



# SIG Members In Touch

## Spirituality and Health Newsletter

*The whole is greater than the sum of its parts*

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**SIG Co-Chair**  
**John Salsman**  
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### **SIG Co-Chair**

**John Salsman**

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Greetings to the Spirituality & Health SIG! Well, three years ago I was elected to a three year term as a Co-Chair of our SIG. Being one of the smaller SIGs and a SIG that is often a secondary or tertiary home to many of our members can be a challenge. However, I viewed that as an opportunity to strengthen our core group of SIG members and to continue building collaborative connections with other SIGs. To that end, we have continued to find ways to highlight the important research many of our members are doing through featured talks at the annual meeting, brief profiles in the Outlook newsletter, and our biennial awards for a Distinguished Investigator in Spirituality and Health and a New Investigator in Spirituality and Health. We have also continued to collaborate with other SIGs (e.g., Cancer SIG, Pain SIG) for symposia and have had conversations about future “cross-pollination” with the Theories and Techniques of Behavior Change Interventions, Integrated Primary Care, and Student SIGs. Importantly and in order to be a member-driven SIG, we conducted a needs assessment of our membership last spring to identify priorities for future initiatives. We will be reviewing the results of that work with plans for next steps during our breakfast roundtable in DC. In closing, we have a good foundation of engagement and productivity in this SIG with an emerging plan for creating greater synergy moving forward. I have enjoyed my three-year term, and we are in great hands with the new leaders. I look forward to seeing our SIG flourish in the years ahead.

Best wishes, John Salsman, PhD  
Spirituality and Health SIG Co-Chair



## Greetings from Our Co-Chair

**Andi Clements**

[clements@mail.etsu.edu](mailto:clements@mail.etsu.edu)

Greetings Fellow SIG Members,

I am looking forward to see many of you at this year's SBM meeting in Washington, DC. It's hard to believe it's less than a week away. At our business meeting on Thursday morning we will be welcoming a new co-chair, presenting and voting on changes to our leadership structure, informing everyone about the Spirituality and Health SIG's article that is to be published as part of a special issue of the *Journal of Behavioral Medicine*, and John is going to give us a more detailed picture of the results of last year's membership survey with some action items. I hope everyone will try to attend. It is such a great opportunity to connect and find ways to plug in. Please, take note of the presentations and posters that have a spirituality or religiosity component and try to stop by and tell them about our SIG. I have found this to be a great way to meet some of our budding researchers.

Cheers,

Andi Clements, PhD, Co-Chair  
Spirituality and Health SIG  
Professor and Assistant Chair, Department of Psychology  
East Tennessee State University

## Editor's Notes

**Crystal Lumpkins**

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It's hard to believe that the 37<sup>th</sup> Annual Meeting in Washington, DC is this week. The Theme is "Behavioral Medicine at the Crossroads: 21st Century Challenges and Solutions."



This conference promises to be one that builds on the past and also prepares scholars and practitioners for the future in behavioral science.

We've highlighted just a few sessions that you may consider attending when you are at the conference. Some of the highlights include business meeting on Thursday morning, moderated by Drs. Salsman and Clements and our panel on Thursday, March 31 titled "*Associations of Religiosity and Spirituality with Health Outcomes.*" Some of the featured topics include: childhood experience, spirituality and depression; religiosity and health promoting behaviors in pregnant women; and the role of religious comfort and strain on affective outcomes

in an inpatient psychiatric setting. Our Religion and Health Symposium will also feature Dr. Gail Ironson and Ms. Aurelie Lucette from the University of Miami.

We're also excited for our award winners, Dr. Crystal L. Park as the recipient of the Spirituality and Health SIG Leadership Award and Dr. Kelly M. Trevino, recipient of the Spirituality and Health SIG New Investigator Award. We'd also like to congratulate our incoming Co-Chair, Dr. Karen Yeary, Associate Professor in the Department of Health Behavior and Health Education in the College of Public Health at the University of Arkansas for Medical Sciences (UAMS). Here's to a great conference!

Best wishes and hope to see you there,

Crystal Y. Lumpkins, PhD  
Spirituality and Health SIG Newsletter Editor  
Assistant Professor, Department of Family Medicine  
Research Division, School of Medicine  
University of Kansas Medical Center



## **Meet Our Incoming Co-Chair, Dr. Karen Yeary**

Dr. Karen Yeary is our new Co-Chair for the Spirituality and Health SIG. Dr. Yeary is an Associate Professor in the Department of Health Behavior and Health Education in the College of Public Health at the University of Arkansas for Medical Sciences (UAMS). She received her B.S. and Ph.D. in Nutritional Sciences at Cornell University, and completed a nationally-competitive post-doctorate fellowship in Community-Based Public Health at the University of North Carolina at Chapel Hill. Dr. Yeary's expertise is in the use of community-based participatory approaches to translate evidence-based behavioral interventions for underserved populations. The overall purpose of her work is to eliminate health inequities through the creation of sustainable and easily disseminable behavioral interventions for underserved groups. Her work has included working with faith-based organizations to develop culturally appropriate obesity control, cancer prevention, and depression interventions for rural African American adults. For the past decade, Dr. Yeary has published in the area of religion and health, focusing on religion's relationship with body weight and related health outcomes, including dietary intake and physical activity. She has also published on the feasibility and methodology of faith-based interventions to change health behavior. As Co-Chair of the Spirituality and Health SIG, Dr. Yeary will focus on facilitating the development of tangible ways for SIG members to work together, including the formation of paper writing clubs, grant development groups, mentorship pairs, and advocacy for the work of spirituality and health research and practice within SBM and to the broader scientific, practice, and lay community. She also served as a previous Co-Editor of the Newsletter for the SIG.



## **SBM Spirituality and Health SIG Awards 2015**



**Crystal Park  
Receives  
Spirituality and  
Health SIG  
Distinguished  
Leadership Award**

The recipient of this year's Spirituality and Health SIG Distinguished Leadership Award is Dr. Crystal Park. She is a professor at the University of Connecticut and Director of the Graduate Certificate Program on Health Psychology. Park is one of the leading researchers in meaning-making in the context of chronic illnesses such as cancer and cardiovascular disease. She recently completed a meta-analysis examining the associations between religiosity/spirituality and outcomes in cancer. This three-part meta-analysis was a significant contribution to the field of spirituality and health and laid the foundation for the next steps in religiosity/spirituality and cancer. Dr. Park has also led the field in developing and testing psycho-spiritual and yoga interventions to reduce stress and improve adjustment to chronic illness. Park has authored well over 100 publications and recently edited the second edition of the Handbook of the Psychology of Religion and Spirituality. Park also is a former Spirituality and Health SIG Chair and as President of APA Division 36 (Society for the Psychology of Religion and Spirituality.)



**Kelly Trevino Receives  
Spirituality and Health SIG  
New Investigator Award**

Dr. Kelly Trevino is an Assistant Professor of Psychology in Medicine at Weill Cornell Medicine in the Center for Research on End of Life Care. She is the 2015 Spirituality and Health SIG New Investigator Awardee. She also is a recipient of the Paul B. Beeson Career Development Award in Aging (K23) funded by the National Institute on Aging and American Federation for Aging Research. The purpose of the award is to develop and evaluate an anxiety intervention for older adults with cancer and their primary informal caregivers. Trevino received her doctoral degree from Bowling Green State University under the direction of Dr. Kenneth Pargament. Her research examined religious and secular confession and forgiveness, religious coping, and spiritual struggle. She also completed a post-doctoral fellowship in gero-psychology at the VA Boston Healthcare System where she provided individual and group psychotherapy in an outpatient gero-psychology clinic, long-term care facility, geriatric assessment clinic, and inpatient psychiatric unit.

*(Source: <http://kellytrevino.weebly.com/about.html>)*



**SOCIETY of BEHAVIORAL MEDICINE**  
**37<sup>TH</sup> ANNUAL MEETING & SCIENTIFIC SESSIONS**

**Washington,**  
WASHINGTON HILTON  
MARCH 30 - APRIL 2, 2016  
**DC**



## **Spirituality and Health Related Events at SBM 2016**

### **Wednesday, March 30, 2016**

**12 p.m. – 6 p.m. Seminar 16: Understanding the Principles at Work in Mind-Body Programs and Integrating those into Behavior Change Interventions**

**Location: Columbia 8**

**Cost: \$125 (Full/Associate/Emeritus Members); \$75 (Student/Transitional Members); \$175 (Non-Members)**

**6-7 p.m. Poster Session A**

**Location: Columbia 1-5**

### **Thursday, March 31, 2016**

**7:15 am - 8:00 am Breakfast Roundtables: Spirituality and Health SIG Business Meeting**

**Location: Jefferson West**

**Moderators: John Salsman, PhD; Andi Clements, PhD**

**11 a.m. – 12 p.m. – Midday Meeting: Complementary and Integrative Medicine SIG Presents: National Center for Complementary and Integrative Health Research Priorities and Funding Opportunities in Behavioral Medicine**

**Location: Columbia 11**

**Moderator: Crystal L. Park, PhD**

**12:30 p.m. - 1:30 p.m. – Paper Session 9: Associations of Religiosity and Spirituality with Health Outcomes**

**Location: Fairchild**

**Co-Chairs: Kevin Masters, PhD; Amy Walchholtz, PhD, MDiv, MS**

**12:30 p.m. - 12:45 p.m. – Adverse Childhood Experience, Spirituality, and Depression – Robert Whitaker, MD, MPH; Tracy Dearth-Wesley, PhD, MPH; Kathleen Gallagher, PhD**

**12:45 p.m. – 1 p.m. – The Relationship between Religiosity and Health Promoting Behaviors in Pregnant Women at Pregnancy Resource Centers - Natalie A. Cyphers, PhD, RN, CPN; Andera D. Clements, PhD; Jody L. Ralph, PhD, RN**

**1 p.m. – 1:15 p.m. – Positive and Negative Influences of Religious Comfort and Anger toward God on Eating Disorder Symptoms – Kallie Rohrmayer, MA; Alexis D. Abernethy, PhD; Chris Keiper, MA; Andrene Spencer**

**1:15 p.m. 1:30 p.m. – Understanding the Role of Religious Comfort and Strain on Affective Outcomes in an Inpatient Psychiatric Setting** – Alexis D. Abernethy, PhD, Sarah Schnitker, PhD; Joseph M. Currier, PhD; Katharine M. Putman, PsyD; Charlotte vanOyen Witvilet, PhD; Diana Ro, PsyD; Heather Jones, MA; Karl J. WanHarn, DMin; Janet Carter

**6-7 p.m. Poster Session B**

**Location: Columbia 1-5**

**Friday, April 1, 2016**

**11 a.m. – 12 p.m. - Midday Meeting: Spirituality and Health SIG Presents: New and Distinguished Investigator Awards and Oral Presentations**

**Moderators: John Salsman, PhD, Andi Clements, PhD**

Crystal L. Park, PhD, of the University of Connecticut, will be presented the Distinguished Investigator in Spirituality and Health Award, and Kelly M. Trevino, PhD, of Weill Cornell Medical College at Cornell University, will be presented the New Investigator Award. Awardees will provide a review of their work and future directions.

**1:45 p.m. – 3 p.m. – Symposium 52: Religion and Health**

**Chair: Neal Krause, PhD**

**Presenters: Gail Ironson, MD, PhD; Aurelie Lucette, MS**

**Discussant: Crystal L. Park, PhD**

**Paper Session 50: Whole Health: Mind, Body, Spirit**

**Co-Chairs: Crystal L. Park, PhD; Amanda J. Shellcross, PhD**

**Location: Columbia 9**

**3:15-3:33 p.m. - Can a Mind-Body Training Program Bring about a Lasting Improvement in Quality of Life and Lung Function in Patients with Asthma?** James Carmody, PhD; Lori Pbert, PhD

**3:33 p.m. – 3:51 p.m. - Reductions in Reward-Driven Eating Mediate Effects of a Mindfulness Based Program on Weight Loss in Obesity: Data from a Randomized Controlled Trial** – Ashley E. Mason, PhD; Elissa Epel, PhD; Kirstin Aschbacher, PhD; Patricia J. Moran, PhD; Michael Acree, PhD; Frederick Hecht, MD; Jennifer Daubenmier, PhD

**3:51 p.m. - 4:09 p.m. - Impact of a Loving Kindness Mediation Intervention on Key Outcomes During the Peri-Surgical Period of Breast Cancer** – Ana Vanessa Wren, PhD; Rebecca A. Shelby, PhD; Mary Scott Soo, MD; Zenzi Hysmans, BS; Katherine L. Perlman; Francis Keefe, PhD

**4:09 p.m. – 4:27 p.m. – Enhancing Illness Acceptance and Alleviating Afflictive Emotion for Psoriasis Patients by Integrative Mind-Body-Spirit Model** – Yat-Lui Fung, MAP; Celia H.Y. Chan, PhD

**4:27 p.m. – 4:45 p.m. – Mindfulness Moderates the Relation between Body Image and Disordered Eating Attitudes** – Amy Heard, BA; Alexandra Kirsch, MA; Colleen Conley, PhD; Amy Bohnert, PhD

**Poster Session C**

**Location: Columbia 1-5**

**6 p.m. – 7 p.m.**

**Saturday, April 2, 2016**

**10:15 a.m. - 11:15 a.m. Poster Session D**

**Location: Columbia 1-5**

**10:20 am – 11:05 am Master Lecture: Integrating Agendas: A Team Sports Approach to Translating Evidence to Care for Cancer Survivors**

**Presenter: Catherine M. Alfano, PhD**

**Moderator: Kate Wolin, ScD**

**Calendar of Future Events**

**May 12-14, 2016**

6th European Conference on Religion, Spirituality and Health, Malta

**July 11-14, 2016**

GWISH (George Washington Institute for Spirituality & Health) Summer Institute

**August 15-19, 2016**

Duke Summer Spirituality & Health Research Workshops, Duke University, Durham, NC

**Oct 28-Oct 30, 2016**

2016 Annual Meeting Society for the Scientific Study of Religion, Atlanta, GA