

**CURRICULUM VITAE**  
**THE UNIVERSITY OF TOLEDO**  
**COLLEGE OF MEDICINE & LIFE SCIENCES**

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4/13/2022

**PERSONAL INFORMATION:**

**Name:** Thomas H. Fine

**EDUCATION AND TRAINING:**

1970 B.B.A., OH University, Athens, OH  
1979 M.A. (Psychology), Antioch University, Yellow Springs, Ohio

**EMPLOYMENT:**

1971-1972 The Ohio Bureau of Drug Abuse at Toledo  
Toledo, OH  
Assistant Administrator  
Full-time; Hourly

3/72 - 8/72 The Family Tree Humanizing Community, Inc.  
Toledo, OH  
Administrative Assistant, Accounting Manager, Financial Planning  
Full-time; Salaried

8/72 -12/73 The Toledo Health Department  
Drug Sanctuary Crisis Center  
Toledo, OH  
Director  
Full-time; Salaried

12/73 - 8/75 The Toledo Health Department  
The Lucas County Drug Abuse Project  
Toledo, OH  
Assistant Director  
Full-time; Salaried

8/75 - 4/80 Medical College of Ohio  
Biofeedback Clinic  
Toledo, OH  
Research Assistant (Biofeedback Counselor)

10/75 - 4/80 Full-time; Hourly  
Psychological Services  
Toledo, OH  
Biofeedback Counselor  
Part Time; Hourly

4/80 - 1984 Psychological Services  
Toledo, OH

- Psychology Assistant, Psychotherapist  
Part Time; Hourly
- 4/80 to 1984      Medical College of Ohio  
Department of Psychiatry  
Toledo, OH  
Teaching Assistant  
Part Time; Salaried
- 7/84 - 2/86      Medical College of Ohio  
Department of Psychiatry  
Toledo, OH  
Teaching Assistant  
Full-time; Salaried
- 2/86 - 1/88      Medical College of Ohio  
Department of Psychiatry  
Toledo, OH  
Assistant Professor of Mental Health Counseling  
Full-time; Salaried
- 1/88 - 6/91      Medical College of Ohio  
Department of Psychiatry  
Toledo, OH  
Assistant Professor of Mental Health Counseling  
Co-Director Behavioral Medicine Clinic  
Full-time; Salaried
- 6/91 - 6/92      Medical College of Ohio  
Department of Psychiatry  
Toledo, OH  
Assistant Professor of Mental Health Counseling  
Co-Director Behavioral Medicine Clinic  
Director of Continuing Medical Education  
Full-time; Salaried
- 7/92 - 6/98      Medical College of Ohio  
Department of Psychiatry  
Toledo, OH  
Associate Professor of Mental Health Counseling  
Co-Director Behavioral Medicine Clinic  
Director of Continuing Medical Education  
Full-time; Salaried
- 6/98 to 2004      Medical College of Ohio  
Department of Psychiatry  
Toledo, OH  
Associate Professor of Mental Health Counseling  
Executive Director, OH Department of Mental Health Agency Services

Co-Director Behavioral Medicine Clinic  
Full-time; Salaried

2004 – 6/2007      Medical College of Ohio  
Department of Psychiatry  
Toledo, OH  
Associate Professor of Mental Health Counseling  
Part Time; Salaried

6/2007 - Present    University of Toledo, College of Medicine  
Department of Psychiatry  
Toledo, OH  
Associate Professor of Mental Health Counseling  
Full Time; Salaried

6/2010 – Present    University of Toledo, College of Medicine  
Department of Psychiatry  
Toledo, OH  
Associate Professor  
Full Time; Salaried

**CERTIFICATIONS/LICENSURES:**

Licensed Professional Clinical Counselor - E382 - through 11/14/2013  
Certification: Biofeedback Certifications, Senior Fellow - 1113 - through 12/31/2014

**NATIONAL AND INTERNATIONAL PROFESSIONAL SOCIETIES AND ACTIVITIES:**

Association for Applied Psychophysiology and Biofeedback: 1975-2010

Association for Applied Psychophysiology and Biofeedback, Managed Care Subcommittee for Insurance Committee: 1994-1996

Association for Applied Psychophysiology and Biofeedback, Program Committee: 1995

International REST Investigators Society: Vice President 1983-1985; Secretary-Treasurer 1985-1990; President-elect 1990-1993; President 1993-1998

American Mental Health Counselors Association: 1989-2011

American Association of Counseling and Development: 1990-2011

**REGIONAL, STATE AND LOCAL PROFESSIONAL SOCIETIES & ACTIVITIES:**

Ohio Mental Health Counselors Association: 1989-1998

Ohio Society for Behavioral Health and Biofeedback: 1975-2001  
President: 1991-1992

**JOURNAL PAST PEER REVIEW**

Association for Applied Psychophysiology and Biofeedback  
Perceptual and Motor Skills

**COMMUNITY SERVICES AND ORGANIZATIONS:**

Ide Community Mental Health Center, Board Member; Treasurer, Board President, Chairman -  
Program Budget Committee, Chairman - Long Range Planning Committee,  
1976-1986

Member, Lucas County Mental Health Board Issue, Member, 1985

Teen Line, Phone call backup, 1987-1989

Teen Line, Board Member, 1987-1989

Zepf Center, Board Member 1999-2007

**COMMITTEES, THE UNIVERSITY OF TOLEDO:**

University of Toledo

CME Advisory Committee, 1990-1993

Substance Abuse Education Committee, 1990-1991

Senate Steering Committee, 1997-Present

Academic Intranet Standards Committee, 1998-1999

Department of Psychiatry

Ad hoc Audio/Visual Committee, 1989

Grand Rounds Speakers Series Planning Committee, 1989-1991

Clerkship Committee, 1991

Computerization Project, Director, 1993-2003

Informatics Committee, Chairman, 1994-1998

Continuing Education Committee, Chairman, 1991-1998

Behavioral Science Curriculum Committee, 2001 – 2011

Resident Supervisors Committee, 2006 – 2011, 2014-2015

Psychopharmacology Update Committee, 2008 – Present

Update on Psychopharmacology Committee, 2015-Present

**INVITED LECTURES, SEMINARS, SYMPOSIA, VISITING PROFESSORSHIPS:**

The Use of Flotation REST in Behavioral Medicine, August 1982, University of British Columbia, Vancouver, B.C.

**PRESENTATIONS AT LOCAL, NATIONAL AND INTERNATIONAL MEETINGS:**

1. McGrady, A.; Tan, S.Y.; Crane, R.; and Fine, T.H.: "Biochemical Correlates of Biofeedback in Essential Hypertension," Citation Paper presented at the Biofeedback Society Meetings, February, 1979, San Diego, California.
2. McGrady, A.V.; Tan, S.Y.; Fine, T.H.; and Woerner, M.: "Biochemical Correlates of Biofeedback in Essential Hypertension Preventive Medicine," 9(3):446-447, 1980.
3. McGrady, A.V.; Tan, S.Y.; Fine, T.H.; and Woerner, M. "Biomedical Correlates of Biofeedback in Essential Hypertension," Citation Paper Presented at the Biofeedback Society Meetings, March 1980, Colorado Springs, Colorado.
4. Fine, T.H. and Turner, J.W., Jr. "A New Relaxation Model for Blood Pressure Control: Restricted Environmental Stimulation Therapy." Abstracts of Society for Behavioral Medicine, November 22-25, 1980, New York City.
5. McGrady, A.V.; Fine, T.H.; Yonker, R.; and Woerner, M. "Long Term Maintenance of Blood Pressure Disease Induced by Biofeedback Assisted Relaxation Training over a One to Two Year Period." Poster Presented at National Conference on High Blood Pressure Control, May 1981.
6. The Use of Flotation REST in the Treatment of Essential Hypertension, Interamerican Congress on Psychology, Santo Domingo, Dominican Republic
7. Flotation Restricted Environmental Stimulation Therapy: A New Relaxation Technology, short course presented at the 13th Annual Meeting of the Biofeedback Society of America, March 13-17, 1982 Chicago, Illinois

8. Turner, J.W. Jr. and Fine, T.H. "Effects of Restricted Environmental Stimulation Technique for Induction of Relaxation: Effects on Plasma Cortisol, ACTH and LH. Presented at Society of Behavioral Medicine, March 3-5,1982, Chicago, IL.
9. Flotation Restricted Environmental Stimulation Therapy: A New Technology for Behavioral Medicine, short course presented at the Society of Behavioral Medicine, Fourth Annual Scientific Sessions, March 2-5, 1983, Baltimore, Maryland
10. The Use of Restricted Environmental Stimulation Therapy in the Treatment of Essential Hypertension, presented at the First International Conference on REST and Self Regulation, March 17-18, 1983, Denver, Colorado
11. Fine, T.H., and Turner, Jr., J.W. "Effects of Restricted Environmental Stimulation Therapy (REST) on Blood Pressure, Plasma Cortisol and Urinary Cortisol in Essential Hypertensives." Presented at Biofeedback Society of America, 14th Annual Meeting, March 18-23, 1983, Denver, Colorado.
12. Turner Jr., J.W. and Fine, T.H. "Naloxone Affects the Experience of Flotation Restricted Environmental Stimulation Therapy (REST)." Presented at Biofeedback Society of America, 14th Annual Meeting, March 18-23, 1983, Denver, Colorado.
13. McGrady, A.V.; Bernal, G.A.A.; Fine, T.; Higgins, J.; Turner, J.; Utz, S.; and Woerner, M. "Modification of Blood Pressure by Biofeedback Assisted Relaxation." Presented at American Physiological Society, August 19-25, 1983, Honolulu, Hawaii.
14. Flotation REST - A New Model of Relaxation, presented at the Second International Interdisciplinary Conference on Stress and Tension Control, August 30 - September 3, 1983, University of Sussex, Brighton, England.
15. McGrady, A.V.; Turner, Jr., J.W.; Bernal, G.A.A.; Fine, T.H.; Higgins, J.; Utz, S.; Woerner, M.; and Yonker, R. "Effect of EMG Biofeedback Assisted Relaxation on Blood Pressure and Cortisol of Essential Hypertensives." Presented at Biofeedback Society of America, March 22-26, 1984, Albuquerque, New Mexico.
16. Fine, T.H. and Turner, J.W. "Effects of Restricted Environmental Stimulation Therapy (REST) on Self-Control of Heart Rate." Presented at the XXIII International Congress of Psychology, September 2-7, 1984, Acapulco, Mexico.
17. Fine, T.H. and Turner, J.W. "Rest-Assisted Relaxation and Chronic Pain." Presented at the XXIII International Congress of Psychology, September 2-7, 1984, Acapulco, Mexico.
18. Turner, Jr. J.W.; McGrady, A.; Fine, T.; Woerner, M.; and Higgins, J. "Effects of Biobehaviorally-Assisted Relaxation Training on Blood Pressure and Plasma Renin, Aldosterone and Cortisol in Essential Hypertensives." Presented at Society for Neurosciences, 14th Annual Meeting, October 10-15, 1984, Anaheim, California.

19. Turner, Jr., J.W. and Fine, T.H. "Hormonal Changes Due to Flotation REST and EMG Biofeedback in Normotensive and Hypertensive Subjects." Presented at 2nd International Conference on REST. March 26-28, 1985, New Orleans, Louisiana.
20. Fine, T.H.; and Turner, Jr., J.W. "Effects of Restricted Environmental Stimulation Therapy on Plasma Cortisol Levels and Their Variability." Presented at the Seventeenth Annual Meeting of the Biofeedback Society of America. March 21-25, 1986, San Francisco, California.
21. Fine, T.H. "Demand Characteristics of Flotation REST" Presented at the Third International Conference on REST, August 27-28, 1987, New York, New York.
22. Fine, T.H. "Medical Uses of Flotation REST" Presented at the International Conference on Psychosomatic Medicine, November, 1987, Milan, Italy.
23. Fine, T.H.; Mills, D.; and Turner, J.W., Jr. "Frequency and Amplitude of EEG Measured During Flotation Rest." Presented at the Fourth International Conference on REST, March 22-23, 1990, Washington, D.C.
24. Fine, T.H.; Kenosh, M.; and Turner, J.W., Jr. "Comparison of Relaxation: Frontal EMG Biofeedback, Flotation REST and the Alpha Chamber." Presented at the Fourth International Conference on REST, March 22-23, 1990, Washington, D.C.
25. Turner, J.W., Jr.; Schroeder, H.; and Fine, T.H.: "A Method for Continuous Blood Sampling During Flotation REST." Presented at the Fourth International Conference on REST, March 22-23, 1990, Washington, D.C.
26. Turner, J.W., Jr.; DeLeon, A.; Gibson, C.; and Fine, T.H.: "Effects of Flotation REST on Range of Motion, Grip Strength and Pain in Rheumatoid Arthritis." Presented at the Fourth International Conference on REST, March 22-23, 1990, Washington, D.C.
27. Turner, J.W., Jr.; Gerard, W.; Hyland, J.; Neilands, P.; and Fine, T.H.: "Effective of Wet and Dry Flotation REST on Blood Pressure and Plasma Cortisol." Presented at the Fourth International Conference on REST, March 22-23, 1990, Washington, D.C.
28. Turner, J.W., Jr.; and Fine, T.H.: "The Psychophysiology of Flotation REST." Presented at the 22nd Annual Meeting of the Association of Applied Psychophysiology and Biofeedback, March 16-19, 1991, Dallas, Texas.
29. Turner, J. W., Jr., DeWerth, M., Fine, T.H., and Faulman, E.L.: "Restricting Environmental Stimulation Increases Salivary IgA." 13th Annual Meeting of the Society of Behavioral Medicine, March 1992, New York, NY.

30. Fine, T.H., Wegryn, J., and Turner, J.W., Jr.: "Effect of Flotation Restricted Environmental Stimulation on Urinary Vanillylmandelic Acid." 50th Annual Meeting of the American Psychosomatic Society, April 1992, New York, NY.
31. Turner, J.W., Jr., Dewerth, M., Fine, T.H.: "Restricting Environmental Stimulation Increases Salivary IgA." Presented at the 5<sup>th</sup> International Conference on REST, Feb. 26-28, 1993, Seattle, WA.
32. Fine, T.H., Wegryn, J., Turner, J.W., Jr.: "Effect of Flotation REST on UVMA." Presented at the 5<sup>th</sup> International Conference on REST, Feb. 26-28, 1993, Seattle, WA.
33. Hamad, N.M., Fine, T.H., Turner, J.W. Jr.: "Effects of Restricted Environmental Stimulation Therapy (REST) on Plasma Catecholamines." Annals of Behavioral Medicine, Proceedings of The Society of Behavioral Medicine Fifteenth Anniversary Meeting, 1994, 16 (supplement) S151.
34. Fine, T.H. "Personality Disorders and Psychophysiological Disorders." Presented at the Midwest Regional Conference of Behavioral Medicine and Biofeedback, November 11, 1994, Grand Rapids, Michigan.
35. Hamad, N.M., Fine, T.H., and Turner, J.W., Jr.: "Effects of Restricted Environmental Stimulation Therapy (REST) on Plasma Levels of Epinephrine and Norepinephrine." Presented at the Annual Meeting of the Association of Applied Psychophysiology and Biofeedback, 1996, 21(4):359-60.
36. Presidential Address, "Expanding the Clinical Bandwidth with REST" Presented at the Sixth International Conference on REST, April 17-18, 1997, San Francisco, CA.
37. Fine, T.H., Shefransky, D., McCormick, B., and Turner, J.W., Jr.: "The Effects of Flotation REST and Autogenic Training on Serum Cortisol and Reported Pain in Rheumatoid Arthritis." Presented at the Annual Meeting of the Association of Applied Psychophysiology and Biofeedback, 1998, 23(2):114.
38. Fine, T.H., Worley, J: "Effectiveness of a Brief Tobacco Use Cessation Intervention on Mental Health Care Providers' Behavior regarding Patient Smoking Status", Presented at Annual Meeting of the Society for Research on Nicotine and Tobacco, February 20, 2004, Scottsdale, AZ.
39. McGrady, A., Prodense, C., Fine, T. Donlin, J. "Effects of Neurofeedback Treatment on Children with Behavioral, Attention and Concentration Problems." Presented at 13th Annual Research Symposium, March 30, 2006, Dana Center, Medical University of Ohio, Toledo, OH.
40. McGrady, A., Prodense, C., Fine, T. Donlin, J. "Effects of Neurofeedback Treatment on Children with Behavioral, Attention and Concentration Problems." Presented at Ohio Department of Mental Health Research Conference, October 4, 2006, Columbus, Ohio.



41. McGrady, A., Fine, T., Prodent, C. "The Effects of Neurofeedback Treatment on Children with Behavioral, Attention, and Concentration Problems" ODMH Research Briefing, Columbus, OH.
42. McGrady, A., Prodent, C, Fine, T., Donlin, J. "Neurofeedback in Children with Behavioral and Emotional Problems" Assoc. for Applied Psychophysiology and Biofeedback Annual Meeting, Monterey, CA.
43. Fine TH, Wilson KM, Lyons S, Prescott M, Galea S, Tamburrino M, Calabrese J. Poster presentation, "The Kaptur Combat Mental Health Initiative: A Prospective 10 Year Study of Risk and Resilience Factors for Combat-Related Posttraumatic Psychopathology and Post-Combat Adjustment in the Ohio National Guard" The 17<sup>th</sup> Annual University of Toledo – Bowling Green State University Symposium on Research in Psychiatry, April 1, 2010, Toledo, OH.
44. Wilson KM, Fine TH, Lyons S, Prescott M, Galea S, Tamburrino M, Calabrese J. Poster presentation, "The Associations of Civilian Trauma with Posttraumatic Stress Disorder and Other Psychopathology in Combat Veterans of the Ohio National Guard" The 17<sup>th</sup> Annual University of Toledo – Bowling Green State University Symposium on Research in Psychiatry, April 1, 2010, Toledo, OH
45. Tamburrino M, Prescott M, Calabrese J, Liberzon I, Slembariski R, Goldmann E, Shirley E, Fine T, Goto T, Wilson K, Ganocy S, Chan P, Serrano MB, Galea S. Paper presentation "Ohio National Guard Mental Health Initiative (ONGMHI): Baseline Collection of a Ten-Year Longitudinal Cohort" Proceedings, International Society for Traumatic Stress Studies (ISTSS) 26<sup>th</sup> Annual Meeting, November 4-6, 2010, Montreal, Quebec, Canada.
46. Calabrese J, Prescott M, Tamburrino M, Liberzon I, Slembariski R, Goldmann E, Shirley E, Fine T, Goto T, Wilson K, Ganocy S, Chan P, Serrano MB, Galea S. Paper presentation "PTSD Comorbidity and Suicidal Ideation Associated with PTSD within the Ohio Army National Guard" Proceedings, International Society for Traumatic Stress Studies (ISTSS) 26<sup>th</sup> Annual Meeting, November 4-6, 2010, Montreal, Quebec, Canada.
47. Prescott M, Calabrese J, Tamburrino M, Liberzon I, Slembariski R, Goldmann E, Shirley E, Fine T, Goto T, Wilson K, Ganocy S, Chan P, Serrano MB, Galea S. Paper presentation "PTSD Symptoms after War and Civilian-related Traumas" Proceedings, International Society for Traumatic Stress Studies (ISTSS) 26<sup>th</sup> Annual Meeting, November 4-6, 2010, Montreal, Quebec, Canada.
48. Goldmann E, Tamburrino M, Prescott M, Calabrese J, Liberzon I, Slembariski R, Shirley E, Fine T, Goto T, Wilson K, Ganocy S, Chan P, Serrano MB, Galea S. Paper

presentation, "A "Lifecourse" Perspective on Pre-, Peri-, and Post-Deployment Characteristics Associated with the Risk of Posttraumatic Stress Disorder among Ohio Army National Guard Soldiers" Proceedings, International Society for Traumatic Stress Studies (ISTSS) 26<sup>th</sup> Annual Meeting, November 4-6, 2010, Montreal, Quebec, Canada.

49. Wilson K, Tamburrino M, Fine T, Hogle J, Irwin P, Shirley E, Goto T, Chen P, Derus A, Williams A, Slembariski R, Ganocy S, Prescott M, Liberzon I, Calabrese J, J, Galea S. Poster presentation " Ethics in Trauma Research: Participant Reactions to Trauma Questions in the Ohio National Guard" The 2010 National Association of Social Workers, Ohio Chapter (NASW-OH) Annual Conference, Hyatt Regency Hotel, October 28-29, 2010, Columbus, Ohio.
50. Tamburrino M, Prescott M, Calabrese J, Liberzon I, Slembariski K, Goldmann E, Shirley E, Fine T, Goto T, Wilson K, Ganocy S, Chan P, Derus A, Serrano MB, Galea S. Poster presentation, Baseline Results and Validation Methods of a 10 year Longitudinal Study of the Ohio Army National Guard. Proceedings, 164<sup>th</sup> Annual Meeting of the American Psychiatric Association, May 14-18, 2011, Honolulu, Hawaii.
51. Calabrese J, Prescott M, Tamburrino M, Liberzon I, Slembariski R, Goldmann E, Shirley E, Fine T, Goto T, Wilson K, Ganocy S, Chan P, Serrano MB, Galea S. Paper presentation " Psychiatric Comorbidity and Suicidal Ideation Associated with PTSD in the Baseline Sample of 2,616 Soldiers in the Ohio Army National Guard" Proceedings, 164<sup>th</sup> Annual Meeting of the American Psychiatric Association, May 14-18, 2011, Honolulu, Hawaii.
52. Tamburrino M, Prescott M, Calabrese J, Liberzon I, Slembariski R, Goldmann E, Shirley E, Fine T, Goto T, Wilson K, Ganocy S, Chan P, Derus A, Serrano MB, Galea S. Poster presentation "Baseline Results and Validation Methods of a 10- year Longitudinal Study of the Ohio Army National Guard" 10<sup>th</sup> All-Ohio Institute on Community Psychiatry, Hilton Cleveland East, March 25 -26, 2011, Beachwood, Ohio.
53. Tamburrino MB, Chan P, Prescott M, Calabrese J, Liberzon I, Slembariski R, Goldmann E, Shirley E, Fine T, Goto T, Wilson K, Ganocy S, Derus A, Serrano MB, Sizemore J, Galea S. Poster Presentation "The Ohio Army National Guard Mental Health Initiative: Prevalence of DSM-IV Disorders" Proceedings, Nineteenth Annual University of Toledo/Bowling Green State University Symposium on Research, The University of Toledo Health Science Campus, April 19, 2012, Toledo, OH.
54. Tamburrino MB, Chan P, Prescott m, Calabrese J, Liberzon I, Slembariski R, Goldmann E, Shirley E, Fine T, Goto T. Wilson K, Ganocy S, Derus A, Serrano MB, Sizemore J, Galea S. Poster Presentation "The Ohio Army National Guard Mental Health Initiative: Prevalence of DSM-IV Disorders, Proceedings, Institute on Psychiatric Services Annual Meeting, October 4-7, 2012, New York, NY.
55. Fine T, Tamburrino M, Wilson K, Shirley E, Goto T, Chan P, Derus A, Williams A, Slembariski R, Ganocy S, Prescott M, Liberzon I, Calabrese J, Galea S. Poster

Presentation "Ethics in Trauma Research: Participant Reactions to Trauma Questions in the Ohio National Guard" Proceedings, International Society for Traumatic Stress Studies 28<sup>th</sup> Annual Meeting, November 1-3, 2012, Los Angeles, CA.

56. Tamburrino M, Cohen G, Ganocy S, Chan P, Wilson K, Roether R, Galea S, Liberzon I, Fine T, Goto T, Shirley E, Prescott M, Chou NA, Slembariski R, Calabrese JR. Poster presentation, Association of Spirituality and Mental Health in an Ohio National Guard Sample. Proceedings, The University of Toledo/Bowling Green State University/University of Michigan Dearborn, 20<sup>th</sup> Annual Symposium on Research in Psychiatry, Psychology and Behavioral Science, University of Toledo, April 11, 2013.
57. Feinstein J, Fine T, Barabasz A, Suedfeld P, Float Research Panel, Portland Float Conference: National Conference on Floatation (REST). Portland State University, College of the Arts, August 15-16, 2015, Portland, OR.
58. Feinstein J, Fine T, Oral Presentation, "Examining the anxiolytic effect of Floatation-REST". Proceedings, 49th Annual Association for Applied Psychophysiology and Biofeedback, April 11-14, 2018.

**MAJOR RESEARCH INTERESTS (brief summary):**

Research interests include the psychophysiological effects of relaxation techniques and the clinical efficacy of their application. Work is specifically focused on biofeedback and restricted environmental stimulation therapy. Interests also include the use of psychotherapy as support for persons with chronic or severe medical illness.

**PAST RESEARCH SUPPORT, TRAINING GRANTS:**

- |           |  |
|-----------|--|
| 1978-1980 | Co-investigator with J. Turner<br>Needmore Fund<br>\$27,800<br>The use of a controlled minimum stimulation environment in a classical learning procedure: conditioning a reduction of sympathetic activity and its biochemical correlates. |
| 1980-1981 | Co-investigator with J. Turner   |

Biomedical Research Support  
Medical College of Ohio  
2-1-4-94330, \$3,000  
Behavioral approaches to control of essential hypertension.

1995-1996 Co-Investigator with J. Turner  
MCO Foundation, Department of Physiology and Molecular Medicine and the  
Department of Psychiatry, \$7,000. "Effects of Restricted Environmental  
Stimulation Therapy on Rheumatoid Arthritis".

11/1/02 – Northwest Ohio Tobacco Control Strategic Alliance  
10/31/04 \$21,720  
5As Tobacco Use Cessation: Brief Intervention Dissemination Project

7/1/04 – Ohio Department of Mental Health  
6/30/06 \$58,464  
The Effects of Neurofeedback Treatment on Children with Behavioral, Attention  
and Concentration Problems

**CURRENT RESEARCH SUPPORT, TRAINING GRANTS:**

5/7/2007 – 5/6/2008, \$438,022; 5/7/2008 – 5/6/2009, \$436,850;  
5/7/2009 – 5/6/2010, \$445,495  
5/7/2010-5/6/2011, \$426,694  
10/1/2011 – 9/30/2012, \$442,949  
1/1/2013 – 9/27/2013, \$158,078  
10/1/2013 – 12/31/2013, \$12,934 (anticipated Oct. – Dec. 2013 carry-over.)

Joseph R. Calabrese and Marijo B. Tamburrino, Co-Principal  
Investigators, Daniel J. Rapport, Co-Investigator, Thomas H.  
Fine Co-Investigator Congressional Special Award, Department of  
Defense Sub-contract: Related Posttraumatic Psychopathology and  
Post-Combat Adjustment.

**BIBLIOGRAPHY**

**PEER-REVIEWED PUBLICATIONS IN SCIENTIFIC JOURNALS:**

1. McGrady A, Mitch P, Iannone A, Marks R, Fine TH. Effects of Direct Feedback of Systolic Blood Pressure on Essential Hypertension. American Journal of Clinical Biofeedback 1978;(1):58-60, 1978..

2. McGrady AV, Yonker R, Tan, SY, Fine TH, Woerner M. The Effect of Biofeedback-Assisted Relaxation Training on Blood Pressure and Selected Biochemical in Patients with Essential Hypertension. *Biofeedback and Self Regulation*, 6(3):343-353 (1981).
3. Fine TH, Turner Jr, JW. The Effects of Brief Restricted Environmental Stimulation Therapy in the Treatment of Essential Hypertension. *Behavioral Res & Ther* 1982;520:567-570.
4. McGrady AV, Fine TH, Woerner M, Yonker R. Maintenance of Treatment Effects of Biofeedback Assisted Relaxation on Patients with Essential Hypertension. *Amer. J of Clin Biofeedback* 1983;16(4):399-411.
5. Turner Jr JW, Fine TH. Effects of Relaxation Associated with Brief Restricted Environmental Stimulation Therapy (REST) on Plasma Cortisol, ATCH and LH. *Biofeedback and Self-regulation*, 1983.
6. McGrady AV, Bernal GAA, Fine T, Woerner, MP. Post Traumatic Head and Neck Pain, A Multimodal Treatment Approach. *Journal of Holistic Medicine* 1983;5(2): 193-86.
7. McGrady AV, Turner, Jr, JW, Fine TH, Higgins JT. Effects of Biobehaviorally-Assisted Relaxation Training on Blood Pressure, Plasma Renin, Cortisol and Aldosterone Levels in Borderline Essential Hypertensives. *Clin. Biofeedback and Health* 1987;10:16-25, 1987.
8. Turner JW, Jr, Fine T, Ewy G, Sershon, P, Freundlich T. The Presence or Absence of Light During Flotation Restricted Environmental Stimulation: Effects on Plasma Cortisol, Blood Pressure and Mood. *Biofeedback and Self-Regulation* 1989;14:291-300.
9. Turner JW Jr, Fine TH. Restricting Environmental Stimulation Influences Levels and Variability of Plasma Cortisol. *Journal of Applied Physiology* 1991;70(5):2010-2013.
10. Fitzgerald RV, Fine T. A Computerized Psychiatric Practice: Getting Started. *MD Computing* 1994;5:285-288.
11. Elhai J, Fine T. Measurement Differences from Rating Posttraumatic Stress Disorder Symptoms in Response to Differentially Distressing Traumatic Events. *Assessment* 2012,19(3):299-307.
12. Calabrese J, Prescott MR, Tamburrino MB, Liberzon I, Slembariski R, Goldmann E, Shirley E, Fine T, Goto T, Wilson K, Ganocy S, Chan P, Derus A, Serrano M, Sizemore J, Galea S. PTSD Comorbidity and Suicidal Ideation Associated with PTSD within the Ohio Army National Guard. *The Journal of Clinical Psychiatry*, 2011;72(8):1072-1078.
13. Goldmann E, Calabrese J, Prescott M, Tamburrino M, Liberzon I, Slembariski R, Shirley E, Fine T, Goto T, Wilson K, Ganocy S, Chan P, Serrano M, Sizemore J, Galea S.

- Potentially Modifiable Pre-, Peri-, and Postdeployment Characteristics Associated with Deployment-Related Posttraumatic Stress Disorder Among Ohio Army National Guard Soldiers. *Ann Epidemiol.*, 2012 Feb; 22(2):71-78.
14. Biehn TL, Elhai JD, Fine TH, Seligman LD, Richardson JD. PTSD factor structure differences between veterans with and without a PTSD diagnosis. *Journal of Anxiety Disorders*, 2012 Apr; 26(3): 480-5.
  15. Elhai JD, Contractor A, Tamburrino M, Fine T, Prescott MR, Shirley E, Chan PK, Slembariski R, Liberzon I, Galea S, Calabrese JR. The Factor Structure of Major Depression Symptoms: A Test of Four Competing Models Using the Patient Health Questionnaire-9. *Psychiatry Research.*, 2012 Oct; 199(3): 169-173.
  16. Prescott MR, Tamburrino M, Calabrese J, Liberzon I, Slembariski R, Shirley E, Fine T, Goto T, Wilson K, Ganocy S, Chan P, Derus A, Serrano MB, Sizemore J, Kauffman J, Galea S. Validation of lay-administered mental health assessments in a large Army National Guard cohort. *International Journal of Methods in Psychiatric Research*. March 2014; 23 (1): 109-119.
  17. Biehn, TL, Contractor, A, Elhai, JD, Tamburrino, M, Fine, TH, Prescott, MR, Shirley, E, Chan, P, Slembariski, R, Liberzon, I, Calabrese, JR, Galea, S. Relations between the underlying dimensions of PTSD and major depression using an epidemiological survey of deployed Ohio National Guard Soldiers. *Journal of Affective Disorders*, 2013 Jan; 144(2013), 106-111.
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