Roth IJ, Faurot KR, Honvoh GD, Lynch CE, Thompson KL, **Gaylord SA**. Cultural Transformation in Healthcare: How Well Does the Veterans Health Administration Vision for Whole Person Care Fit the Needs of Patients at an Academic Rehabilitation Center? *Glob Adv Health Med*. 2022 Mar 17;11:2164957X221082994. doi: 10.1177/2164957X221082994. PMID: 35321235; PMCID: PMC8935551.
11. Roth IJ, Tiedt MK, Barnhill JL, Karvelas KR, Faurot KR, **Gaylord S**, Gardiner P, Miller VE, Leeman J. Feasibility of implementation mapping for integrative medicine group visits. *J Altern Complement Med*; 2021 27(S1): S71-S80.
12. Halverson TG, Meyer-Kalos PS, Perkins DO, **Gaylord SA**, Palsson OS, Nye LN, Algoe SB, Grewen KM, Penn DL. Enhancing stress reactivity and wellbeing in early schizophrenia: A preliminary randomized controlled trial of integrated coping awareness therapy (I-CAT). *Schizophrenia Research*. Sept.; 235:91-101, 2021.
13. Miller V, Faurot K, Palsson O, MacIntosh B, Suchindran C, Honvoh G, **Gaylord S**, Ramsden C, Mann. Comparing prospective headache diary and retrospective four-week headache questionnaire over 20 weeks: Secondary data analysis from a randomized controlled trial. *Cephalgia*, 2020. 40(13):1523-1531. doi: 10.1177/033310242094918.
14. Andersen, E., Geiger P; Schiller, C., Bluth, K; Watkins, L; Zhang, Ying; Xia, Kai; Tauseef, H.; Leserman, Jane; **Gaylord, Susan**; Girdler, S. Effects of Mindfulness-Based Stress Reduction on Experimental Pain Sensitivity and Cortisol Responses in Women with Early Life Abuse: A Randomized Controlled Trial. *Psychosom Medicine*. 2020, Nov. 30; 10.1097/PSY.0000000000000889.
15. Brintz, Carrie; Roth, Isabel; Faurot, K; Rao, Sanjana; **Gaylord, S**. Feasibility and acceptability of an abbreviated, four-week mindfulness program for chronic pain management. *Pain Medicine*. 2020, 21(11): 2799-2810. doi: 10.1093/pm/pnaa208.
16. Garland Eric L, Carrie E. Brintz, Adam W. Hanley; Eric J. Roseen; Rachel M. Atchley; **Susan A. Gaylord**; Keturah R. Faurot; Joanne Yaffe; Michelle Flander; Francis J. Keefe. *Mind-Body Therapies for Opioid-*

Treated Pain: A Systematic Review and Meta-analysis. *JAMA Intern Med.* Published online November 04, 2019. doi:<https://doi.org/10.1001/jamainternmed.2019.4917>.

17. Woods-Giscombe C, **Gaylord S***, Li Y, Brintz CE, Bangdiwala SI, Buse JB, Mann JD, Lynch C, Phillips P, Smith S, Leniek K, Young L, Al-Barwani S, You J, Faurot K. A mixed-methods randomized clinical trial to examine feasibility of a mindfulness-based stress management and diabetes risk reduction intervention for African Americans with prediabetes. *Evidence-Based Complementary and Alternative Medicine*, August 2019. Doi:10.1155/2019/3962623. PMID: 31511777 (*Gaylord S is the co-first author).
18. Phillips, Kamaira; Brintz, Carrie; Moss, Kevin; **Gaylord, Susan**. * Didgeridoo Sound Meditation for Stress Reduction and Mood Enhancement in Undergraduates. *Global Advances in Health and Medicine*. Published online on September 30, 2019). <https://doi.org/10.1177/2164956119879367> (Gaylord S is the senior author).
19. Brintz, Carrie E; Miller, Shari; Olmsted, Kristine; Bartoszek, Michael; Cartwright, Joel; Kizakevich, Paul; Butler, Michael; Asefnia, Nakisa; Buben, Alex; **Gaylord, Susan**. * Adapting Mindfulness Training for Military Service Members with Chronic Pain. *Mil Med.* 2020 Mar 2;185(3-4):385-393. doi: 10.1093/milmed/usz312. PMID: 31621856 (Gaylord S is the senior author).
20. Wang C, Li KG, Seo D, **Gaylord S**. * Use of Complementary and Alternative Medicine Among U.S. Children with ADHD: Results from the 2012 and 2017 National Health Interview Survey. *Complementary Therapies in Medicine*, 2020 Mar;49:102352. doi: 10.1016/j.ctim.2020.102352. Epub 2020 Feb 19. (Gaylord S. is the senior author).
21. Brintz, Carrie; Roth, Isabel; Faurot, Keturah; Rao, Sanjana; **Gaylord, Susan**. Feasibility and acceptability of an abbreviated, four-week mindfulness program for chronic pain management. *Pain Medicine*. Accepted for Publication in May 2020. Manuscript ID: PME-PRA-Feb-20-174. (Gaylord S is the senior author).
22. Miller V, Faurot K, Palsson O, MacIntosh B, Suchindran C, Honvoh G, **Gaylord S**, Ramsden C, Mann. Comparing prospective headache diary and retrospective four-week headache questionnaire over 20 weeks: Secondary data analysis from a randomized controlled trial. *Cephalalgia*, Accepted. Manuscript number: JCHA-00516-OA-2019.
23. Wang C., Li K., Choudhury A. and Gaylord SA. Trends in Yoga, Tai Chi, and Qigong Use Among US Adults, 2002–2017, *American Journal of Public Health*, 2019, 109: 755-761. DOI: 10.2105/AJPH.2019.304998 PMID: 30896991.
24. Wang C., Li K., **Gaylord S**. Prevalence, patterns, and predictors of meditation use among U.S. children: results from the National Health Interview Survey. *Complementary Therapies in Medicine*, 2019, April 43: 271-276. <https://doi.org/10.1016/j.ctim.2019.02.004>. (Gaylord S. is the senior author).
25. Piper S. Meyer-Kalos, Kelsey A. Ludwig, **Susan Gaylord**, Diana O. Perkins, Olafur S. Palsson, Margaret Burchinal, and David L. Penn. Enhancing Stress Reactivity and Wellbeing in Early Schizophrenia: A Pilot Study of Individual Coping Awareness Therapy (I-CAT). *Schizophr Res.* 2018 Nov;201:413-414 doi: 10.1016/j.schres.04.039. Epub 2018 May 4.
26. Mann JD, Faurot KR, MacIntosh B, Palsson OS, Suchindran CM, **Gaylord SA**, Lynch C, Johnston A, Maiden K, Barrow DA, Hibbeln JR, Ramsden CE. A sixteen-week three-armed, randomized, controlled trial investigating clinical and biochemical effects of targeted alterations in dietary linoleic acid and n-3 EPA+DHA in adults with episodic migraine: Study protocol. *Prostaglandins Leukot Essent Fatty Acids*. 2018 Jan;128:41-52. doi: 10.1016/j.plefa.2017.11.002
27. Miller S, **Gaylord S**, Buben A, Brintz C, Rae Olmsted K, Asefnia K, Bartoszek M. Literature review of research on chronic pain and yoga in military populations. *Medicines (Basel)*. 2017. Sep 1;4(3). pii: E64. doi: 10.3390/medicines 4030064.

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29. Garland EL, Kiken LG, Faurot K, Palsson O, **Gaylord SA**. Upward Spirals of Mindfulness and Reappraisal: Testing the Mindfulness-to-Meaning Theory with Autoregressive Latent Trajectory Modeling. *Cog Ther Res.* 2017. 41(3): 381-392 DOI 10.1007/s1068-016-9768-y.
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31. Bluth, K, Campo RA, Futch WS, **Gaylord SA**. Age and gender differences in the associations of self-compassion and emotional well-being in a large adolescent sample. *J. Youth Adoles.* 2016, Sept. 15, [Epub ahead of print].
32. Campo RA, Leniek KL, Gaylord-Scott N, Faurot KR, Smith S, Asher G, Porterfield D, **Gaylord SA**. Weathering the seasons of cancer survivorship: mind-body therapy use and reported reasons and outcomes by stages of cancer survivorship. *Supportive Care in Cancer*, 2016, Sept. 9, 3783-91.
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 54. Mann JD, Faurot K, Wilkinson L, Curtis P, Coeytaux R, Suchindran C, Gaylord SA. Craniosacral therapy for migraine: protocol development for an exploratory controlled clinical trial. *BMC: Complement Altern Medicine*, 8:28, 2008.
 55. Faurot K, Gaylord S, & Mann JD. Piloting research to train family caregivers in hand and foot massage for hospitalized patients: challenges and lessons learned. *Journal of Evidence-based Complementary &*

Alternative Medicine (formerly Complementary Health Practice Review), 12: 203-226, 2007.

56. Curtis P, McDermott J, Gaylord SA, Mann JD, et al. Preparing complementary and alternative practitioners to teach learners in conventional health professions. *Alternative Therapies in Health and Medicine*. 2002;8(6):54-59.
57. Davidson J, Gaylord S. Homeopathic and psychiatric perspectives on grief. *Alternative Therapies in Health and Medicine*. 4(5):30-35, 1998.
58. Davidson J, Gaylord S. Meeting of minds in psychiatry and homeopathy: an example in social phobia. *Alternative Therapies in Health and Medicine*. 1(3)July, 1995.
59. Williams ME, Gaylord SA, Gerrity MS. The timed manual performance test as a predictor of hospitalization and death in a community-based elderly population. *J Am Geriatr Soc*.42:21-27; 1994.
60. Gerrity MS, Gaylord SA, Williams ME. Short versions of the timed manual performance test: development, reliability, and validity. *Medical Care*. 31(7):617-628, 1993.
61. Williams M, Gaylord S, McGaghie W. Timed manual performance in a community elderly population. *Journal of the American Geriatrics Society*. 38:1120-1126, 1990.
62. Gaylord S, Marsh G. Age differences in the speed of a spatial cognitive process. *Journal of Gerontology*. 30:674-678, 1975.

Other peer-reviewed articles

1. Garland, EL, **Gaylord, S**. Envisioning a future contemplative science of mindfulness: Fruitful methods and new content for the next wave of research. *Complementary Health Practice Review*, 14(1), 3-9, 2009.
2. Garland, E, **Gaylord, S**, and Park, J. The role of mindfulness in positive reappraisal. *Explore* 5:37-44, 2009.
3. **Gaylord S** & Mann JD. Rationales for CAM Education in Health-professions Training Programs. *Academic Medicine*, 82: 927-933, 2007.
4. Kim YS, Wang J, Mann DJ, **Gaylord SA**, Lee JH, Lee MY. Korean oriental medicine in stroke care. *Complementary Health Practice Review*. 10(2):105-117, 2005.
5. Curtis P and **Gaylord SA**. Safety issues in the interaction of conventional, complementary, and alternative health care. *Complementary Health Practice Review* 10:3-31, 2005.
6. Mann JD, **Gaylord SA**, Norton S. Moving toward integrative care: rationales, models, and steps for conventional care providers. *Complementary Health Practice Review*, 9:155-172, 2004.
7. **Gaylord SA**, Crotty N. Enhancing function with complementary therapies in geriatric rehabilitation. *Topics in Geriatric Rehabilitation* 18(2):63-79, 2002.
8. **Gaylord SA**. Alternative therapies and empowerment of older women. *Journal of Women and Aging* 11(2-3):29-47, 1999.
9. **Gaylord, SA**, Davidson J. The Constitution: views from homeopathy and psychiatry. *British Homeopathy Journal*. 87(July):148-153, 1998.

10. **Gaylord SA**, Williams ME. A brief history of the development of geriatric medicine. *J Am Geriatr Soc.* 42:335-340, 1994.
11. **Gaylord S**, Williams M. The role of functional assessment in evaluating urinary incontinence. *International Urogynecology Journal.* 2:50-54, 1991.
12. Williams M, **Gaylord S**. The role of functional assessment in the evaluation of urinary incontinence. *Journal of the American Geriatrics Society.* 38:296-299, 1990.
13. **Gaylord S**. Women and aging: a psychological perspective. *Journal of Women and Aging.* Spring, 1989.

Editorials or letters:

Wang C., Li K. and **Gaylord S**. * Wang et al. Respond. (Inequitable and Undisclosed Use of Mind-Body Practices among U.S. Adults: What are the remedies?) (Letter to the Editor to the *American Journal of Public Health*, September 2019; 109(9);e5-e6. Doi:10.2105/AJPH.2019.305239. PMID: 31390243 (*Gaylord S is senior author.)

Refereed papers/articles submitted or in press:

Post E, Faurot K, Kadro Z, Hill J, Nguyen C, Asher GN, **Gaylord S**, Corbett A. Patient Perspectives on the Development of a Novel mHealth Application for Dietary Supplement Tracking and Reconciliation. *Health and Technology* (submitted). 21 pages.

Published Abstracts (from conferences)

1. Feasibility and preliminary outcomes of a telephone-delivered mindfulness intervention for rural African American families caring for a person with dementia **Christine Lathren**, PhD, MSPH, Keturah **(Kim) R Faurot**, PhD, MPH, PA, Sharon Williams, PhD, **Isabel Roth, DrPH**, Elondra Harr, BS, Rachel Mason, Karen Sheffield-Abdullah, PhD, MSN, CNM, **Jessica Barnhill**, MD, MPH and **Susan Gaylord**, PhD. Presented by **K Faurot** 10/21/2021 at the American Public Health Association 2021 Annual Meeting and Expo.
2. Tiedt, **M; Barnhill, J**; Kavalakatt, B; Chilcoat, ND1, Paula Gardiner, MD, MPH, **John Baratta, MD, MBA, Karla Thompson, PhD1, Susan Gaylord, PhD**, Keturah **(Kim) R Faurot, PhD, MPH, PA** and **Isabel Roth, DrPH, MS**. Piloting "nourish to flourish" – An adapted integrative medicine group visit for post-acute sequelae of SARS-CoV-2 Presented by M.Tiedt on 10/21/2021 at the American Public Health Association 2021 Annual Meeting and Expo
3. Isabel Roth, DrPH, MS, Aisha Chilcoat, ND, Keturah Faurot, PA, PhD, Jessica Barnhill, MD, MPH, Malik Tiedt, Paula Gardiner, MD, MPH, **Susan Gaylord**, PhD, Jennifer Leeman, DrPH, Kris Karvelas, MD and Vanessa Miller, PhD. Implementing integrative medical group visits for patients with chronic pain: Findings from a pilot study. Presented by A. Chilcoat on 10/21/2021 at the American Public Health Association 2021 Annual Meeting and Expo.
4. Post E, Corbett A, Asher G, Kadro Z, Hill J, Nguyen C, **Gaylord S**, Faurot K. Patient Perspectives on Development of a Mobile Health Application to Improve Dietary Supplement Tracking and Reconciliation. *The Global Advances in Health and Medicine.* [May 2020 abstract]
5. Barnhill J, Roth I, Faurot K, Honvoh G, Lynch C, Thompson K, **Gaylord S**. [Applying a holistic curriculum at](#)

[a rehabilitation center to advance integrative health services](#). APHA's 2019 Annual Meeting and Expo (Nov. 2-Nov. 6, 2019)/

6. Faurot KR, Lipscomb-Hudson A, Thompson K, Gaylord-Scott AN, **Gaylord SA**. Complementary and Alternative Medicine Use Among People with Functional Limitations. *Archives of Physical Medicine and Rehabilitation*, 2018, 99(10) e89.
7. Cheryl L Woods-Giscombé, **Susan A Gaylord**, Yin Li, Shrikant I Bangdiwala, John Buse, John D Mann, Chance Lynch, Pamela E Phillips, Sunyata Smith, Karyn Leniek, Laura Young, Saada Al-Barwani, Jeena Yoo, Keturah R Faurot. Mindfulness-based Diabetes Risk Reduction for African Americans with Prediabetes: A pilot, sequential mixed methods RCT. *Annals of Behavioral Medicine*, 2016
8. Zamora D, Faurot K, Young L, **Gaylord SA**. P04.87. Are people with known coronary risk factors more likely to use dietary supplements? Poster presentation (Dr. Zamora) 5/15/2012 at the International Research Congress on Integrative Medicine and Health. Published in *BMC Complementary and Alternative Medicine* 2012, 12(Suppl 1):P357.
9. Faurot K, Young L, Gardiner P, Zamora D, **Gaylord SA** P04.70. Determinants of botanical/specialty dietary supplement use among Hispanics participating in the 2007 National Health Interview Survey. Poster presentation 5/16/2012 at the International Research Congress on Integrative Medicine and Health. Published in *BMC Complementary and Alternative Medicine* 2012, 12(Suppl 1):P340
10. Smith S, Ramsden C, **Gaylord S**, Faurot K, Lynch C, Mann J. P02.141. Effects of a low omega-6 and high omega-3 diet on inflammatory gene expression in patients with chronic daily headaches. Poster presentation (Dr. Smith) 5/16/2012 at the International Research Congress on Integrative Medicine and Health. Published in *BMC Complementary and Alternative Medicine* 2012, 12(Suppl 1):P197
11. Mann J. **Gaylord S**, Faurot K, Suchindran C, Coeytaux R, Wilkinson L, Coble R, Curtis P. P02.55 Craniosacral Therapy for Migraine: a feasibility study. Poster presentation (Dr. Mann) 5/16/2012 at the International Research Congress on Integrative Medicine and Health. Published in *BMC Complementary and Alternative Medicine* 2012, 12(Suppl 1):P111
12. Young LA, Faurot KR, Giscombé CW, **Gaylord SA**. Mind-body therapies: patterns of use in the US among people with diabetes and prediabetes. Oral presentation (Dr. Young), 2011, at the Conference of the American Diabetes Association. Published in *Diabetes*. 60 S1.
13. Leniek KL, **Gaylord SA**, Faurot K, Porterfield DS, Zimmer C. Racial and Ethnic Differences in Use of Mind-Body Medicine and Prayer for Health Among US Female Breast Cancer Survivors (212759). Poster presentation (Dr. Leniek) at the American College of Preventive Medicine annual conference. Washington, DC., Feb. 2010.
14. Chanee Lynch, MPH, Chadd Michael Hearn, BA, Kim Faurot, PA, PhD³, Chloe Brown, BS, Zayne Dadressan, BA, **Susan Gaylord, Ph.D** . Process for Creating an Attention-Control Group Curriculum for Mindful Self-Compassion. American Public Health Association Nov 2-6, 2019 Philadelphia, PA. Abstract #450883- Presented as poster presentation.
15. Christine Lathren, MD, MSPH, Jinyoung Park, MS, Karen Bluth, PhD, **Susan Gaylord, PhD**, Bharathi Zvara, MS, PhD. Self-Compassion and Parent-Pre-Adolescent Relationships. Society for the Study of Human Development October 11-13, 2019, Portland, OR.
16. Claudia Wang, PhD, Kaigang Li, PhD, M.Ed. and **Susan A. Gaylord, PhD**. Prevalence, Patterns, and Predictors of Meditation Use among U.S. Children: Results from the 2017 National Health Interview

- Survey. American Public Health Association, November 2-6, 2019. Philadelphia, PA. Presented as poster presentation.
17. Barnhill J, Roth I, Honvoh G, Lynch C, Faurot K, Thompson K, **Gaylord S**. Whole Health for Life at the Rehabilitation Center. Academic Consortium of Integrative Health and Medicine, Board Members Meeting. <https://imconsortium.org>. Conference cancelled due to COVID-19.
 18. Lynch C, Honvoh G, Mann JD, Suchindran C, **Gaylord SA**, Faurot K. *Assessment of complementary and alternative medicine use among migraine patients in a dietary clinical trial*. Poster presentation, American Public Health Association, San Diego, CA, November 2018. Presented.
 19. Thompson KL, Honvoh G, Gaylord-Scott N, **Gaylord SA**, Lipscomb-Hudson A, Faurot K. Complementary and alternative medicine use among people with functional limitations. American Congress of Rehabilitation Medicine, Dallas TX, October 2018. Presented.
 20. Zieff G, Stoner L, Frank B, **Gaylord S**, Battle S, Hackney A.C. (2019) Do aerobic exercise and mindfulness act synergistically to mitigate psychological distress in high-stress college students? *Southeast Chapter of the American College of Sports Medicine (SEACSM)*. Greenville, SC, USA. Feb 16-16, 2019. Presented.
 21. Zieff G, Stoner L, Frank B, **Gaylord S**, Battle S, Hackney A.C. (2019) Do aerobic exercise and mindfulness act synergistically to mitigate psychological distress in high-stress college students? *American College of Sports Medicine (ACSM) National Conference*. Orlando, FL, USA. May 28-June 1, 2019. Presented.
 22. Brintz C, **Faurot K**, Rao S, **Gaylord SA**. Feasibility of a 4-week Adapted Mindfulness Program for Adults with Chronic Pain. Society of Behavioral Medicine National Conference. (Submitted Nov. 9, 2018.) Presented.
 23. Barnhill J, Roth I, **Faurot K**, Honvoh G, Lynch C, Thompson K, **Gaylord S**. Whole Health at the Center for Rehabilitation Care: An Integrative Health Model. Academic Consortium for Integrative Medicine & Health April 14 -16, 2019 Edmonton, Canada. Presented.
 24. Jessica Barnhill, MD¹, Isabel Roth, DrPH, MS, Gilson Honvoh, MS, Chanee Lynch, MPH, Kim Faurot, PA, PhD, Karla Thompson, PhD and **Susan Gaylord, Ph.D**. Applying a holistic curriculum at a rehabilitation center to advance integrative health services. American Public Health Association Nov 2-6 2019 Philadelphia, PA. Accepted for poster presentation.
 25. Chanee Lynch, MPH, Chadd Michael Hearn, BA, Kim Faurot, PA, PhD³, Chloe Brown, BS, Zayne Dadressan, BA, **Susan Gaylord, Ph.D** . Process for Creating an Attention-Control Group Curriculum for Mindful Self-Compassion. American Public Health Association Nov 2-6 2019 Philadelphia, PA. **Abstract #450883-Accepted for poster presentation.**
 26. Antonelli R, Johnston A, Faurot KR, **Gaylord SA**, Mann JD. Associations between obesity, dietary factors, and headache frequency in migraineurs. American Public Health Association Meeting, November 2017, Atlanta, GA.
 27. Lynch CE, Faurot KR, Woods-Giscombe C, **Gaylord SA**. Utilizing a Validated Active Control Group Design to Enhance the Research of Mindfulness-Based Training for Diabetes Prevention. American Public Health Association Meeting, November 2017, Atlanta, GA
 28. Phillips, Kamaira; Brintz, Carrie; Moss, Kevin; **Gaylord**, Susan A. Didgeridoo Sound Meditation for Stress

Reduction and Mood Enhancement in Undergraduates. (revised for submission to *Global Advances in Health and Medicine*, May, 2019).

29. Phillips KH, Hemric J, Faurot K, **Gaylord S**. Effect of omega-3 fatty acid intake in preconception period on maternal and child health outcomes: a systematic review. American Public Health Association Meeting, November 2017, Atlanta, GA
30. Wang C, Phillips K, Li H, **Gaylord S**. Characteristics of meditation use among US adults: results from the National Health Interview Survey. American Public Health Association Meeting, November 2017, Atlanta, GA
31. Ford S, **Gaylord S**, Mann JD, Suchindran C, Palsson O, Wang R, O'Garro K, Ballantyne J. Mindfulness training for post-traumatic headache in active duty soldiers. MHSRS Abstract 16-1234. TBI Therapeutics: Treatment and Emerging Care, October, 2016.
32. Ballantyne J, Ford S, **Gaylord S**, O'Garro K, Mann JD, Suchindran C. Impact of daily stress on military post-traumatic headache disability. MHSRS. Abstract 16-1234. TBI Therapeutics: Treatment and Emerging Care, Oct. 2016.
33. Faurot K, **Gaylord, SA**, Palsson, Garland, EL, Mann JD & Whitehead, W. Long-term outcomes for Mindfulness for IBS. Digestive Disease Week, May 11, 2014.
34. Leniek KL, **Gaylord SA**, Faurot K, Porterfield DS, Zimmer C. Racial and Ethnic Differences in Use of Mind-Body Medicine and Prayer for Health Among US Female Breast Cancer Survivors (212759). American College of Preventive Medicine annual conference. Washington, DC., Feb. 2010.
35. Garland, EL, **Gaylord, SA**, Boettiger, CA, Roberts, AC, Rounds, KA & Howard, MO. (2010). *Biopsychosocial assessment of a mindfulness-oriented intervention for stress-precipitated alcohol dependence: A pilot randomized controlled trial*. 13th Annual Society for Social Work Research Conference, San Francisco.
36. Leniek KL, **Gaylord SA**, Porterfield DS, Zimmer CR. Mind-body medicine use among U.S. cancer survivors and controls. An Analysis of 2007 National Health Interview Survey data. American College of Preventive Medicine Annual Conference. Los Angeles, CA, Feb., 2009.
37. **Gaylord SA**, Whitehead W, Palsson O, Faurot K, Garland E, Coble R, Mann JD, Relationship between dispositional mindfulness and disease severity, quality of life, and psychological well-being in women with irritable bowel syndrome (IBS) North American Research Conference on Complementary and Alternative Medicine. Minneapolis, MN. Published in *The Journal of Alternative and Complementary Medicine*. April 2009, Vol. 15, No. 4: 459-459
38. Faurot KR, **Gaylord SA**, Blalock S, McDermott J. Dietary supplement education in the community pharmacy--the pharmacist's perspective. The North American Research Conference on Complementary and Integrative Medicine (5/13/2006). Edmonton, Alberta, CN. Published in *Alternative Therapies in Health and Medicine*. 2006. Access at <http://www.bridgehealth.com/cahc/index.html>
39. **Gaylord, SA**. Resource Sharing in Leadership in Collaborative Practice: 1998 Bureau of Health Professions Cross Program Conference; Las Vegas, NV, June 8-9, 1998.
40. **Gaylord SA**. Rationales for alternative medicine education for health professionals working with older people. Annual Scientific Meeting of the Gerontological Society of America, Washington, DC. November

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19-21, 1996.

41. Bird MB, Hunter RH, Whaley L, **Gaylord SA**. Developing a proactive preventive program for rural elderly. Poster session at Annual Scientific Meeting of the Gerontological Society of America, Washington, DC. November 19-21, 1996.
42. **Gaylord SA**, Goldstein A. Interdisciplinary education in alternative and complementary medicine: a successful course for students in medicine, nursing, public health, pharmacy, dentistry and social work. American Public Health Association Annual Meeting, New York, NY. November 21, 1996
43. Hunter R, Williams ME, Pulliam C, Kincade J, Dudziak D, **Gaylord SA**, Hartzema A. Functioning and medication management. Presentation to Annual Scientific Meeting of the Gerontological Society of America, Washington, DC. November, 1996.
44. Soltys FG, Kincade-Norburn JE, Hunter RH, **Gaylord SA**, Capowski CW, Williams ME. Student attitudes toward older adults: results of a pilot study. Annual Meeting, American Society on Aging, Atlanta, GA. March 11-14, 1995.
45. Kincade-Norburn JE, Soltys FG, Capowski CW, **Gaylord SA**, Hunter RH, Williams ME. Student attitudes toward older adults: results of a pilot survey. Presented at 15th Annual Meeting of the Southern Gerontological Society, Charlotte, NC, April 20-23, 1994.
46. **Gaylord SA**. Towards healthier aging: research activities at the School of Medicine Program on Aging. Presented at the 15th Annual Meeting of the Southern Gerontological Society, Charlotte, NC, April 20-23, 1994.
47. **Gaylord SA**. Beliefs about life expectancy and preventive health among older American Indians, Blacks, and Whites living in the rural South. Presented at 15th Annual Meeting of the Southern Gerontological Society, Charlotte, NC, April 20-23, 1994.
48. Kincade-Norburn JE, Soltys FG, Capowski CW, **Gaylord SA**, Hunter RH, Williams ME. Student attitudes toward older adults: results of a pilot survey. Presented at 45th Annual Meeting of the Gerontological Society, Washington, DC, November 14-18, 1992. (Poster session)
49. Williams ME, **Gaylord SA**, Gerrity M. Timed manual performance predicts hospitalization and mortality in elderly people. Presented at the 49th Annual Meeting of the American Geriatrics Society, Washington, DC, November 14-18, 1992.

Refereed/invited unpublished oral presentations and/or abstracts:

50. Chilcoat A, Barnhill J, Faurot K, **Gaylord S**, Tiedt M, Roth I. Provider experiences implementing integrative medical group visits for patients with chronic pain. 2021 Integrative Medicine & Health Symposium, April 2021.
51. Faurot K, Thompson K, Hearn M, Barnhill J, Roth I, Honvoh G, Lynch C, **Gaylord S**. Use of complementary and integrative health practices among individuals seeking care at an academic-affiliated outpatient rehabilitation center. American Public Health Association Annual Meeting and Expo, October 2020.
<https://www.apha.org/>

52. Roth I, Barnhill J, Gardiner P, **Gaylord S**, Miller V, Faurot K, Karvelas K, Leeman J, Tiedt M. Implementing integrative medical group visits for patients with chronic pain: approach and preliminary findings. American Public Health Association Annual Meeting and Expo, October 2020. <https://www.apha.org/>
53. Miller V, Faurot K, Palsson O, **Gaylord S**, Ramsden C, Mann J. (2020, December 16-18). *Exploring bias in 4-week recall of headache compared to daily diary measurement: secondary analysis from a randomized controlled trial*. Annual meeting of the Society for Epidemiologic Research, Boston MA, United States. <https://epiresearch.org/annual-meeting/2020-meeting/>
54. **Gaylord**, Susan PhD. "Mindfulness for Management of Chronic Pain. Increasing Accessibility and Positive Outcomes." American Public Health Associate Annual Meeting. Philadelphia, PA. 11/4/2019. (solicited presentation).
55. Wang C & **Gaylord S**. "Complementary and Alternative Medicine Use in Children with ADHD. Results from the 2012 and 2017 NIHS." American Public Health Association Annual Meeting. Philadelphia, PA. 11/4/2019.
56. Lynch C, Hearn CM, Faurot K, Dadressan Z, **Gaylord S**. Process for Creating an Attention-Control Group Curriculum for Mindful Self-Compassion. In: American Public Health Association Annual Meeting Online Program; Creating the Healthiest Nation: For science. For action. For health. (2019). American Public Health Association. Philadelphia PA, Washington D.C., United States. <https://www.apha.org/>
57. Barnhill J, Roth I, Honvoh G, Lynch C, Faurot K, Thompson K, **Gaylord S**. (2019, April 28-May1). *Whole Health for Life at the Rehabilitation Center*. Academic Consortium of Integrative Health and Medicine Board Members Meeting, Edmonton, Alberta, Canada. <https://imconsortium.org/> (Conference cancelled due to COVID-19)
58. Barnhill J, Roth I, Honvoh G, Lynch C, Faurot K, Thompson K, **Gaylord S**. (2019, November 4-6). *Applying a Holistic Curriculum at a Rehabilitation Center to Advance Integrative Health Services*. Oral Presentation [Abstract]. In: American Public Health Association Annual Meeting Online Program; Creating the Healthiest Nation: For science. For action. For health. (2019). American Public Health Association. Philadelphia PA, Washington D.C., United States. <https://www.apha.org/>
59. Barnhill J, Roth I, Faurot K, Honvoh G, Lynch C, **Gaylord S**. Whole Health at the Center for Rehabilitation Care: an integrative health model. Poster presented by J Barnhill, 4/23/2019, Meeting of the Academic Consortium for Integrative Medicine and Health, Edmonton, Alberta.
60. Thompson KL, Honvoh G, Gaylord-Scott N, **Gaylord SA**, Lipscomb-Hudson A, Faurot KR. Complementary and alternative medicine use among people with functional limitations. Abstract submitted by KR Faurot. Poster presented by KL Thompson, 10/2/2018, American College of Rehabilitation Medicine Annual Conference, Dallas, TX.
61. **Gaylord, SA**, Miller S, Brintz C, Olmsted, K, Buben G, Bartoszek, M, Butler, M, Asefnia, N. Feasibility and Acceptability of Adapted Mindfulness Training to Treat Chronic Pain in the Military. International Congress in Complementary and Integrative Health. Baltimore, MD, May 9-12, 2018,
62. **Gaylord, SA** and Giscombe C. Piloting an Interdisciplinary Elective on Mindfulness and Self-Compassion Training for Caring Professions. Contemplative Practices in 21st Century Higher Education national conference. Rizzo Center, Chapel Hill, NC; March 9-10, 2018.

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63. **Gaylord SA**, Palsson, Garland EL, & Whitehead et al. Mindfulness for IBS: Outcomes of a Controlled Clinical Trial, Digestive Disease Week, May 11, 2011.
64. **Gaylord, SA** “Mindfulness at UNC”. Summary presentation at Mindfulness for Psychiatric Nursing Conference, The University of North Carolina at Chapel Hill School of Nursing, Chapel Hill, NC, May 5, 2011.
65. **Gaylord, SA**, Palsson, Garland, EL, & Whitehead, et al. Mindfulness for IBS: Outcomes of a Controlled Clinical Trial. Digestive Disease Conference, UNC School of Medicine, October 25, 2010.
66. **Gaylord, SA**. “Reforming Health Care: The Role of Integrative Medicine.” Health Choices Marketplace invitational symposium, Raleigh, NC, Feb. 20, 2010.
67. **Gaylord, SA**. “Balancing Work and Wellness.” Ackland Art Museum. Feb. 18, 2010.
68. **Gaylord, SA** “CAM and IM: Past, Present, and Future.” Keynote presentation at the Complementary and Alternative Therapy Conference, The University of North Carolina at Chapel Hill School of Nursing, Chapel Hill, NC, December 11, 2009.
69. **Gaylord, SA**, Garland E. “Mindfulness-based Interventions: Theory, evidence, and clinical application.” Presentation at the Complementary and alternative Therapy Conference, The University of North Carolina at Chapel Hill School of Nursing, Chapel Hill, NC, December 11, 2009.
70. **Gaylord SA**, Palsson O, Faurot K, Garland E, Coble R, Mann JD, Whitehead, W. Relationship between dispositional mindfulness and disease severity, quality of life, and psychological well-being in women with irritable bowel syndrome (IBS) Poster presentation at the North American Research Conference on Complementary and Alternative Medicine. Minneapolis, MN, May 12, 2009.
71. Garland, E., Boettiger, C., **Gaylord S.**, West, V., & Howard, M. (2009, March 3). *The inverse relationship between mindfulness, alcohol attentional bias, and cue reactivity*. University of North Carolina Research Day 2009, Chapel Hill, NC.
72. Leniek KL, **Gaylord SA**, Porterfield DS, Zimmer CR. Mind-body medicine use among U.S. cancer survivors and controls. An Analysis of 2007 National Health Interview Survey data. American College of Preventive Medicine Annual Conference. Poster presentation at the Los Angeles, CA, Feb., 2009.
73. **Gaylord S.**, Palsson, O., Faurot, K., Garland, E., Coble, B., Mann, D., & Whitehead, B. (2008, October 4). *Dispositional mindfulness is associated with psychological symptoms accompanying irritable bowel syndrome*. Biopsychosocial Gastrointestinal Research Day 2008 at University of North Carolina, Chapel Hill, NC.
74. **Gaylord SA**. Medical Education in Complementary & Alternative Medicine. Southern Association of American Medical Colleges annual meeting, Vanderbilt University, Nashville, Tennessee, April, 2008.
75. **Gaylord SA** et al. CAM Education for Physical Medicine and Rehabilitation Residency Program. Presented at AAP Meeting, February, 2008.
76. **Gaylord, S.**, Palsson, O., Faurot, K., Garland, E., Coble, B., Mann, D., & Whitehead, B. (Saturday, September 29, 2007). *Mindfulness vs. support group for irritable bowel syndrome: Development of a research protocol for a randomized controlled clinical trial*. Biopsychosocial Gastrointestinal Research Day 2008 at

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University of North Carolina, Chapel Hill, NC.

77. **Gaylord, SA**. "Complementary and Integrative Medicine: Past, Present, and Future". North Carolina Acupuncture and Oriental Medicine Society. June 26, 2007.
78. **Gaylord, SA** "The Future of Integrative Medicine: An Academic Perspective." Duke University. Global Medicine Conference, June 2007.
79. **Gaylord, SA** "Integrative Medicine: a Panel Discussion." Panel moderator at Cultivating the New Wellness-Driven Economy in North Carolina, 3rd Annual N.C. Natural Products Conference, Boone, NC. November 17-18, 2006.
80. Siegel S, **Gaylord SA** (co-presenters) "Holistic, Patient-Centered Care at UNC Hospitals: Using the Planetree Organization and a Program on Integrative Medicine." UNC Hospitals CSHCA Regional Meeting entitled "Creating a Customer Service Culture." November 12, 2004.
81. **Gaylord, SA** "Raising the Standard of Health Care: The Role of Integrative Medicine." Keynote address. 2004 North Carolina Integrative Medical Society Spring Conference, Winston-Salem, NC, March 20, 2004.
82. **Gaylord SA**, Liu G. Integrating CAM into Management of Pain Associated with Syringomyelia and/or Chiari Malformation. American Syringomyelia Alliance Conference, Crowne Plaza Hotel, New York, NY. July 23-26, 2003.
83. **Gaylord SA**. UNC CAM Education Project: A Progress Report. NIH/NCCAM R-25 CAM Education Grant Annual Meeting of Principal Investigators, Bethesda, MD. June 26-27, 2003.
84. **Gaylord SA**. Alternative Medicine Education. Paper presentation at the Association of American Medical Colleges annual meeting, New Orleans, LA, October 31-November 4, 1998.
85. **Gaylord SA**. "Interdisciplinary Education in Alternative and Complementary Medicine: A Successful Course for Students in Medicine, Nursing, Public Health, Pharmacy, Dentistry, and Social Work." Paper presentation at the American Public Health Association Annual Meeting, New York, NY, November 1996.
86. **Gaylord SA**. "Undergraduate Medicine Education in Alternative and Complementary Medicine." At the National Conference on Medical and Nursing Education in Complementary Medicine, National Institutes of Health and Uniformed Services University of the Health Sciences, Bethesda, MD, June 5-7, 1996.
87. **Gaylord SA**. "Rationales for Alternative Medicine Education for Health Professionals Working with Older People." Poster presentation at the Gerontological Society of America Annual Scientific Meeting, Washington, DC. November 19-21, 1996.
88. Bird MB, Hunter RH, Whaley L, **Gaylord SA**. "Developing a Proactive Preventive Program for Rural Elderly." Poster presentation at the Gerontological Society of America Annual Scientific Meeting, Washington, DC. November 19-21, 1996.
89. **Gaylord SA**. "Beliefs About Life Expectancy Among Multicultural Rural Older People." Paper Presentation at the Gerontological Society of America, Atlanta, GA, November 1994.
90. **Gaylord SA**. "Health Beliefs of Older Blacks, Whites, and Native Americans in the Rural South." Paper presentation at the Gerontological Society of America, Atlanta, GA, November 1994.

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91. **Gaylord SA.** "Towards Healthier Aging: Research Activities at the School of Medicine Program on Aging." Panel presentation at the Southern Gerontological Society, 15th Annual Meeting, Charlotte, NC, April 20-23, 1994. (Part of Symposium: "Enjoying Its First 200 Years: UNC-Chapel Hill's Multi-faceted Approach to Applied Gerontology.")
92. **Gaylord SA.** "Beliefs About Life Expectancy and Preventive Health Among Older American Indians, Blacks, and Whites Living in the Rural South." Roundtable presentation at the Southern Gerontological Society, 15th Annual Meeting, Charlotte, NC, April 20-23, 1994.
93. **Gaylord SA.** "The KWIC Collection, Evaluation and Dissemination of Educational and Training Materials in Aging." Poster and panel presentation at the Association for Gerontology in Higher Education meetings held in Dallas, TX, March 1978.

Unrefereed invited oral presentations (local and regional):

1. **Gaylord, SA.** "Tibetan Buddhism: Healing in the Three Yanas." Dr. Boon's class in the Department of Religion. September 15, 2022.
2. **Gaylord, SA.** Mindfulness. Dr. Marc Cohen's English class in the UNC Department of English, November 2, 2022. Two separate lectures in morning and afternoon English classes.
3. Mindfulness and Self-Care. Department of Medicine, UNC School of Medicine. Departmental Research Retreat. October 24, 2022.
4. **Gaylord, SA.** Introduction to Wellness: Foundations and Concepts". Presentation to the UNC School of Medicine Wellness Liaison Meeting, September 28, 2021.
5. **Gaylord, SA.** "Managing Life's Transitions Through Mindfulness – Mindfulness for Brain Health", Passmore Senior Center, March 30, 2022, 6 – 8 pm.
6. **Gaylord, SA** "Mindfulness for Self-Care" Seymour Senior Center, Chapel Hill, June 8, 2022, 11 – 12 noon.
7. **Gaylord, SA.** "*Mindfulness for Stress Management and Optimizing Brain Health*". Brain Health Academy. Hillsborough Senior Center. April 19, 2018.
8. **Gaylord, SA.** "*Peace in the Storm: Managing Stress with Mindfulness*" – North Carolina Cancer Network, Feb. 23, 2018, Chapel Hill, NC.
9. **Gaylord, SA.** "*Mind-body Practices for Stress Management and Enhancing Health and Well-being*" – Project ENGAGE, Passmore Senior Center, November 9, 2017.
10. **Gaylord, SA.** "*Finding Calm in the Storm: Managing Stress with Mindfulness*" - National Alliance for the Mentally Ill (NAMI), October 7, 2017, Chapel Hill, NC.
11. **Gaylord SA.** "Tibetan Buddhist Meditation and Healing". Speaker on "Transcultural Healing Panel" at Across the Threshold Conference, Duke University, Durham, NC, April 3, 2010.
12. **Gaylord, SA** "Update on Alternative and Integrative Medicine." AHEC lecture, Asheboro, NC. Feb. 16, 2007.
13. **Gaylord, SA** "Mindfulness." CAM series on Wellness Education at the UNC Wellness Center at Meadowmont, presented with Will Frey and J. Douglas Mann MD. Chapel Hill NC. April 19, 2005.
14. **Gaylord, SA** "Alternative Medicine." AHEC Continuing Medical Education series, presented with J. Douglas Mann MD. Heritage Hospital, Tarboro, NC. February 22, 2005.
15. **Gaylord, SA** "Integrative Medicine." Presented to Mall Walkers – University Mall, Chapel Hill-Carrboro

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Chamber of Commerce. Chapel Hill, NC. September 2, 2004.

16. **Gaylord, SA** "Alternative Medicine." AHEC Continuing Medical Education series. Shelby, NC. April 27, 2004.
17. **Gaylord, SA** "Complementary, Alternative, and Integrative Medicine." AHEC Continuing Medical Education series. Area L AHEC, Roanoke Rapids, NC March 2, 2004.
18. **Gaylord, SA** "Alternative Medicine." AHEC Continuing Medical Education series, presented with J. Douglas Mann MD. Rocky Mount, NC. February 4, 2004.
19. **Gaylord, SA** "Mindfulness Meditation and Tibetan Healing Practices." Seminar at Duke University Department of Religion. Durham NC. February 18, 2003.
20. **Gaylord, SA** "Mission, Goals and Activities of the UNC Program on Integrative Medicine." Rhine Institute, Durham NC. January 30, 2003.
21. **Gaylord, SA** "Integrating Alternative and Complementary Therapies with Conventional Health Care", AHEC Continuing Medical Education series, Mountain AHEC, Asheville, NC. July 25, 2002.
22. **Gaylord, SA** "Medicine Buddha and Tibetan Healing Practices." Ackland Art Museum, Chapel Hill NC. March 21, 2001.
23. **Gaylord, SA** "Integrating Alternative and Complementary Therapies with Conventional Health Care." AHEC Continuing Medical Education series, Rutherford Hospital, Inc., Rutherfordton NC. October 13, 2000. (with Douglas Mann, MD).
24. **Gaylord, SA** "Alternative Therapies." Area L AHEC Integrative Medicine Conference, Wilson Memorial Hospital, Wilson NC. May 9, 2000.
25. **Gaylord, SA** "The Role of Alternative/Complementary Medicine." AHEC Continuing Medical Education series, Wilson Memorial Hospital, Wilson, NC. March 18, 2000.
26. **Gaylord, SA** "Where is Alternative Medicine Going?" Health Promoter's Network group at Binkley Baptist Church, Chapel Hill, NC, March 8, 2000.
27. **Gaylord, SA** "Integrating Alternative Therapies into Medical Practice." Wake/Maria Parham Hospital, Henderson, NC. February 15, 2000.
28. **Gaylord, SA** "Alternative Medicine: An Overview." Wake AHEC at the NC State University Student Health, Raleigh, NC. February 8, 2000.
29. **Gaylord, SA** "Alternative Medicine". Durham County Health Department Nutrition Department staff retreat. October 27, 1999.
30. **Gaylord, SA** "Alternative Therapies: What your Patients are Using and Why." AHEC Continuing Medical Education Lecture, High Point Regional Hospital, High Point, NC. August 3, 1999.
31. **Gaylord, SA** "Overview of Non-Pharmacological Approaches to Pain Management" and panel participant. 4th Annual Alternative & Complementary Therapies Symposium: Treatment of Chronic Non-Malignant Pain, Wake AHEC, Raleigh, NC, May 18-19, 1999.
32. **Gaylord, SA** "Educational Opportunities and Resources for Mental Health Professionals". Alternative Treatments in Psychiatry Workshop, Duke University Medical Center, Durham, NC, April 24, 1999.
33. **Gaylord, SA** "New Horizons in Alternative and Complementary Medicine: Overview of Alternative Medicine". Medical Foundation of North Carolina, Inc., Carolina Club, UNC Campus, Chapel Hill, NC, March 25, 1999.
34. **Gaylord, SA** "Alternative Therapies: What your Patients are Using and Why". AHEC Continuing Medical

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Education Series. Cleveland Regional Medical Center, Shelby, NC, February 23, 1999.

35. **Gaylord, SA** "Alternative Therapies: What your Patients are Using and Why". AHEC Continuing Medical Education Series. Gaston Memorial Hospital, Gastonia, NC, February 9, 1999.
36. **Gaylord, SA**. Introduction to CAM and Integrative Medicine." With Peter Curtis, MD, who presented "Alternative Medicine: The Doctor-Patient Connection. "Medical Foundation of North Carolina, Inc., NC Biotechnology Center, January 26, 1999.
37. **Gaylord, SA**. "Homeopathy." Integrative Medicine Course, Duke University Medical Center, December 8, 1998.
38. **Gaylord, SA** "Alternative and Complementary Medicine." Nalle Clinic, Charlotte, NC, October 15, 1998.
39. **Gaylord, SA** "Alternative and Complementary Medicine." Grand Rounds. John Umstead Psychiatric Hospital, Butner, NC, June 4, 1998.
40. **Gaylord, SA** "Alternative and Complementary Medicine". AHEC. Alamance Regional Medical Center, Burlington, NC, April 29, 1998.
41. **Gaylord, SA** "Well Elderly People: An Interdisciplinary Perspective on Community and Clinical Care." Scotland Neck, NC, March 12, 1998.
42. **Gaylord, SA** "Alternative and Complementary Medicine: What Do Health Care Practitioners Need to Know?" MAHEC Continuing Medical Education Lecture, telemedicine presentation with Peter Curtis, MD. At the UNC-Chapel Hill, School of Medicine. December 17, 1997.
43. **Gaylord, SA** "Alternative Medicine." North Carolina Cooperative Extension Service Conference, North Carolina State University, Raleigh, NC. November 20, 1997.
44. **Gaylord, SA** "Alternative Medicine." North Carolina Academy of Family Physicians Foundation, 9th Annual Residency Application Workshop, Raleigh, NC. September 13, 1997.
45. **Gaylord, SA** "Alternative and Complementary Therapies." AHEC Continuing Medical Education Lecture, Morehead Memorial Hospital, Eden, NC. August 20, 1997.
46. **Gaylord, SA** "Alternative and Complementary Medicine at the UNC School of Medicine." Rotary Club, Burlington, NC, January 20, 1997.
47. **Gaylord, SA**. "Why Health Professionals Working with Older Adults Should Learn about Alternative and Complementary Medicine." Poster presentation at the regional meeting of the Program on Aging's annual conference, Challenges in Geriatric Practice, UNC School of Medicine, January, 1997.
48. **Gaylord, SA** "Alternative and Complementary Medicine Symposium". Schweitzer Foundation Scholars Program; Chapel Hill, NC. December 1996.
49. **Gaylord, SA** "Psychology of Aging." At the Peer Learning Institute, Distinguished Lecture Series, Chapel Hill, NC. September 1992.
50. **Gaylord, SA** . "Tibetan Buddhist Theory and Practice." RELG 72C: "Systems of Meditation," taught by Roger Corless, Ph.D. Duke University, Department of Religion. Spring 1986-89.
51. **Gaylord, SA**. "Activities in Aging at the School of Public Health." Panel presentation at the Area Health Education Centers Coordinators meeting held in Chapel Hill, NC, July 1983.

Other unrefereed articles

1. **Gaylord, SA**. Altering Traits through Mindfulness: The Short and the Long of it. Gaylord, SA. Physical Medicine and Rehabilitation newsletter, UNC School of Medicine, Chapel Hill, NC, February 7, 2020.

2. **Gaylord, SA.** Intermittent Fasting and Health, Physical Medicine and Rehabilitation newsletter, UNC School of Medicine, Chapel Hill, NC, February 15, 2019.
3. **Gaylord, SA.** Humor for Healing and Health. Physical Medicine and Rehabilitation newsletter, UNC School of Medicine, Chapel Hill, NC, March 1, 2019.
4. **Gaylord, SA.** Gaylord, SA. Mindfulness for Managing Stress and Maximizing Resilience, Physical Medicine and Rehabilitation newsletter, UNC School of Medicine, Chapel Hill, NC, August 30, 2018.
5. **Gaylord, SA.** "Choosing Optimum Health." *Health and Healing in the Triangle*. Vol. 11, 2, April, 2008.
6. Moura, V, **Gaylord, SA.** Healing Mind, Body and Spirit in the Healing Journey. *Health and Healing in the Triangle*. Vol. 11, 1, February 2008.
7. Frey W & **Gaylord SA.** "Better health through coaching." *Health and Healing in the Triangle*. Vol. 10, 1, February 2007.
8. **Gaylord SA.** "Appreciation of substance and the emergence of choice." *Health and Healing in the Triangle*. Vol 8, No. 2, April 2005.
9. **Gaylord SA,** Mann JD. "Health care in the year 2010: the emergence of integrative practice." *Health and Healing in the Triangle*. Vol 8, No. 1, Jan/Feb, 2005.
10. **Gaylord SA,** Mann JD. "Understanding the convergence of complementary, alternative, and conventional health care." *Health and Healing in the Triangle*. Vol 7, No. 4, December 2004.
11. **Gaylord SA.** "Silencing symptoms vs. true healing." *Health and Healing in the Triangle*. Vol 7, No. 3, June/July 2004.
12. **Gaylord SA.** "Keeping life-saving drugs life-saving." *Health and Healing in the Triangle*. Vol 7, No.2, April/May 2004.
13. **Gaylord SA.** "Living in the balance." *Health and Healing in the Triangle*. Vol 7, No. 1, Jan/Feb 2004.
14. **Gaylord SA,** Mann JD. "Environment of healing in integrative health care." *Health and Healing in the Triangle*. Vol 6, No. 3, June/July 2003.
15. **Gaylord SA,** Mann JD. "Suppression versus Healing in health care." *Health and Healing in the Triangle*. Vol 6, No. 1, January/February 2003.
16. **Gaylord SA,** Mann, JD. "Empowering men in health care: the role of complementary medicine." *Health & Healing in the Triangle*. Volume 4, No. 6, September/October 2001.
17. Hunter RH, Britnell M, Norton SK, **Gaylord S.** Health Action: Preventing disability in older persons. Program on Aging, UNC School of Medicine, 2001.
18. **Gaylord SA.** "Mindfulness-based program for stress and pain management." *Health & Healing in the Triangle*. Volume 4, No. 3, February 2001.
19. **Gaylord SA,** Horrell S, Bullard T. Wellness and Prevention. In: Making a Difference in the Lives of Rural Elders: Interdisciplinary Approaches to Health and Well Being. Program on Aging, UNC School of Medicine, Chapel Hill, NC, 1999.
20. **Gaylord S.** Alternative healing treatments in North Carolina. *Tar Heel Junior Historian*. Spring 1997;36(2)30-33.
21. **Gaylord, S.** Category boundaries of unidimensional stimulus sets. Unpublished doctoral dissertation, Duke University, Department of Psychology; 1984.
22. Rosenfeld L, **Gaylord S,** Allen J. Introduction to Long-Term Care of the Aging. Guide to Independent Study. Chapel Hill, NC: UNC-CH Extension Division; 1983.

23. Rosenfeld L, **Gaylord S**. Long-term Care for the Aging: Organization and Administration. Annotated Bibliography. Chapel Hill, NC: UNC-CH School of Public Health, Department of Health Administration; 1980.
24. Saltz C, Phillips H, Herndon S, **Gaylord S**. Gerontopia. An Aging Resource Book. Chapel Hill, NC: UNC-CH School of Public Health, Department of Health Administration; 1980.
25. McGehee J, **Gaylord S**, eds. ASTRA. Analysis and Selection of Training Resources in Aging, No. 1. Durham, NC: Center for the Study of Aging and Human Development; 1978.
26. Bevan W, **Gaylord S**. Stimuli, the perceiver, and perception. In: Walk RD, Pick, Jr HL, eds. Perception and Experience. New York, NY: Plenum Press; 1978.
27. **Gaylord S**, Reader R, Lieth H. Computer art. Wildlife in North Carolina. 1974;44.
28. Reader R, **Gaylord S**, Lieth H. Seasonal changes. Wildlife in North Carolina. 1972; 22-23.

Book Reviews

Gaylord SA. Handbook of the Biology of Aging, Third Edition. Book Review. In: *Journal of the American Geriatrics Society*, 41:594-595,1993.

6. TEACHING ACTIVITIES

Current (past three years):

Course Director: FMME 250: "Principles and Practices of Alternative and Complementary Medicine." UNC School of Medicine. (Cross-listed in Public Health & Nursing). Fall 1995 - present.

of medical students:

Fall 2022:

Fall 2021:

Fall 2020: 3 medical students.

Fall 2019: 10 medical students.

Fall 2018: 6 medical students.

Course Director: FMME 452/452B: "Fieldwork in Alternative and Complementary Therapies." UNC School of Medicine. Fall 1997- present.

of medical students:

Fall 2022:

Fall 2021

Fall 2020: 1 (not offered due to COVID)

Fall 2019: 16 medical students.

Fall 2018: 4 medical students.

Course Director. APS Selective in Complementary and Alternative Medicine. (no longer offered after 2020
Taught from September 2011 until 2019.

of medical students:

Fall/Spring 2020/2021: not offered.

Fall/Spring, 2019/2020: 15 medical students.

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Fall/Spring, 2018/19: 15 medical students.

Course Director: PMED 601/NURS 603: “Mindfulness and Self-Compassion for Caring Professions” Spring Semester, 2017, 2019,2020, 2021.

of medical students:

Spring 2023: 20 nursing students.
Spring 2022: 15 nursing students; 3 medical students.
Spring 2021: 12 nursing students; 2 T32 Fellows.
Spring 2020: 5 medical students and 7 nursing students.
Spring 2019:10 medical students and 2 nursing students.

Other

Director, Mindfulness-based Stress and Pain Management Program, 2000-present.

Module Developer and Coordinator, along with Paul Than: “Complementary, Alternative, and Integrative Medicine.” Residency Training Program. Department of Physical Medicine and Rehabilitation. UNC School of Medicine. 2000 – present.

Training Grants Director:

Director, T32 Research Fellowship in Complementary and Integrative Health 2017-present.
Co-Director, T32 Research Fellowship: 2012-2013

Fellows Currently in Training: Mentors, Research Interests, Funding and Publications

Fellow (start date)	Mentor(s)	(Start date) Project Summary
Katie Lenger, PhD	Gaylord	(July 2022), Project Breathe: Mindfulness for Young Black Males at Risk of Substance Abuse.
Aisha Chilcoat, ND	Stewart, Summer; Faurot	(2020) The role of the microbiome in cancer recovery
Erum Agha, PhD, LCSW	Gaylord, Cuddeback; Ramaswamy	(2020) Mind-body approaches for trauma-informed care programs for refugees
Daniel Gallego Perez, MD, DrPH	Gaylord, Leeman	(2021) Global integration of complementary medicine
Jenni Shafer, PhD	Gaylord, Williams	(2021) Mindfulness training for individuals with communication disorders
Gilson Honvoh, MSPH	Chen, Kosorok, Faurot	(2018) Precision medicine approaches in time-to-event analyses

Previous:

Fellows in the most recent funding cycle who have completed the fellowship.

Fellow, Degree	Appointment Date, Graduation Date	Current Status (Research Focus)
Jessica Barnhill, MD, MPH	August 2017- August 2020	Assistant Professor, Department of Physical Medicine & Rehabilitation (Narrative Medicine, Integrative Group Medical Visit care)
Jacob Hill, ND, MS	November 2016- September 2019	Research Scientist, New York University; Adjunct Instructor, UNC Department of Physical Medicine & Rehabilitation, Naturopathic Physician (Integrative Health approaches to palliative care)
Carrie Brintz, PhD	August 2016-	Assistant Professor, Department of Anesthesiology, Vanderbilt

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	August 2019	University (Mind-body approaches to chronic pain)
Aaron Piepmeier, PhD	August 2015 – August 2018	Assistant Professor, Exercise Sciences, Elon University. (Mind-body movement approaches to cognitive challenges in cancer survivors).
Kristin Jerger, MD, LMBT	August 2015 – August 2018	Massage Therapist (Elementary Autism Sensory Education for children with autism). Program Consultant, Child Behavioral Health Team, NC Department of Health, and Human Services

Past:

Course Developer and Director: PMED 203: "Introduction to Integrative Medicine." UNC at Chapel Hill, School of Medicine. Spring 2000 - 2002.

Course Developer and Director: HNRS030 006 -Honors Seminar: "Principles and Practices of Complementary and Alternative Medicine". Johnston Scholars undergraduate honors seminar. UNC at Chapel Hill. Fall 2001.

Course Co-developer and Director (with co-director Becky Hunter): MEDI 491: "Rural Health: An Interdisciplinary Approach." UNC at Chapel Hill, School of Medicine. (This course was attended by medical and other health professions students and cross-listed in Public Health, Nursing, Social Work, Dentistry, and Pharmacy). Spring 1995 - 2000.

Course Instructor: HPAA 140: "Interdisciplinary Approach to Geriatrics and Gerontology". UNC at Chapel Hill, School of Public Health. Fall 1997, Spring 1998, Fall 1998.

Instructor: MEDI 141 (Biomedical Selective): "Psychologic Basis of Alternative and Complementary Therapies." UNC at Chapel Hill, School of Medicine. Spring 1997.

Instructor: "Mindfulness Meditation." Chapel Hill Senior Center. Fall 1994 and subsequent years.

Co-developer and Instructor: HBHE 190: "Psychosocial Aspects of Aging." UNC at Chapel Hill, School of Public Health, Department of Health Education. Spring 1986.

Co-developer and Instructor: HPAA 176: "Introduction to Long-Term Care for the Aging." An independent study course at UNC at Chapel Hill, School of Public Health, Department of Health Policy, and Administration, in cooperation with the UNC at Chapel Hill, Division of Extension and Continuing Education. 1981-1987.

Developer and Instructor. Graduate/undergraduate seminar on "Hypnosis." Duke University, Department of Psychology. Spring 1977.

Developer and Instructor. Graduate/undergraduate seminar on "Nature and Function of Sleep." Duke University, Department of Psychology. Fall 1976.

Director, Mindfulness-based Stress and Pain Management Program/UNC Center for Mindfulness courses

Director of Mindfulness-based Stress and Pain Management Program, 2000-to present.

Director of Training Program for Instructors in Mindfulness-based Stress Management Program, UNC-Chapel Hill, NC, March-April 2009.

Instructor, UNC Mindfulness-based Stress and Pain Management Program. 2007-present.

Other Courses Developed:

HADM 175: "Health Policy and Aging." Developed and implemented with Dr. William Weissert. 1983-84.

HADM 202-12: "Issues in Community Services to the Elderly" Developed and implemented with Dr. Harry Phillips and Dr. Jim Bryan. 1982-83.

HADM 176: "Long-term Care: Organization and Administration. Developed and implemented with Dr. Leonard Rosenfeld. 1979-82.

Faculty Advisor for Student Groups:

Advisor, Medical Student Integrative Health Interest Group ("Integrate!"), UNC at Chapel Hill, School of Medicine, 1996-present.

Advisor, Student Wellness Committee, UNC School of Medicine. December 2001 – 2002

Course Evaluation:

Designed evaluation instruments for courses and educational materials at the UNC-Chapel Hill School of Public Health.

Designed evaluation instrument for evaluation of aging-related educational materials; evaluated aging-related books, courses, and films at Duke's KWIC/ASTRA Project.

Designed evaluation instruments for NIH R-25 curriculum development grant on Complementary and Alternative Medicine Education at UNC. 2000-2005.

Conferences Organized:

Led in planning and organizing the following conferences:

"5th UNC Integrative Medicine Conference: Improving Outcomes through Integrative Practice", UNC-Chapel Hill. Jointly sponsored by UNC Schools of Medicine and Nursing. Friday Center, Chapel Hill, NC. March 18-19, 2005. Co-Director and Moderator.

"4th UNC Conference on Integrating Complementary and Alternative Medicine into Clinical Practice: Expanding Choices in Healing and Health Care," UNC-Chapel Hill. Jointly sponsored by UNC Schools of Medicine, Nursing, Pharmacy, and the Institute of Nutrition of the University of North Carolina. Friday Center, Chapel Hill, NC. March 14-15, 2003. Co-Director and Moderator.

"3rd Annual Clinical Relevance of Medicinal Herbs and Nutritional Supplements in the Management of Major Medical Problems," UNC-Chapel Hill. Jointly sponsored by UNC Schools of Medicine, Nursing, Pharmacy, and Public Health. Friday Center, UNC Campus. September 21-22, 2001. Co-Director and Moderator.

"Complementary and Alternative Medicine in Cancer: Real Change for the Real World" - 5th Annual Integrating Mind, Body, and Spirit in Medical Practice. Jointly sponsored by UNC Health Care (Program on Integrative Medicine), Duke University Medical School (Center for Integrative Medicine), and Duke Comprehensive Cancer Center, Friday Center, UNC campus. November 18, 2000. Co-organizer and speaker.

"UNC-Community Forum: Integrating Alternative and Conventional Health Care: 21st Century Challenges and Solutions. Hill Alumni Center, UNC Campus. October 20, 2000.

"2nd Annual Clinical Relevance of Medicinal Herbs and Nutritional Supplements in the Management of Major Medical Problems," UNC at Chapel Hill. Jointly sponsored by UNC Schools of Medicine, Nursing and Pharmacy.

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Friday Center, UNC campus. March 24-26, 2000. Co-Director and Moderator.

"Herbal and Nutritional Supplements Used by Patients in Health Care: A Review of the Evidence, Biological and Clinical Effects", UNC at Chapel Hill, School of Medicine. October 23-25, 1998. Co-organizer and Moderator.

"Making Orange County a Better Place for Older People." UNC at Chapel Hill, School of Public Health and Orange County Department on Aging, May 1983.

"A Public Health Perspective on Aging." UNC at Chapel Hill, School of Public Health. Aqueduct Conference Center, February 1982.

Southeastern Regional Conference on "Evaluation of Educational and Training Materials in Aging." Duke Center for the Study of Aging and Human Development. Quail Roost Conference Center, Durham, NC, Spring 1978.

Lectures at UNC-CH Courses and at UNC Hospitals

To medical and other health professions students:

"Introduction to Complementary and Alternative Medicine". In PMED 250/450 "Principles and Practices of CAM" course for medical and other health professions students. Fall 1995-present.

"Mindfulness". In PMED 250/450 "Principles and Practices of CAM" course for medical and other health professions students: Fall 2010-present.

"Research in Homeopathy". In PMED 250/450 "Principles and Practices of CAM" course for medical and other health professions students: Fall 2010-present.

"Health Beliefs and Care Pathways." In PMED 250/450: "Principles and Practices of CAM". Fall 1998 - 2006.

"Integrating Mindfulness into the Workplace" Course for Speech and Hearing Pathologists", April 2011.

"Complementary and Alternative Health Care Practices." Honor's Seminar on Multicultural Medicine. School of Public Health. September 16, 2004.

"Integrative Medicine." Integrate! (Medical Student Holistic Interest Group), Berryhill Hall, UNC, Chapel Hill, September 6, 2000.

"Alternative and Complementary Therapies." HPAA 102: "Concepts of Health Administration," James Allen, Instructor. UNC School of Public Health, Department of Health Policy and Administration. March 19, 1998.

"Alternative and Complementary Therapies for Menopause." UNC School of Nursing students. January 11, 1999

To residents:

"Introduction to CAM/IM": PM&R Residents Lecture Series, 2011-present.

"Mindfulness Research and Clinical Applications": PM&R Residents Lecture Series, 2011-present

"Introduction to CAM/IM": PM&R Residents Lecture Series, November. 2009-present

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“Mindfulness Research and Clinical Applications”: PM&R Residents Lecture Series, Nov. 2009

“Introduction to CAM/IM”: PM&R Residents Lecture Series, April 2008

“Mindfulness Research and Clinical Applications”: PM&R Residents Lecture Series, April 2008

“Introduction to CAM/IM”: PM&R Residents Lecture Series, Jan. 2006

“Mindfulness Research and Clinical Applications”: PM&R Residents Lecture Series, Feb. 2006

Continuing education lectures (AHEC lectures – see others under oral presentations):

Gaylord, SA “Update on Alternative and Integrative Medicine.” AHEC lecture, Asheboro, NC. Feb. 16, 2007.

Gaylord, SA "Alternative Medicine." AHEC Continuing Medical Education series, presented with J. Douglas Mann MD. Heritage Hospital, Tarboro, NC. February 22, 2005.

Gaylord, SA “Alternative Medicine.” AHEC Continuing Medical Education series. Shelby, NC. April 27, 2004.

Gaylord, SA “Complementary, Alternative, and Integrative Medicine.’ AHEC Continuing Medical Education series. Area L AHEC, Roanoke Rapids, NC March 2, 2004.

Gaylord, SA "Alternative Medicine." AHEC Continuing Medical Education series, presented with J. Douglas Mann MD. Rocky Mount, NC. February 4, 2004.

Gaylord, SA "Integrating Alternative and Complementary Therapies with Conventional Health Care," AHEC Continuing Medical Education series, Mountain AHEC, Asheville, NC. July 25, 2002.

Gaylord, SA "Integrating Alternative and Complementary Therapies with Conventional Health Care." AHEC Continuing Medical Education series, Rutherford Hospital, Inc., Rutherfordton, NC. October 13, 2000.

Gaylord, SA "Alternative Therapies." Area L AHEC Integrative Medicine Conference, Wilson Memorial Hospital, Wilson, NC. May 9, 2000.

Gaylord, SA "The Role of Alternative/Complementary Medicine." AHEC Continuing Medical Education series, Wilson Memorial Hospital, Wilson, NC. March 18, 2000.

Gaylord, SA "Integrating Alternative Therapies into Medical Practice." AHEC Lecture. Wake/Maria Parham Hospital, Henderson, NC. February 15, 2000.

Gaylord, SA "Alternative Medicine: An Overview." Wake AHEC at the NC State University Student Health, Raleigh, NC. February 8, 2000.

Gaylord, SA "Alternative Therapies: What your Patients are Using and Why." AHEC Continuing Medical Education Lecture, High Point Regional Hospital, High Point, NC. August 3, 1999.

Gaylord, SA "Overview of Non-Pharmacological Approaches to Pain Management" and panel participant. 4th Annual Alternative & Complementary Therapies Symposium: Treatment of Chronic Non-Malignant Pain, Wake AHEC, Raleigh, NC, May 18-19, 1999.

Gaylord, SA "Alternative Therapies: What your Patients are Using and Why." AHEC Continuing Medical

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Education Series. Cleveland Regional Medical Center, Shelby, NC, February 23, 1999.

Gaylord, SA "Alternative Therapies: What your Patients are Using and Why". AHEC Continuing Medical Education Series. Gaston Memorial Hospital, Gastonia, NC, February 9, 1999.

Gaylord, SA "Alternative and Complementary Medicine". AHEC. Alamance Regional Medical Center, Burlington, NC, April 29, 1998.

Gaylord, SA "Alternative and Complementary Medicine: What Do Health Care Practitioners Need to Know?" MAHEC Continuing Medical Education Lecture, telemedicine presentation with Peter Curtis, MD. At the UNC-Chapel Hill School of Medicine. December 17, 1997.

Gaylord, SA "Alternative and Complementary Therapies." AHEC Continuing Medical Education Lecture, Morehead Memorial Hospital, Eden, NC. August 20, 1997.

7. GRANTS:

Active:

1. National Institute of Health (NIH). Digital health platform (DHP) to deliver Mindfulness as a Stress Management Intervention Leveraging Electronic (SMILE) health records for racial and ethnic populations during the COVID-19 pandemic. PI: Gaylord. Date: 09/2021-08/2025. Total Award Amount (including Indirect Costs): \$1,893,122.
2. National Center for Complementary and Integrative Health (NCCIH). This T-32 Research Fellowship aims to cultivate well-trained, independent researchers for leadership in investigating efficacy, effectiveness, safety, and mechanisms of action of complementary therapies and integrative health-care approaches. Lead PI: Gaylord (No salary support). Date: 07/2022-06/2027.
3. NIH National Institute on Minority Health and Health Disparities (NIMHD). The HARMONY Study – A culturally relevant, randomized controlled stress management. PI: Giscombe/Gaylord. (20% effort throughout the grant funding period). 07/29/2020-02/28/2025. Total Award Amount \$641,906.
4. National Institute of Health (NIH). Digital Group-based mindfulness for patients with chronic low back pain in the primary care setting (OPTIMUM). Role: Gaylord, site PI for UNC site- sub-award to Boston Medical Center). 20% effort Y1-Y5. (Morone/Lead PI- Boston Medical Center). 9/01/2020-08/31/2024. \$700,271.
5. Old Dominion University/National Institute of Health (ODU/NIH). Adaptation of Mindfulness Training to Treat Moral Injury in Veterans. This project will adapt and provide feasibility on mindfulness training for veterans with moral injury. PI: Gaylord- sub-award (8% per year). Date: 09/2020-08/31/2023.
6. National Institute on Drug Abuse (NIDA). Project BrEAtHe (Brothers, Reclaiming, Emotional, Awareness, Tranquility, Healing & Ex-istence): Disrupting Racism-related Stress, Trauma, & Problematic Substance Use in Young Adult Black Men. PI: Gaylord- sub-award (Powell/Lead PI- University of Connecticut). Date: 09/2021-07/2024. \$242,033.
7. National Institute of Mental Health (NIMH). Patient-Centered Outcomes Research Institute (PCORI). Comparing Cognitive-Behavioral Therapy versus Mindfulness-Based Therapy for Autistic Adults. PI: Gaylord (Maddox/Lead PI). Date: 06/2023-07/2027. \$ 3,734,611.

Completed:

1. NIH National Institute on Aging (NIA). Easing the Burden of Dementia Caregiving: A Telephone-delivered Mindfulness Intervention for Rural, African American Families. PI: Susan Gaylord and Sharon Williams. Date: 2/1/2019-6/30/2022, \$427,625.
2. National Institute of Mental Health (NIMH). Development of A Novel Transdiagnostic Intervention for Anhedonia. These experimental therapeutics trial aims to validate Behavioral Activation Treatment for Anhedonia in a transdiagnostic sample of anhedonic patients, first with 7T fMRI and then with a randomized clinical trial. Co-Investigator: Gaylord (Dichter & Smoski Lead PI). Date: 01/2017-07/2022. \$611,884.
3. National Center for Complementary and Integrative Health (NCCIH). Making Friends with Yourself—a mindfulness-based self-compassion program for adolescents at risk for depression, NCCIH, PI: Gaylord, 15% effort, 1/1/2017 – 6/30/2021, \$684,000.
4. NC TraCS # 2KR1151907. Feasibility of Integrative Medical Group Visits in an Outpatient Setting with a High Burden of Patients with Chronic Pain. To plan for a future R01 aimed towards improving feeding interactions and nutrition for all infants, this TraCS grant will learn from focus groups of Black and Latinx parents about: 1) their experiences and concerns about feeding their infants and obesity risk; 2) their knowledge of and interest in learning about responsive feeding, and 3) their thoughts about proposed intervention components, including a new focus on parental mindfulness in feeding. PI: Role. Gaylord: Co-I/Mentor (in kind). Date: 12/2019-12/2020.
5. NC TraCS # 2KR1151904 (NCATS). Development of a Novel mHealth Application for Dietary Supplement Tracking--Acquiring Patient Perspectives. The goal is to develop and test an mHealth application for dietary supplement tracking in three patient populations. Date: 05/2019-06/2021. PI: Faurot. Gaylord: Co-I (in-kind).
6. National Institute on Minority Health and Health Disparities (NIMHD). SBIR: Artificially Intelligent Diabetes Assistant (AIDA) for African Americans with Type 2 Diabetes, funded by NIH, through Brim Technologies. The goal is to build an artificially intelligent diabetes assistant (AIDA), a chatbot-powered telehealth platform that is designed to provide highly interactive, automated diabetes self-care support to African Americans with type 2 diabetes. PI: Susan Gaylord. 10% effort. Date: 7/1/2017 – 10/30/2020. \$130,070.
7. NC TraCS # 2KR1221904. Intervention mapping for a novel obesity prevention trial during infancy. The goal is to plan for a future R01 aimed towards improving feeding interactions and nutrition for all infants; this TraCS grant will learn from focus groups of Black and Latinx parents about: 1) their experiences and concerns about feeding their infants and obesity risk; 2) their knowledge of and interest in learning about responsive feeding, and 3) their thoughts about proposed intervention components, including a new focus on parental mindfulness in feeding. Gaylord: Co-I (in-kind), Hodges: PI (in-kind). Date: 12/2019-12/2020.
8. National Institute of Mental Health (NIMH). Targeting Stress Reactivity in Schizophrenia: Integrative Coping Awareness Therapy. The goal is to develop/ test mindfulness & and positive psych intervention for stress reactivity in early schizophrenia. Gaylord: Co-investigator. Date: 04/2014-03/2020.
9. National Center for Complementary and Integrative Health (NCCIH). Clinical and metabolic effects of altering n-3 and n-6 fatty acids in migraine (RCT). The goal: RCT to test causal relationship between migraine activity & amt/prop of PUFA foods. Gaylord: Co-investigator. Date: 09/2013-05/2020 (NCE).
10. UNC PM&R Innovation Award. Whole Health at the Center for Rehabilitation Care: An Integrative

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Health Model. PI: Susan A. Gaylord. Date: 09/2018 – 08/2019. \$30,000.

11. National Center for Complementary and Integrative Health (NCCIH). Adaptation of Mindfulness Training to Treat Chronic Pain in the Military. The goal is to design and test an adapted mindfulness-based distance intervention for chronic pain in the military. Gaylord: Multiple Principal Investigator. Date: 07/2014-06/2017.
12. National Institute of Mental Health (NIMH). Intervention for Menstrual Mood Disorders & Early Life Abuse: Bio-psych Mechanisms. The goal is to implement and test a clinical trial comparing MBSR & a Social Support intervention for women with Premenstrual dysphoric disorder (PMDD). Gaylord: Co-investigator. Date: 08/2013-05/2018.
13. John Rex Endowment. Promoting Positive Mental Health for Youth and Caregivers in Southeast Raleigh through Mindfulness-based Training: A Collaborative Planning Project, Funded by the John Rex Endowment. Site P.I.: Susan Gaylord. Date: 12/2015-9/2016. \$109,998.
14. Agency for Healthcare Research and Quality (AHCRO) via RTI subcontract. Topic Refinement on Major Depressive Disorder. The goal is to conduct a systematic literature review comparing pharmaceutical & non-pharmaceutical treatments for major depressive disorder. Gaylord: Co-investigator. Date: 08/2013-03/2015.
15. Health Resources Services Administration (HRSA). Integrative Medicine Program for Preventive Medicine Residents. Gaylord: Co-investigator. Date: 10/2012-09/2014. \$150,000.
16. National Center for Complementary and Integrative Health (NCCIH). A Mindfulness-based Intervention to Reduce Diabetes Risk in Prediabetic African Americans. Gaylord: Lead PI; Giscombe: Nursing PI. Date: 04/2009-06/2013. \$584,000 (with no cost extension).
17. Department of Defense (DoD). Mindfulness for TBI Headache. Gaylord: Co-I; Ford: PI. Date: 09/2010-09/2013.
18. Agency: Mind and Life Foundation. Exploring the Impact of a Mindfulness Intervention on Adolescents' Self-Compassion and Emotional Well-Being. Gaylord: Co-PI; Bluth: PI. \$14,500.
19. University Research Council, UNC. Mindful Self-Compassion Program for Adolescents. Gaylord: PI. Date: 05/2013-4/2015. \$4,960.
20. North American Spine Society and the Mayday Fund. Chronic Lumbosacral Radiculopathy: Impact of an Analgesic Dietary Intervention on Pain & Function. Carneiro: PI; Gaylord, Co-investigator. Date: 01/2015-01/2022. \$187,944.
21. NC TraCS. Investigation of the Acceptability and Cultural Relevance of Mindfulness Meditation for African Americans. Giscombe/Gaylord: PI. Date: 2009-2010. \$2,000.
22. National Center for Complementary and Integrative Health (NCCIH). Mindfulness for Irritable Bowel Syndrome. Gaylord: PI (20% effort). Date: 09/2006-08/2010.
23. UNC Center for Functional GI/Motility Disorder Seed Grant. Mindfulness for Irritable Bowel Syndrome. This pilot project is to collect preliminary data on the feasibility of conducting a larger study of mindfulness meditation training as an intervention in women with IBS. Gaylord: PI (10% effort). Date: 04/2006-03/2007. \$37,500.
24. National Center for Complementary and Integrative Health (NCCIH). Craniosacral Therapy for Migraine: A Feasibility Study. The goal is To determine the feasibility of developing a clinical trial comparing craniosacral therapy versus low-strength static magnets as a treatment for preventing migraine headaches. Mann: PI; Gaylord: Co-PI, (20% effort). Date: 10/2006-08/2009.
25. Blue-Cross Blue-Shield Foundation. Developing an Integrative Diabetes Management Program. This

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- project aims to design and pilot an education program on an integrative approach to prevention and management of diabetes in a rural, underserved minority population. Gaylord: PI. Date: 01/2006-12/2006. \$24,968.
26. Kohlberg Foundation. North Carolina Academic Alliance for Integrative Medicine. The goal is to develop a collaborative alliance of teachers, practitioners, and administrators interested in furthering integrative medicine approaches in North Carolina through the four major NC academic medical centers and to support pilot research in CAM. Kemper: PI; Gaylord: Co-investigator. Date: 07/2004-06/2006.
 27. Bravewell Foundation. The New Medicine. The goal is to promote integrative medicine on a broadcast on PBS special. Gaylord: PI. Date: 12/2005-06/2006. \$5,000.
 28. United States Department of Health and Human Services (DHHS). Geriatric Education Training Alliance. Busby-Whitehead: PI; Gaylord: Co-investigator (5% effort in 2004).
 29. National Center for Complementary and Integrative Health (NCCIH). Korean Acupuncture in Central Nervous System Disorders. Mann: PI; Gaylord: Project Manager (5% effort). Date: 09/2003-03/2006.
 30. National Center for Complementary and Integrative Health (NCCIH). Painful HIV Neuropathy: Treatment with Alpha lipoic acid. Mann: PI; Gaylord: Co-Investigator. Date: 07/2003-06/2005.
 31. Press-Ganey Associates. Training Family Caregivers in Hand and Foot Massage for Patients Undergoing Inpatient Rehabilitation: Impact on Pain Relief, Symptom Profile, and Participants' Satisfaction. Mann: PI; Gaylord: Co-PI. Date: 07/2003-06/2004.
 32. National Center for Complementary and Integrative Health (NCCIH). Integrating Complementary and Alternative Medicine into Health Professions Education in North Carolina. Gaylord: PI. Date: 09/2000-07/2006. \$1.6M.
 33. Bureau of Health Workforce (BHW). Grants for Interdisciplinary Training for Health Care for Rural Areas. Hunter: PI; Gaylord: Co-author of the proposal; Course Coordinator. Date: 07/1997-06/2000.
 34. The John A. Hartford Foundation. Fostering Interdisciplinary Approaches to the Care of the Rural Elderly. Busby-Whitehead: PI; Gaylord: Core Curriculum Coordinator (4% effort). Date: 01/1996-06/1997. \$100,000.
 35. UNC Lupton Special Opportunities Fund. Enhancing Awareness of Alternative and Complementary Approaches to Health Care: Development of an Interdisciplinary Curriculum. Gaylord: PI. Date: 01/1996-06/1996. \$5,200.
 36. American Association of Retired Persons (AARP) Andrus Foundation. Rural Health Group, Inc. (Linda Whaley, RN, GNP: Project Director). Gaylord: Designer of measurement protocol; Project Evaluator. Date: 07/1995-06/1998.
 37. National Institutes on Aging (NIA). Function and Medication Management in Older People. UNC at Chapel Hill, School of Medicine (Mark E. Williams, MD: PI). #5 R01 AG10828: Date: 9/30/92-6/30/96. (Gaylord: Co-author of the proposal; Designer of measurement protocol)
 38. National Institutes on Aging (NIA). Health Research on Older Rural Populations. UNC at Chapel Hill, Cecil G. Sheps Center for Health Services Research (Gordon H. DeFries, PhD: PI). 1990-1995. (Author of two mini projects included in the proposal - Project 5: Health Beliefs and Health Behaviors of Minority Rural Elderly [Mark E. Williams, MD: PI] and Project 6: Geriatric Team Intervention to Reduce Functional Decline in Rural Elderly Persons [Mark E. Williams, MD: PI]; Coordinator, Project 5.)Date:
 39. Funded by the Bureau of Health Professions. Faculty Training Projects in Geriatric Medicine and

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- Dentistry. Williams: PI; Gaylord: Co-author of the proposal. Date: 1988-1992.
40. Robert Wood Johnson Foundation. Relation of timed manual performance to present and the future health status of older persons. Williams: PI; Gaylord: Project Coordinator. Date: 1987-1990.
 41. Bureau of Health Professions. University of North Carolina at Chapel Hill Geriatric Education Center. UNC at Chapel Hill, School of Public Health. Weissert: PI; Gaylord: Co-author of the proposal; Research Associate. Date: 1985-1988.
 42. Bureau of Health Professions. Curriculum Development in Aging. UNC at Chapel Hill, School of Public Health. Phillips: PI; Gaylord: Co-author of the proposal; Research Assistant. Date: 1982-1985.
 43. Administration on Aging. Development and Dissemination of Educational and Training Materials in Aging. Duke University Center for the Study of Aging and Human Development. Maddox: PI; Gaylord: Co-author of the proposal; Research Assistant. Date: 1976-1979.
 44. National Institutes of Health (NIH). Differences in sleep patterns between old and young subjects, as measured by EEG. Duke Center for the Study of Aging and Human Development. Prinz: PI; Gaylord: Research Assistant. Date: 1972-1973.
 45. National Institutes of Health (NIH). Hemispheric asymmetry in slow wave potentials in elderly subjects during performance of various cognitive tasks. Duke Center for the Study of Aging and Human Development. Marsh: PI; Thompson: PI; Gaylord: Research Assistant. Date: 1972-1973.

8. SERVICE:

To discipline:

Editorial Board, Alternative Therapies in Health and Medicine, 2000-2016
Editor, Complementary Health Practice Review, 2004-2010
Editorial Board, Journal of Women and Aging. 1987-2001
Reviewer, Journal of American Geriatrics Society. 1987-1998
Reviewer, Mindfulness. 2018.

Member, Policy Committee, Academic Consortium of Integrative Medicine and Health. 2018.
Research Committee, Academic Consortium of Integrative Medicine and Health 2008-present
Member, Steering Committee, Academic Consortium of Integrative Medicine and Health 2005-present
Member, Education Committee, Academic Consortium of Integrative Medicine and Health 2005-present
Member, North Carolina Academic Alliance in Integrative Medicine 2000 - present
Member, Association of Anthropology and Gerontology. 1994-96
Member, American Public Health Association. 1992-1998;2018-present.
Member, American Psychological Association. 1984-1998
Member, Gerontological Society. 1984-1998

Within UNC-Chapel Hill

Member, Mindful UNC Committee, UNC
Member, Wellness Champions Committee, UNC (2020-present)
Member, Well-being Executive Committee, UNC School of Medicine
Research Committee member, PM&R, 2016-present
Search Committee for VC Research: PM&R – 2020-2021
Wellness Committee member: PM&R 2016- present
Diversity Committee Member, PM&R, 2020-present
Educator, Integrative Medicine Clinic/Consult Service, Department of Physical Medicine and Rehabilitation, UNC School of Medicine, Chapel Hill NC. February 2002 - present.

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Director, Program on Integrative Medicine

Director, Director & Instructor, UNC Center for Mindfulness/Mindfulness Program for Stress and Pain Management April 2000 - present.

Member, Planning Committee for Complementary and Integrative Health Center at UNC Hospitals, Hillsborough, NC

Member, Program on Integrative Medicine Consult Service planning and implementation group, Department of Physical Medicine and Rehabilitation, UNC School of Medicine, Chapel Hill NC. September 1999 - present.

Advisor, Integrate! -UNC medical student interest group in complementary, alternative, and integrative medicine, November 1998-2010.

Advisor, Member of Steering Committee, and Chair of CAM Taskforce of UNC Planetree, November 2, 2001 - 2009.

Member, "Healing Voices" UNC Hospitals volunteer chorus 2001-2009.

Member, Consortium on Natural Medicine and Public Health (statewide committee). 2001- 2006ent

Other:

NIH/NCCIH Study Sections. 2007-present

Dates of service:

- June 29.30, 2023
- June 4, 2021
- October 31, 2019
- July 19, 2019
- May 3, 2019
- March 26, 2019
- November 30, 2018
- July 25, 2018
- July 19, 2018
- April 5, 2018
- March 15, 2018
- November 2017
- June 22, 2017
- May 2, 2017
- February 16, 2017
- November 22, 2016
- November 3, 2016
- July 29, 2016
- April 8, 2016
- November 19, 2015
- March 12-13, 2015
- June 27, 2014
- April 18, 2014
- October 11, 2013
- November 14, 2011
- June 24, 2011 (Chair)
- May 13-15, 2011
- November 16, 2010
- July 15, 2010
- July 16, 2009
- June 25-28, 2008
- March 27-28, 2008
- November 12-14, 2007

U.S. Dept. of Defense Study Section in CAM/IM:

Dates of Service:

- June 24, 2011
- May 13-15, 2011
- June 2010
- June 2008

Board of Directors, Durham County Mental Health Association. 1995-1999

9. RESEARCH STATEMENT

I am a research psychologist and associate professor in the Department of Physical Medicine and Rehabilitation, and Director of the UNC Program on Integrative Medicine, which is rooted in the Department of Physical Medicine and Rehabilitation, and which serves the people of North Carolina. I am strongly inspired by and committed to the Program on Integrative Medicine's mission: to promote research, training, and education in complementary, alternative, and integrative healthcare with the goal of optimizing healing and health and increasing access to and effectiveness of integrative healthcare. This mission is strongly aligned with The UNC School of Medicine's mission to improve the health and wellbeing of North Carolinians, and others whom we serve. Specifically, our Program, which was founded in 1998, has had a significant impact on clinical training, research knowledge and skills, and health professions education in integrative healthcare, including increasing access to complementary and integrative medicine among underserved and minoritized populations. Areas related to research are described further below.

Philosophically, I strongly adhere to a holistic view of health, incorporating mind, body, spirit, and environment. Within this larger perspective (which is equally applicable to education and service, as well as to research), my own research focuses particularly on the investigation of effectiveness, mechanisms, and implementation of promising mind-body therapies, and particularly on the use of mindfulness for ameliorating various conditions in diverse populations. Secondarily but importantly, I have played a substantial role in understanding the power of nutritional approaches for healing -- although in this research, I generally play the role of the team member rather than a lead investigator. I have also had a long-term interest in the roles of health beliefs and communication among care providers and their patients as factors in healing and healthcare.

Regarding mindfulness, my research has focused on the examination of its efficacy and effectiveness for managing stress, ameliorating pain, and promoting mental and physical well-being. I have played lead and supporting roles in numerous studies which involve developing, tailoring, testing, and manualizing innovative mindfulness-based interventions for various demographic and chronic-illness populations, including underserved minoritized populations. These projects often involve adapting format and content, with input from engaged community members, to maximize effectiveness for populations and conditions, as well as developing and testing appropriate active attention-control groups for randomized-controlled trial interventions.

One example of current research on which I play a role as Lead PI is an NIH/NIMHD R01 study, entitled "Digital Health Platform (CHP) to Deliver Mindfulness as a Stress Management Intervention Leveraging Electronic (SMILE) Health Records for Racial and Ethnic Population." This three-arm trial compares efficacy among a live, instructor-led, internet delivered mindfulness training program vs. an individualized, APP-delivered mindfulness training program, vs. a wait-listed control group, with Heart Rate Variability (HRV) monitoring as a primary outcome measure. Another ongoing funded project on which I play a PI role involves an R01 RCT funded by NIH/NIMHD (Giscombe, PI; Gaylord, M-PI) testing a culturally adapted mindfulness, diet, and exercise intervention for metabolic syndrome in African American women. I am also play a role as

site PI on a three-site, NIH pragmatic clinical trial (the OPTIMUM trial, part of the NIH HEAL initiative), which involves testing a group-based mindfulness intervention for patients with chronic low-back pain in a primary care setting. I am also a PI on a current NIH NIDA funded two-site study entitled Project BREATHE (Brothers Reclaiming Emotional Awareness, Tranquility, Healing & Ex-istence): Disrupting Racism-related Stress, Trauma, and Problematic Substance Use in Young Adult Black Men (Powell, Lead PI; Gaylord, M-PI). In a co-PI role, I am engaged in a newly funded PCORI RCT comparing Mindfulness-based Cognitive Behavioral Therapy vs. Cognitive Behavioral Therapy for adults with Autism (Brenna Maddox, Lead PI). Other recent projects include a mindfulness-based self-compassion intervention for adolescents at risk for depression (Gaylord, PI, funded by NIH/NCCIH); an NIH/NIA-funded study (Gaylord, Lead PI; Williams M-PI) to develop and test feasibility of an adapted telephone-delivered mindfulness program for rural African American dementia caregivers in North Carolina; and an NIH R34 study to examine the feasibility of adapting a mindfulness intervention for veterans who suffer due to moral injury (Michelle Kelley, PI, Gaylord, subaward PI). Earlier research has a co-investigator role in an NIH/NCCIH RO1 (Mann, PI) involving a three-arm comparison of three nutritional diets with differing Omega 3/Omega 6 ratio for adults suffering from Migraine Headaches. Earlier research has involved qualitative interviewing and analysis of health beliefs and use of CAM therapies, including natural products, among rural Whites, Native Americans, and African Americans, and collaboration with my colleagues, Dr. Kim Faurot and Dr. Laura Young, on a study of dietary supplement use and disclosure among hospitalized patients and outpatients.

As Lead PI/PD of the NIH NCCIH T32 Research Fellowship in Complementary and Integrative Healthcare (now in its 17th year), I am devoted to training a diverse mix of pre-and post-doctoral fellows for academic, CAM/IM-oriented research careers in CAM/integrative medicine. To facilitate this role, I partner with my co-PIs Dr. Kim Faurot and Dr. Cheryl Giscombe (School of Nursing). My training and experience in qualitative and quantitative methodologies, including various clinical trial designs, qualitative interviewing and analysis, and systematic reviews, as well as my long experience on NIH/NCCIH study section panels, for 17 years, including reviews of various K awards and training-grant applications, have also helped facilitate Fellows' training and expertise.

My vision for the future, regarding research, is to focus on how we can effectively integrate complementary therapies into mainstream healthcare settings, particularly how to reach currently underserved, vulnerable, and at-risk populations to enhance their health and stimulate the healing process, using implementation science methodology. This is a large undertaking, so one aspect of my vision is to continue training promising future researchers who can add to the workforce and become future leaders in moving the complementary and integrative healthcare field forward to have a greater and broader positive impact.

10. TEACHING STATEMENT

First, my philosophy of education comes from my own love of learning (philosophy – “love of wisdom”), and I hope that my excitement and passion for the subject matter of complementary and alternative therapies and integrative healthcare is transmitted contagiously to the student. Second, to borrow from E.M. Forster, my motto to describe my teaching approach is “only connect”: connecting the students with their own passions and interests as a springboard to their delving deeply into CAM and integrative medicine topics and connecting them with the complementary practitioners who can give them a first-hand experience. I provide a map and resources to assist them in having these direct, first-hand experiences as well as to stimulate their scholarly inquiry into the subject matter. These resources and experiences, often amplified by small-group discussions, open the students' inquisitive and critical minds to a whole new perspective on healing, and they begin a journey in which I am only a guide and in which I can only walk with them part way.

Another aspect of my teaching comes from my experience in developing multidisciplinary courses in the School of Public Health in the 1980s with my mentor and boss, Dr. Harry Phillips. Harry Phillips was an

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inspired South African physician who believed strongly in the power of sharing multiple health perspectives and interdisciplinary learning environments. Together, he and I, working collaboratively with other faculty experts, developed and implemented four courses in the School of Public Health on the topic of aging and older people -- involving health policy, health behavior, long-term care, and care of the elderly -- all with emphasis on serving vulnerable, at-risk populations. Later, recognizing the potency of this multidisciplinary approach, I applied it to the development of another cross-disciplinary course – this time on aging and rural health. Like some of our previous courses, this course was attended by a mix of medical, nursing, pharmacy, health policy, nutrition, health behavior, social work, and dental students. Thus, by the mid-nineties, I had a firmly established appreciation for a multidisciplinary learning environment, and when petitioned by medical students in 1994 to lead the development of an elective course on complementary and alternative medicine (CAM), naturally, I enlisted Dr. Peter Curtis, Family Medicine MD, and local CAM providers to collaborate on the development of a multi-health-school course --now in its 25th year. Next came the opportunity in 2000 to write a 5-year NIH grant proposal on complementary and alternative medicine education. Dr. Peter Curtis and I took advantage of our various CAM connections in the UNC Health Sciences Schools to develop an ambitious, multi-pronged approach to CAM education involving CAM course topics in each health sciences school, including courses for both faculty and students. This \$1.6 million grant allowed us to insert CAM content into many of the UNC School of Medicine required courses as well as developed mandatory courses for four residency programs at UNC: Family Medicine, Obstetrics and Gynecology, Neurology, and Physical Medicine and Rehabilitation. Moreover, our course jump-started the first Integrative Medicine Clinic (in PM&R), which was attended by UNC residents as well as faculty and students, as well as an additional elective course for medical students entitled “Introduction to Integrative Medicine” in the Spring semester, co-taught by Dr. Tom Motyka, DO, a Family Medicine Fellow, along with Dr. Douglas Mann and myself. We held five Integrative Medicine conferences at the Friday Center with nationally known speakers and gave lectures and symposia via the North Carolina AHEC program.

In the many courses for which I have been a director, a variety of teaching approaches have been used. For example, in the “Principles and Practices of CAM” elective course, which I’ve Directed for 27 years along with Doug Mann, MD and more recently with post-doctoral fellows, (e.g. Isabel Roth and Daniel Gallego-Perez), we have invited presentations from numerous CAM experts, including participatory demonstrations of CAM practices (e.g., acupuncturists and Traditional Chinese Medicine practitioners, massage therapists, hypnotherapists, mindfulness instructors, homeopaths, and many more.) The course also emphasizes first-hand learning opportunities (e.g., visiting medical herbalists in their habitats, where we learned how they grow and prepare herbs; sponsoring medicinal herb walks led by local wildcrafter Will Endres); in addition, there are readings from the scientific literature, textbooks, and handouts, as well as group discussions. Homework includes readings, community-based CAM assignments, reports on interviews with providers and community CAM practice sites, as well as reflections during and at the end of the course. Grades are based on course participation, including attendance, as well as short-answer quizzes, site reports, and reflections. Recent iterations of this course, presented live online, have allow the advantage of reaching out to presenters from far-off geographic locations, and have allowed increased access to students who would not have attended otherwise. Lectures are still presented via PowerPoint slides, and demonstrations have been creatively adapted to online presentations. For example, both massage and acupuncture have been demonstrated in the instructors’ office environments. CAM community visits were curtailed due to COVID, but have substituted outside assignments included documentaries and Zoom-based visits to learn about CAM practices (e.g., Yoga classes online, mindfulness classes online) and to meet with practitioners.

In teaching medical students about CAM via our “Fieldwork in CAM” elective course (PMED 452), there is generally a more individualized approach involving sending students individually or in small groups to CAM practitioners, where they are often able to experience CAM practices such as chiropractic as well as observe provider-patient interactions, such as Naturopathic Physicians and their clients. Students may also attend the Principles and Practices lectures or other local CAM learning events. Weekly meetings are held with students,

usually in small groups (individually if only one person is enrolled in a specific 4-week block rotation), and students are assigned an individual PowerPoint presentation requiring an evidence-based review of the literature, evaluation, and discussion. Self-care is strongly emphasized as part of the CAM philosophy, and personal reflections are also required as they complete the course.

The “Mindfulness and Self-Compassion for Caring Professions” elective course , which I have co-directed and co-taught with Dr. Cheryl Giscombe, Ph.D., RN, faculty in the School of Nursing, for the past four years, has involved our working closely together on course structure and execution. This 3-hour weekly Spring Semester course is listed in both the School of Medicine (PMED 601) and the School of Nursing (N620). The course involves approximately 50% participatory learning of skills in mindfulness, mindful self-compassion, and mindful communication, and 50% evidence-based lectures, student-led critical appraisal, and discussions, plus student home assignments involving mindfulness practices, journaling, and readings from the research literature as well as from the text entitled “Full Catastrophe Living” by Dr. Jon Kabat-Zinn. The course, which is taught on Mondays from 4-7 p.m., originally was taught in person and, beginning in late March of 2020, was taught online via Zoom due to COVID. Dr. Giscombe and I both have great confidence in our knowledge and ability to teach this topic, as we have both carried out research and practice in this area for many years, and we complement each other in our areas of expertise. For this course, our teaching style is highly interactive and involves stimulating student participation by asking them questions, drawing out those students who are less likely to speak, and making sure all students feel included and encouraged to participate. Students remain engaged and attentive throughout, generating thoughtful questions of their own for follow-up – a sign of the enriching and open learning environment we have created. Pre-COVID meditation cushions were brought to the classroom for use by the students to enhance the experiential portion of the class. Post-COVID, the class has continued Zoom with great success, with students being given suggestions for utilizing their home environment and daily life as a setting for mindfulness practice. Zoom technology has enhanced the class, allowing us to readily show videos and websites and set up break-out rooms for dyadic conversations. The sequential ordering of topics is logical and built on previous topics, with teaching approaches including didactics, experiential learning, home-practice assignments, and student presentations.

Regarding my vision for the future, I would like to develop further continuing education courses on topics related to complementary, alternative, and integrative healthcare training for healthcare providers at the regional level.

12. SERVICE AND ENGAGEMENT STATEMENT

I am deeply committed to the work that I have chosen to carry out as my career path. The Program on Integrative Medicine’s mission and goal give an indication of the focus and direction of this work: to promote research, training, and education in complementary, alternative, and integrative healthcare with the goal of optimizing healing and health and increasing access to and effectiveness of integrative health care. Two themes, optimizing healing and increasing access, are key. This fuels the service aspect of my own work. I am passionate about providing evidence-based information on complementary and integrative therapies to all audiences and pursuing research that will strengthen the evidence base. I also feel strongly about providing access to proven therapies to underserved, at-risk populations, which can improve the health of all people. Therefore, our research, as well as our outreach, is geared towards those populations that might not otherwise find or be able to afford this care. Many complementary therapies could be integrated cost-effectively into mainstream health care, and thus decrease illness as well as optimize wellbeing. That is why I always say “yes” to local presentations, no matter what the audience, and I always take the time to talk on the phone, or reply to an email, when a person calls or writes to inquire about CAM or Integrative Medicine therapy service options. And that is why we at PIM look for ways to make integrative health care affordable to all. To do this work requires a diligent and dedicated pursuit of excellence in research, depth and breadth

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in CAM/IM education, and continual cultivation of high quality, affordable, and culturally sensitive clinical services in the service of health for all people.

SIGNED:

DATE: June 21, 2023