

Curriculum Vitae

EMILY L. ZALE

Assistant Professor of Psychology
Binghamton University, State University of New York
Department of Psychology
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Education

- Ph.D., Syracuse University August 2012 – June 2017
Clinical Psychology
Dissertation: *Increasing cessation motivation and treatment engagement among smokers in pain*
Major Advisor: Joseph W. Ditre, Ph.D.
- Internship, Harvard Medical School/Massachusetts General Hospital July 2016 – June 2017
Clinical Psychology
Behavioral Medicine Track
- M.S., Texas A&M University August 2010 – August 2012
Psychology (Clinical)
Thesis: *Associations between chronic pain and use of pharmacotherapy for smoking cessation*
Major Advisor: Joseph W. Ditre, Ph.D.
- B.A., University of Rochester August 2003 – May 2007
Psychology and Anthropology
Magna Cum Laude; High Distinction in Psychology; Highest Distinction in Anthropology

Professional Positions

- Assistant Professor, Department of Psychology September 2018 – Present
Binghamton University, SUNY
- Clinical Research Fellow, Integrated Brain Health July 2017 – July 2018
Harvard Medical School/Massachusetts General Hospital
- Clinical Fellow in Psychology, Behavioral Medicine July 2016 – June 2017
Harvard Medical School/Massachusetts General Hospital
- Research Assistant, Center for Integrated Healthcare June 2014 – June 2016
Syracuse VA Medical Center
- Graduate Assistant, Pain and Addictions Research Lab July 2012 – June 2017
Syracuse University
- Graduate Assistant, Health Behavior Research Group August 2010 – June 2012
Texas A&M University

Honors and Awards

American Society for Surgery of the Hand, Bruner Award, 2017
Society for Research on Nicotine and Tobacco, Service Award, 2016
Department of Psychology, Syracuse University, Research Travel Award, 2014, 2015
Graduate Student Organization, Syracuse University, Research Travel Grant, 2014
American Psychological Association Division 38, Graduate Student Research Award, 2012
American Psychological Association of Graduate Students, Basic Psychological Science Research Grant, 2012
Society of Behavioral Medicine Pain SIG, Student Research Award Honorable Mention, 2012
Society of Behavioral Medicine, Selected to Receive Mentored Poster, 2012
Department of Psychology, Texas A&M University, Research Travel Award, 2010, 2011
Phi Beta Kappa, Iota of New York, University of Rochester, 2007
Gerald Williams Memorial Prize, Department of Anthropology, University of Rochester, 2007

Grant Funding (Concluded)

F31DA039628 (PI: Zale; Sponsors: Ditre, Maisto) 6/1/2015 – 05/31/2017
NIH/NIDA \$80,817 (Direct)

Increasing Cessation Motivation and Treatment Engagement among Smokers in Pain

The goal of this study was to pilot test a brief intervention, adapted for smokers in pain by incorporating a novel pain/smoking psychoeducation component. The active intervention was tested against an evidence-based intervention consistent with clinical practice guidelines. Primary outcome measures included patient knowledge of pain/smoking interrelations, self-reported motivation to engage a serious quit attempt, and engagement of available smoking cessation treatment.

Research Pilot Grant (MPI: Zale) 04/20/2015 – 04/19/2016
VA Center for Integrated Healthcare \$23,498 (Total)

Increasing Cessation Motivation and Treatment Engagement among Smokers in Pain

The primary goal of this study was to examine correlates and treatment of comorbid pain and tobacco smoking among smokers presenting to VA-based primary care.

Grant Funding (Non-Funded Applications)

Trauma Research Grant (PI: Vranceanu, Co-I: Zale) Submitted December 2017
Orthopaedic Research and Education Foundation \$289,000 (Direct)

Using Technology to Optimize Recovery After Injury: A Stepped Care Approach

The primary goal of this study is to develop a cost-effective stepped care model that matches level of care with patient needs to improve recovery after trauma while reducing patient and provider burden.

Peer-Reviewed Publications (underline indicates mentored trainees)

Ditre, J. W., Zale, E. L., LaRowe, L. R. (in press). A reciprocal model of pain and substance use: Transdiagnostic Considerations, Clinical Implications, and Future Directions. *Annual Review of Clinical Psychology*.

Vranceanu, A. M., **Zale, E. L.**, Funes, C., Macklin, E. McCurley, J., Park, E., Jordan, J., Lin, A., & Plotkin, S. (in press). Mind-body program delivered via live videoconferencing to improve quality of life in international English-speaking adults with neurofibromatosis: Study protocol for a single-blind randomized controlled trial. *Journal of Medical Internet Research*.

Bargon, C. A., **Zale, E. L.**,* Khoei, M. T., Fischerauer, S., Chen, N., Ring, D., & Vranceanu, A. M. (in press). Factors associated with the perception and importance of regulating opioid prescriptions in orthopedic surgery. *Journal of Hand Surgery*.

*Shared first author; first and second authors contributed equally to the work

Zale, E. L., Ring, D., & Vranceanu, A. M. (2018). The future of orthopedic care: Promoting psychosocial resiliency in orthopaedic surgical practices. *Journal of Bone and Joint Surgery*, *100*, e89. doi: 10.2106/JBJS.17.01159

Ditre, J. W., **Zale, E. L.**, LaRowe, L. R., DeVita, M. J., & Kosiba, J. D. (2018). Nicotine deprivation increases pain sensitivity, neurogenic inflammation, and mechanical hyperalgesia among daily tobacco smokers. *Journal of Abnormal Psychology*. Advance online publication. doi: 10.1037/abn0000353

LaRowe, L. R., Kosiba, J. D., **Zale, E. L.**, & Ditre, J. W. (2018). Effects of nicotine deprivation on current pain intensity among daily tobacco smokers. *Experimental and Clinical Psychopharmacology*. Advance online publication. doi: 10.1037/pha0000218

Zale, E. L., Heinhuis, T. J., Tehan, T., Salgueiro, D., Rosand, J., & Vranceanu, A. M. (2018). Resiliency is independently associated with greater quality of life among informal caregivers to neuroscience intensive care unit patients. *General Hospital Psychiatry*, *52*, 27-33. doi: 10.1016/j.genhosppsych.2018.02.012

Kosiba, J. D., **Zale, E. L.**, & Ditre, J. W. (2018). Associations between pain intensity and urge to smoke: Testing the role of negative affect and pain catastrophizing. *Drug and Alcohol Dependence*, *187*, 100-108. doi: 10.1016/j.drugalcdep.2018.01.037

Choi, K. W., Shaffer, K. M., **Zale, E. L.**, Funes, C. J., Koenen, K. C., Tehan, T., Rosand, J., & Vranceanu, A. M. (2018). Early psychosocial indicators predict chronic PTSD in caregivers of patients admitted to a neuroscience intensive care unit. *Critical Care Medicine*, *46*, 713-719. doi: 10.1097/CCM.0000000000002988

Westenberg, R., **Zale, E. L.***, Heinhuis, T. J., Ozkan, S., Nazzal, A., Lee, S. G., Chen, N. C., & Vranceanu, A. M. (2018). Does a brief mindfulness exercise improve outcomes in upper extremity patients? A randomized control trial. *Clinical Orthopedics and Related Research*, *476*, 790-798. doi: 10.1007/s11999.0000000000000086

*Shared first author; first and second authors contributed equally to the work

Zale, E. L., Pierre-Louis, C., Macklin, E. A., Ricklin, E., & Vranceanu, A. M. (2017). The impact of a mind-body program on multiple dimensions of resiliency among geographically diverse patients with neurofibromatosis. *Journal of Neuro Oncology*, *137*, 321-329. doi: 10.1007/s11060-017-2720-5

- LaRowe, L. R., Langdon, K. J., Zvolensky, M. J., **Zale, E. L.**, & Ditre, J. W. (2017). Pain-related anxiety as a predictor of early lapse and relapse to smoking. *Experimental and Clinical Psychopharmacology*, *25*, 255-264. doi: 10.1037/pha0000127
- Ozkan, S., **Zale, E. L.***, Ring, D., & Vranceanu, A. M. (2017). Associations between pain catastrophizing and cognitive fusion in relation to pain and upper extremity function among hand and upper extremity surgery patients. *Annals of Behavioral Medicine*, *51*, 547-554. doi: 10.1080/16506073.2016.1256347
- *Shared first author; first and second authors contributed equally to the work
- Ditre, J. W., **Zale, E. L.**, Heckman, B. W., & Hendricks, P. S. (2016). A measure of perceived pain and tobacco smoking interrelations: Development and initial validation of the Pain and Smoking Inventory. *Cognitive Behaviour Therapy*, *46*, 339-351. doi: 10.1080/16506073.2016.1256347
- Ditre, J. W., Heckman, B. W., **Zale, E. L.**, Kosiba, J. D., & Maisto, S. A. (2016). Acute analgesic effects of nicotine and tobacco in humans: A meta-analysis. *PAIN*, *157*, 1373-1381. doi: 10.1097/j.pain.0000000000000572
- Ditre, J. W., Kosiba, J. D., **Zale, E. L.**, Zvolensky, M. J., & Maisto, S. A. (2016). Chronic pain status, nicotine withdrawal, and expectancies for smoking cessation among lighter smokers. *Annals of Behavioral Medicine*, *50*, 427-435. doi: 10.1007/s12160-016-9769-9
- Zale, E. L.**, Maisto, S. A., & Ditre, J. W. (2016). The role of anxiety and depression in bi-directional relations between pain and smoking: Implications for smoking cessation. *Behavior Modification*, *40*, 7-28. doi: 10.1177/0145445515610744
- Zale, E. L.**, & Ditre, J. W. (2015). Pain-related fear, disability, and the fear-avoidance model of chronic pain. *Current Opinion in Psychology*, *5*, 24-30. doi:10.1016/j.copsyc.2015.03.014
- Kadimpati, S. S., **Zale, E. L.**, Hooten, W. M., Ditre, J. W., & Warner, D. O. (2015). Associations between neuroticism and depression in relation to catastrophizing and pain-related anxiety in chronic pain patients. *PLoS ONE*, *10*, e0126351. doi: 10.1371/journal.pone.0126351
- Zale, E. L.**, Maisto, S.A., & Ditre, J. W. (2015). Interrelations between pain and alcohol: An integrative review. *Clinical Psychology Review*, *37*, 57-71. doi: 10.1016/j.cpr.2015.02.005
- Zale, E. L.**, Dorfman, M. L., Hooten, W. M., Warner, D. O., Zvolensky, M. J., & Ditre, J. W. (2014). Tobacco smoking, nicotine dependence, and patterns of prescription opioid misuse: Results from a nationally representative sample. *Nicotine & Tobacco Research*, *17*, 1096-1103. doi: 10.1093/ntr/ntu227
- Ditre, J. W., Langdon, K. J., Kosiba, J. D., **Zale, E. L.**, & Zvolensky, M. J. (2014). Relations between pain-related anxiety, tobacco dependence, and barriers to quitting among a community-based sample of daily smokers. *Addictive Behaviors*, *42*, 130-135. doi:10.1016/j.addbeh.2014.11.032

- Zale, E. L.**, Ditre, J. W., Dorfman, M. L., Heckman, B. W., & Brandon, T. H. (2014). Smokers in pain report lower confidence and greater difficulty quitting. *Nicotine & Tobacco Research, 16*, 1272-1276. doi: 10.1093/ntr/ntu077
- Huffhines, L., **Zale, E. L.**, Lang, K., Thamotheran, S., & Fields, S. A. (2014). Intimate partner violence, childhood sexual abuse, and cigarette smoking risk in adolescents. *Journal of Child & Adolescent Trauma, 7*, 175-183. doi: 10.1007/s40653-014-0024-x
- Ditre, J. W., **Zale, E. L.**, Kosiba, J. D., & Zvolensky, M. J. (2013). A pilot study of pain-related anxiety and smoking dependence motives among persons with chronic pain. *Experimental and Clinical Psychopharmacology, 21*, 443-449. doi: 10.1037/a0034174
- Zale, E. L.**, Lang, K. L., Fields, S. A., & Ditre, J. W. (2013). The relation between pain-related fear and disability: A meta-analysis. *Journal of Pain, 14*, 1019-1030. doi: 10.1016/j.jpain.2013.05.005
- Zale, E. L.**, & Ditre, J. W. (2013). Associations between chronic pain and use of pharmacotherapy for smoking cessation. *Psychology of Addictive Behaviors, 28*, 294-299. doi: 10.1037/a0032515
- Thamotheran, S., Lang, K., **Zale, E. L.**, Huffhines, L., & Fields, S. (2013). The role of impulsivity in pediatric obesity and weight status: A meta-analytic review. *Clinical Psychology Review, 33*, 253-262. doi: 10.1016/j.cpr.2012.12.001
- Ditre, J. W., Brandon, T. H., **Zale, E. L.**, & Meagher, M. M. (2011). Pain, nicotine, and smoking: Research findings and mechanistic considerations. *Psychological Bulletin, 137*, 1065-1093. doi: 10.1037/a0025544
- Davies, P. T., Sturge-Apple, M., Cicchetti, D., Manning, L., & **Zale, E.** (2009). Children's patterns of emotional reactivity to conflict as explanatory mechanisms in links between interpartner aggression and child physiological functioning. *Journal of Child Psychology and Psychiatry, 59*, 1384-1391. doi: 10.1111/j.1469-7610.2009.02154.x

Book Chapters and Other Publications

- Ditre, J. W., **Zale, E. L.**, & Brandon, T. H. (2015). Patterns and predictors of smoking cessation. In R. Lodenkemper & M. Kreuter (Eds.), *The Tobacco Epidemic, 2nd edition* (pp. 210-218). doi: 10.1159/000369500. Basel: Karger.
- Zale, E. L.**, Rass, O. & SRNT Trainee Network Advisory Board. (2015). Society News: SRNT Trainee Network Spotlight. *Nicotine & Tobacco Research, 17*, 376-377. doi: 10.1093/ntr/ntu274
- Zale, E. L.**, Rass, O. & SRNT Trainee Network Advisory Board. (2015). Society News: SRNT Trainee Network Spotlight. *Nicotine & Tobacco Research, 17*, 1292-1293. doi: 10.1093/ntr/ntv060
- Heckman, B. W., Blank, M. D., Peters, E. N., Patrick, M. E., Litvin Bloom, E., Mathew, A. R., Schweizer, C. A., Rass, O., Lidgard, A. L., **Zale, E. L.**, Cook, J. W., & Hughes, J. R. (2013). Developing tomorrow's tobacco scientists today: The SRNT trainee network. *Nicotine and Tobacco Research, 15*. doi: 10.1093/ntr/ntt012

Manuscripts Under Review

Jackson, W., **Zale, E. L.**, Kuluch, R., Berman, S. J., Malacarne, A., Lapidow, A., & Vranceanu, A. M. (under resubmission). Physical functioning and mindfulness skills training (MST) in chronic pain: A systematic review. *Journal of Pain Research*.

Kosiba, J. D., Mitzel, L. D., Zale, E. . Zvolensky, M. J., & Ditre, J. W. A preliminary study of associations between discomfort intolerance, pain severity/interference, and frequency of cannabis use among individuals with chronic pain. *Addiction Research and Theory*.

Funes, C. J., **Zale, E. L.**, Luberto, C. M., & Vranceanu, A. M. Home practice and quality of life among patients with neurofibromatosis randomized to a mind-body intervention. *Complementary Therapies in Medicine*.

Manuscripts in Preparation

Zale, E. L., Maisto, S. A., & Ditre, J. W. Effects of a novel intervention to increase cessation motivation and treatment engagement among smokers in pain.

Zale, E. L., LaRowe, L. R., & Ditre, J. W. Associations between hazardous alcohol use and pain-related anxiety among persons with chronic pain.

Zale, E. L., LaRowe, L. R., & Ditre, J. W. Tobacco smoking and psychiatric comorbidity among persons with chronic pain: Results from a nationally-representative sample.

Zale, E. L., Batchelder, A., Zvolensky, M., Smits, J., Gonzalez, A., Labbe, A., & O’Cleirigh, C. Psychosocial correlates of smoking abstinence expectancies among persons living with HIV.

Lin, A., **Zale, E. L.**, Tehan, T., Salgueiro, D., Rosand, J., & Vranceanu, A. M. Gender differences in associations between resiliency and depression among Neuro-ICU caregivers.

LaRowe, L. R., Heckman, B. W., **Zale, E. L.**, Ditre, J. W., & Brandon, T. H. Effects of chronic pain and smoking deprivation on nicotine withdrawal and acute pain intensity.

McCurley, J., Funes, C. J., **Zale, E. L.**, Rosand, J. R., & Vranceanu, A. M. Neuroscience ICU patient and caregiver perceptions and preferences of psychosocial interventions after stroke.

Greenberg, J., Verheil, S. **Zale, E. L.**, Ring, D., & Vranceanu, A. M. The role of positive psychology in reports of pain intensity and disability among hand and upper extremity patients.

Invited Talks and Oral Conference Papers

Zale, E. L. & Vranceanu, A. M. (April, 2018). *Extending our reach: Integrating psychosocial factors into orthopedic practices*. Symposium Chair at the 39th annual meeting of the Society of Behavioral Medicine in New Orleans, LA.

- Zale, E. L., Westenberg, R., Heinhuis, T. J., Ozkan, S., Nazzal, A., Lee, S. G., Chen, N. C., & Vranceanu, A. M.** (April, 2018). *A brief mindfulness exercise improves orthopaedic surgery patients' pain and distress: Results from a randomized control trial*. Paper presented at the 39th annual meeting of the Society of Behavioral Medicine in New Orleans, LA.
- Vranceanu, A. M., **Zale, E. L., Lin, A., Funes, C., & Ring, D.** (April, 2018). *The Toolkit for Optimal Recovery for patients with acute orthopaedic trauma at risk for persistent pain and disability*. Paper presented at the 39th annual meeting of the Society of Behavioral Medicine in New Orleans, LA.
- Magidson, J., **Zale, E. L.,*** Bargon, C., Chen, N. C., Ring, D., & Vranceanu, A. M. (April, 2018). *Patient beliefs about prescription opioids and opioid prescribing policies in orthopaedic surgery*. Paper presented at the 39th annual meeting of the Society of Behavioral Medicine in New Orleans, LA.
- *presenting author
- Verheil, S., **Zale, E. L.,** Ring, D., & Vranceanu, A. M. (April, 2018). *The role of positive psychology in reports of pain intensity and disability among hand and upper extremity patients*. Paper presented at the 29th Annual Richard J. Smith Memorial Lectureship, Massachusetts General Hospital, Boston, MA.
- Zale, E. L.,** Westenberg, R. F., Heinhuis, T. J., Ozkan, S., Nazzal, A., Lee, S. G., Chen, N. C., & Vranceanu, A. M. (April, 2017). *Does a brief mindfulness exercise improve outcomes in upper extremity patients? A randomized control trial*. Paper presented at the 28th Annual Richard J. Smith Memorial Lectureship, Massachusetts General Hospital, Boston, MA.
- Zale, E. L.,** Ozkan, S., Ring, D., Vranceanu, A. M. (April, 2017). *Associations between pain catastrophizing and cognitive fusion in relation to pain and upper extremity function among hand and upper extremity surgery patients*. Paper presented at the 28th Annual Richard J. Smith Memorial Lectureship, Massachusetts General Hospital, Boston, MA.
- Zale, E. L., & Ditre, J. W.** (October, 2016). *Interrelations between pain and smoking: Research findings and clinical implications*. Grand rounds presentation for the Massachusetts General Hospital Interprofessional Pain Rounds, Boston, MA.
- Zale, E. L., & Ditre, J. W.** (May, 2016). *Development of a novel intervention to increase cessation motivation and treatment engagement among smokers in pain*. Sponsored investigator poster presented at the 11th annual NIH Pain Consortium Symposium, Bethesda, MD.
- Ditre, J.W., **Zale, E. L.,** Kosiba, J. D., De Vita, M. J., & LaRowe, L. R. (May, 2016). *Nicotine deprivation increases pain sensitivity, neurogenic inflammation, and secondary hyperalgesia among daily tobacco smokers*. Sponsored investigator oral presentation at the 11th annual NIH Pain Consortium Symposium, Bethesda, MD.
- Ditre, J. W., Heckman, B. W., **Zale, E. L.,** Kosiba, J. D., & Brandon, T. H. (April, 2014). *Effects of chronic pain and smoking deprivation on nicotine withdrawal and acute pain intensity*. Paper presented at the 35th annual meeting of the Society of Behavioral Medicine, Philadelphia, PA.

Zale, E. L., Herrick, A. M., Ditre, J. W. (April, 2012). *Associations between chronic pain and use of pharmacotherapy for smoking cessation*. Talk given at the Pain Special Interest Group Data-Blitz, 33rd annual meeting of the Society of Behavioral Medicine, New Orleans, LA.

Sturge-Apple, M., Davies, P., Cicchetti, D., **Zale, E.**, & Manning, L. (April, 2009). *Interparental violence and children's emotional reactivity to conflict: relations with physiological and psychological functioning*. Paper presented at the biennial meeting of the Society for Research in Child Development, Denver, CO.

Conference Posters

Lin, A., Jacobo, M., Jacobs, J., Tehan, T., Salgueiro, D. Rosand, J., Vranceanu, A. M., & **Zale, E. L.** (April, 2018). *Gender differences in associations between resiliency and depression among Neuro-ICU Caregivers*. Poster presented at the 39th annual meeting of the Society of Behavioral Medicine in New Orleans, LA.

McCurley, J. L., Funes, C., **Zale, E. L.**, Lin, A., Jacobo, M., Jacobs, J., Salgueiro, D., Tehan, T., Rosand, J., & Vranceanu, A. M. (April, 2018). *Using qualitative methods to develop a dyadic intervention for patients with stroke and their caregivers*. Poster presented at the 39th annual meeting of the Society of Behavioral Medicine in New Orleans, LA.

Westenberg, R., **Zale, E. L.**, Heinhuis, T. J., Ozkan, S., Nazzal, A., Lee, S. G., Chen, N. C., & Vranceanu, A. M. *Does a brief mindfulness exercise improve outcomes in upper extremity patients? A randomized control trial*. (September, 2017). Poster presented at the 72nd annual meeting of the American Society for Surgery of the Hand, San Francisco, CA.

Ozkan, S., **Zale, E. L.**, Ring, D., Vranceanu, A. M. (June, 2017). *Associations between pain catastrophizing and cognitive fusion in relation to pain and upper extremity function among hand and upper extremity surgery patients*. Poster presented at the Children's Tumor Foundation Neurofibromatosis Conference, Washington, DC.

Pierre-Louis, C., **Zale, E. L.**, Riklin, E., Macklin, E., Vranceanu, A. M. (June, 2017). *The impact of mind-body program on multiple dimensions of resilience among geographically diverse patients with neurofibromatosis*. Poster presented at the Children's Tumor Foundation Neurofibromatosis Conference, Washington, DC.

Vranceanu, A. M., **Zale, E. L.**, Funes, C. J., Plotkin, S. R. (June, 2017). *Improvements in quality of life from baseline to 1-year follow-up: Long-term results from a live video RCT*. Poster presented at the Children's Tumor Foundation Neurofibromatosis Conference, Washington, DC.

Funes, C.J., **Zale, E. L.**, Luberto, C. M., & Vranceanu, A. M. (June, 2017). *Home practice and quality of life among patients with neurofibromatosis randomized to a mind-body intervention*. Poster presented at the Children's Tumor Foundation Neurofibromatosis Conference, Washington, DC.

Pierre-Louis, C., **Zale, E.L.**, Riklin, E., Macklin, Vranceanu, A. M. (March, 2017). *The Impact of a Mind-Body Program on Multiple Dimensions of Resilience among Patients with Neurofibromatosis*. Poster presented at the 38th annual meeting of the Society of Behavioral Medicine, San Diego, CA.

- Ozkan, S., Zale, E. L., Ring, D., Vranceanu, A. M. (March, 2017). *Associations between pain catastrophizing and cognitive fusion in relation to pain and upper extremity function among hand and upper extremity surgery patients*. Poster presented at the 38th annual meeting of the Society of Behavioral Medicine, San Diego, CA.
- Zale, E. L.,** De Vita, M. J., La Rowe, L. R., Kosiba, J. D., & Ditre, J. W. (March, 2017). *Effects of a novel intervention to increase cessation motivation and treatment engagement among smokers in pain*. Poster presented at the 22nd annual meeting of the Society for Research on Nicotine and Tobacco, Florence, Italy.
- LaRowe, L. R., Kosiba, J. D., De Vita, M. J., **Zale, E. L.,** & Ditre, J. W. (March, 2017). *Effects of nicotine deprivation on current pain intensity among daily tobacco smokers*. Poster presented at the 22nd annual meeting of the Society for Research on Nicotine and Tobacco, Florence, Italy.
- Ditre, J. W., LaRowe, L. R., De Vita, M. J., Kosiba, J. D., **Zale, E. L.,** & Zvolensky, M. J. (March, 2017). *Development of a computer-based personalized feedback intervention for smoking and analgesic misuse among older adults with HIV and chronic pain*. Poster presented at the 22nd annual meeting of the Society for Research on Nicotine and Tobacco, Florence, Italy.
- Ditre, J. W., **Zale, E. L.,** Kosiba, J. D., De Vita, M. J., & LaRowe, L. R. (March, 2017). *Nicotine deprivation increases pain sensitivity, neurogenic inflammation, and secondary hyperalgesia among daily tobacco smokers*. Poster presented at the 22nd annual meeting of the Society for Research on Nicotine and Tobacco, Florence, Italy.
- Kosiba, J. D., **Zale, E. L.,** LaRowe, L. R., De Vita, M. J., & Ditre, J. W. (March, 2017). *Associations between pain intensity and urge to smoke: Testing the role of negative affect and pain catastrophizing*. Poster presented at the 22nd annual meeting of the Society for Research on Nicotine and Tobacco, Florence, Italy.
- Kosiba, J. D., Mitzel, L., de Vita, M. J., **Zale, E. L.,** & Ditre, J. W. (April, 2015). *Associations between pain severity, anxiety, and frequency of cannabis use*. Poster presented at the 36th annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
- Ditre, J. W., **Zale, E. L.,** Kosiba, J. D., & De Vita, M. J. (February, 2015). *A preliminary study of the effects of smoking abstinence and nicotine withdrawal on experimental pain reactivity*. Poster presented at the 21st annual meeting of the Society for Research on Nicotine and Tobacco, Philadelphia, PA.
- Zale, E. L.,** Zvolensky, M. J., Langdon, K. J., Kosiba, J. D., & Ditre, J. W. (February, 2014). *Relations between pain-related anxiety and smoking dependence motives among persons with and without chronic pain*. Poster presented at the 20th annual meeting of the Society for Research on Nicotine and Tobacco, Seattle, WA.

- Ditre, J. W., Heckman, B. W., **Zale, E. L.**, Kosiba, J. D., & Brandon, T. H. (February, 2014). *Effects of chronic pain and smoking deprivation on nicotine withdrawal and acute pain intensity*. Poster presented at the 20th annual meeting of the Society for Research on Nicotine and Tobacco, Seattle, WA.
- Zale, E. L.**, & Ditre, J. W. (March, 2013). *Associations between chronic pain status and nicotine withdrawal severity*. Poster presented at the 19th annual meeting of the Society for Research on Nicotine and Tobacco, Boston, MA.
- Zale, E. L.**, & Ditre, J. W. (March, 2013). *Smoking status is associated with comorbid psychopathology among persons with chronic pain*. Poster presented at the 19th annual meeting of the Society for Research on Nicotine and Tobacco, Boston, MA.
- Ditre, J. W., **Zale, E. L.**, Heckman, B. W., & Hendricks, P. S. (March, 2013). *The Pain and Smoking Inventory: Development and initial validation*. Poster presented at the 19th annual meeting of the Society for Research on Nicotine and Tobacco, Boston, MA.
- Ditre, J. W., & **Zale, E. L.** (March, 2013). *Smokers with chronic pain anticipate greater difficulty quitting*. Poster presented at the 19th annual meeting of the Society for Research on Nicotine and Tobacco, Boston, MA.
- Zale, E. L.**, Herrick, A. M., Ditre, J. W. (April, 2012). *Associations between chronic pain and use of pharmacotherapy for smoking cessation*. Poster presented at the 33rd annual meeting of the Society of Behavioral Medicine, New Orleans, LA.
- Ditre, J. W., Heckman, B. W., **Zale, E. L.**, & Herrick, A. M. (April, 2012). *Acute analgesic effects of nicotine and tobacco smoking in humans: A meta-analysis*. Poster presented at the 33rd annual meeting of the Society of Behavioral Medicine, New Orleans, LA.
- Herrick, A. M., **Zale, E. L.**, Ditre, J. W. (April, 2012). *Smokers in the general population are more likely to misuse opioids*. Poster presented at the 33rd annual meeting of the Society of Behavioral Medicine, New Orleans, LA.
- Zale, E. L.**, Herrick, A. M., & Ditre, J. W. (March, 2012). *Smokers with chronic pain are more likely to utilize pharmacotherapy for smoking cessation: Results from a nationally representative survey*. Poster presented at the 18th annual meeting of the Society for Research on Nicotine and Tobacco, Houston, TX.
- Herrick, A. M., **Zale, E. L.**, Toomey, N. A., & Ditre, J. W. (March, 2012). *Smokers in the general population are more likely to misuse opioid pain medications than nonsmokers*. Poster presented at the 18th annual meeting of the Society for Research on Nicotine and Tobacco, Houston, TX.
- Ditre, J. W., Heckman, B. W., **Zale, E. L.**, & Herrick, A. M. (March, 2012). *Acute analgesic effects of nicotine and tobacco smoking in humans: A meta-analysis*. Poster presented at the 18th annual meeting of the Society for Research on Nicotine and Tobacco, Houston, TX.

- Huffines, L., Thamotheran, S., **Zale, E. L.**, Taylor, A. B., & Fields, S. A. (March, 2012). *The relationship between sexual abuse, relationship violence, and use of cigarettes in youth*. Poster presented at the 18th annual meeting of the Society for Research on Nicotine and Tobacco, Houston, TX.
- Ditre, J. W., **Zale, E.**, Heckman, B. W., & Brandon, T. H. (February, 2011). *Smokers in pain report greater desire but less confidence and more difficulty in quitting*. Poster presented at the 17th annual meeting of the Society for Research on Nicotine and Tobacco, Toronto, Canada.
- Ditre, J. W., Simmons, V. N., **Zale, E.**, Litvin, E. B., & Brandon, T. H. (February, 2011). *Associations between pain severity and smoking cessation-related factors among cancer patients*. Poster presented at the 17th annual meeting of the Society for Research on Nicotine and Tobacco, Toronto, Canada.
- Zale, E.**, Fournier, R., Omar, F., Ossip, D., & McIntosh, S. (February, 2010). *Physician use of social networking sites as web assisted tobacco intervention (WATI)*. Poster presented at the 16th annual meeting of the Society for Research on Nicotine and Tobacco, Baltimore, MD.
- McIntosh, S., Kapsak, G., Feldmann, S., & **Zale, E.** (March, 2009). *The Use of Electronic Medical Records for Tobacco Intervention: Reducing barriers to referrals through EMR functionality*. Poster presented at the 15th annual meeting of the Society for Research on Nicotine and Tobacco, Dublin, Ireland.
- Strayer, S., McIntosh, S., Pelletier, S., Martindale, J., Rais, S., Powell J., **Zale, E.**, et al. (March, 2009). *Improving physician counseling for smoking cessation: Multi-site, mixed methods evaluation of web assisted tobacco interventions (WATI) by medical students and physicians*. Poster presented at the 15th annual meeting of the Society for Research on Nicotine and Tobacco, Dublin, Ireland.
- Hyder Ferry, L., Schreur, C., McIntosh, S., & **Zale, E.** (March, 2009). *Internet-disseminated PDA training for tobacco interviewing skills*. Poster presented at the 15th annual meeting of the Society for Research on Nicotine and Tobacco, Dublin, Ireland.
- Gomulak-Cavicchio, B., Davies, P., **Zale, E.**, Holly, L., Manning, L., & Cicchetti, D. (April, 2009). *Intimate partner violence and parenting in the post-conflict environment: Risk and protective factors*. Poster presented at the biennial meeting of the Society for Research in Child Development, Denver, CO.
- Zale, E.**, Gomulak-Cavicchio, B., Crittenden, C., Davies, P., & Cicchetti, D. (April, 2008). *The interplay of multiple forms of maternal psychopathology and social support in predicting mother-child post-conflict communications*. Poster presented at the biennial Conference on Human Development, Indianapolis, IN.

Peer-Review Responsibilities

Ad Hoc Reviewer:

<i>Addictive Behaviors</i>	<i>Journal of Women's Health</i>
<i>Cognitive Behaviour Therapy</i>	<i>LGBT Health</i>
<i>Epidemiologic Reviews</i>	<i>Nicotine & Tobacco Research</i>
<i>International Journal of Behavioral Medicine</i>	

Co-Reviewer (with Drs. Ditre or Vranceanu):

<i>Addiction</i>	<i>Journal of Consulting and Clinical Psychology</i>
<i>Addictive Behaviors</i>	<i>Journal of Orthopaedic Trauma</i>
<i>American Psychologist</i>	<i>Journal of Pain</i>
<i>Annals of Behavioral Medicine</i>	<i>Journal of Social and Clinical Psychology</i>
<i>Clinical Orthopaedics and Related Research</i>	<i>Pain Research & Management</i>
<i>Evaluation and the Health Professions</i>	<i>Preventive Medicine</i>
<i>Clinical Journal of Pain</i>	<i>Psychological Bulletin</i>
<i>Journal of Abnormal Psychology</i>	<i>Psychology of Addictive Behaviors</i>

Professional Memberships

American Psychological Association
 Society of Behavioral Medicine
 Society for Research on Nicotine and Tobacco

Professional Service

Co-Chair, Trainee Network Advisory Committee Fall 2013 – Spring 2016
 Society for Research on Nicotine and Tobacco

The SRNT Trainee Network aims to facilitate the development of an emerging generation of tobacco scientists through quarterly webinars, networking events, and preconference workshops at annual SRNT meetings. The Advisory Committee is an interdisciplinary team of 16 members who span three continents. Responsibilities of the Co-Chair include communication with the SRNT Board and oversight of all sub-committee projects.

Syracuse University

Student Representative, Clinical Faculty Search Committee	September 2015 – June 2016
Graduate Student Peer Mentorship Program	August 2013 – June 2016
Clinical Seminar, <i>F31 Applications and Translational Research</i>	September 2015
Graduate Student Orientation Presentation, <i>Thriving in Grad School</i>	August 2015
Department Representative, College of Arts & Sciences Dean Search	February 2014
Student Focus Group	
Department Representative, Syracuse University Strategic Planning Committee, Working Group 2 Focus Group	October 2014
Clinical Applicant Interview Coordinator	January 2013

Texas A&M University

Clinical Seminar, <i>Treating Tobacco Dependence in the Psychology Clinic</i>	April 2012
Student Representative, Clinical Area	August 2010 – July 2011
Clinical Applicant Interview Coordinator	January 2011

Media Representation

- National Public Radio – WRVO June 2015
New Research May Help Smokers with Chronic Pain Quit
<http://wrvo.org/post/new-research-may-help-smokers-chronic-pain-quit>
- Time Warner Cable News June 2015
SU Grad Student Works on Smoking Study
<http://www.twcnews.com/nys/central-ny/news/2015/06/12/su-smoking-study.html>
- SU News June 2015
Ph.D. Student Awarded Grant to Help People in Pain Quit Smoking
<http://news.syr.edu/ph-d-student-awarded-grant-to-help-people-in-pain-quit-smoking-54812/>

Teaching Experience

- Instructor Fall 2018
Health Psychology (Undergraduate Upper-Level Seminar)
Binghamton University
- Instructor Fall 2017; Spring 2018
Fundamentals of Behavioral Health Interventions
Massachusetts General Hospital Psychiatry Academy
- Undergraduate Research Supervisor July 2016 – June 2018
Harvard Medical School/Massachusetts General Hospital
Instructor: Ana-Maria Vranceanu, Ph.D.
- Undergraduate Research Supervisor August 2012 – June 2016
Research in Clinical Health Psychology, Syracuse University
Instructor: Joseph Ditre, Ph.D.
- Guest Lecturer, Topic: Nicotine June 2015
Drugs & Behavior, Syracuse University
Instructor: Suzanne Spinola, M.S.
- Laboratory Instructor August 2012 – May 2012
Elementary Statistics for Psychology, Texas A&M University
Instructor: Christopher Berry, Ph.D.
- Undergraduate Research Supervisor August 2010 – May 2012
Health Psychology Research, Texas A&M University
Instructor: Joseph Ditre, Ph.D.
- Teaching Assistant August 2011 – December 2011
Stereotypes, Prejudice, & Minority Experience, Texas A&M University
Instructor: Adrienne Carter-Sowell, Ph.D.

- Teaching Assistant May 2011 – July 2011
Abnormal Psychology, Texas A&M University
Instructor: Arnold LeUnes, Ph.D.
- Guest Lecturer Topic: Research Methods April 2011
Experimental Psychology, Texas A&M University
Instructor: Stephanie Payne, Ph.D.
- Teaching Assistant January 2011 – May 2011
Introduction to Psychology, Texas A&M University
Instructor: Gerianne Alexander, Ph.D.

Clinical Experience

- Clinician July 2017 – June 2018
Institute for Brain Health, Massachusetts General Hospital
Responsibilities: Bed-side consultations on the Neuroscience ICU; Outpatient cognitive-behavioral therapy and psychiatric assessments for patients presenting to the Mild Closed Head Injury Clinic; Lifestyle group for preserving and promoting brain health across the lifespan
- Clinical Interventionist July 2017 – June 2018
Integrated Brain Health Clinical and Research Program, Massachusetts General Hospital
Responsibilities: Delivery of individual and group cognitive-behavioral interventions for three randomized controlled trials, both in person and via live videoconferencing, among patients with neurofibromatosis, stroke patients and their caregivers, and orthopedic surgery patients.
- Clinical Fellow July 2016 – June 2017
Department of Psychiatry, Massachusetts General Hospital
Responsibilities: Outpatient cognitive-behavioral therapy (8 patients) and rotations in the Neuro-ICU, MGH Weight Center, Inpatient Psychiatric Unit, and Dialectical-Behavior Therapy Team.
- Clinical Interventionist September 2014 – June 2016
Pain and Addiction Research Lab, Syracuse University
Responsibilities: Development and delivery of a novel motivational intervention for smokers with chronic pain (NIDA F31DA039628; PI: Zale; Sponsors: Ditre, Maisto) and a novel personalized feedback intervention for smokers with HIV-related pain (R21DA038204; PI: Ditre).
- Behavioral Health Intern August 2014 – May 2015
Syracuse University Health Services
Responsibilities: Brief (e.g., 1-4 sessions) evidence-based interventions for symptoms of anxiety, depression, and sleep disturbance, and medication management; suicide risk assessment.
- Student Therapist August 2012 – May 2015
Psychological Services Center, Syracuse University
Responsibilities: Clinical intake assessments and outpatient psychotherapy; Integrated diagnostic assessment (e.g., differential diagnosis for Attention Deficit/Hyperactivity Disorder)

Student Therapist

August 2011 – May 2012

Texas A&M University Psychology Clinic

Responsibilities: Clinical intake assessments (including semi-structured clinical intake interview and administration and scoring of the Personality Assessment Inventory) and outpatient psychotherapy.