

**CURRICULUM VITAE**  
**THE UNIVERSITY OF TOLEDO - COLLEGE OF MEDICINE**

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4/13/2022

**PERSONAL INFORMATION**

Name: Angele V. McGrady

**EDUCATION AND TRAINING**

1963 B.S. (Biology), Chestnut Hill College, Philadelphia, Pennsylvania  
1966 M.S. (Physiology), Michigan State University, East Lansing, Michigan  
1972 Ph.D. (Biology), University of Toledo, Toledo, Ohio  
1984 M.Ed. (Guidance & Counseling), University of Toledo, Toledo, Ohio

**EMPLOYMENT – last 20 years**

2015 – present Professor Department of Psychiatry, University of Toledo, Toledo, Ohio, Part-time; Salaried  
1995-2015 Professor with tenure, and Director of Medical Education, Department of Psychiatry, University of Toledo, Toledo, Ohio, Full-time; Salaried  
1995-present Adjunct Professor, Department of Physiology and Molecular Medicine, University of Toledo, Toledo, Ohio, Full-time; Salaried  
2001- 2007 Administrative Director, Complementary Medicine Center, University of Toledo, Toledo, Ohio, Full-time; Salaried  
1994-1995 Associate Professor, Department of Psychiatry, Medical College of Ohio, Toledo, Ohio, Full-time; Salaried  
1982-present Associate Status: University of Toledo Medical Center, aka Medical College of Ohio Hospital, Toledo, Ohio, Full-time; Salaried  
1982-1994 Adjunct Associate Professor, Department of Psychiatry, Medical College of Ohio, Toledo, Ohio, Full-time; Salaried  
1979-1994 Associate Professor, Department of Physiology, Medical College of Ohio, Toledo, Ohio, Full-time; Salaried  
1972-present Graduate Faculty, University of Toledo, College of Medicine, aka Medical College of Ohio, regular status

**CERTIFICATIONS/LICENSURES**

1981 Biofeedback Certification Institute of America  
Number 0338 (Next renewal date 2026)  
  
1986 State of Ohio License: Professional Clinical Counselor  
Number E 097 (Next renewal date 11/2022)  
  
2013 Sports Counseling Certificate

California University of Pennsylvania, California, PA

**NATIONAL AND INTERNATIONAL PROFESSIONAL SOCIETIES AND ACTIVITIES**

a. Memberships

American Psychological Association, Health Psychology Division: Associate Status  
Association for Applied Psychophysiology and Biofeedback  
Society for Behavioral Medicine

b. Activities: National and International - selected

Executive Board: Association for Applied Psychophysiology and Biofeedback, 1989-1992

Special task force to create the Academy of Training in Biofeedback, Association for Applied Psychophysiology and Biofeedback, 1991-1992

President, Association for Applied Psychophysiology and Biofeedback, 1995-1996

Center for the Advancement of Health: Scientific Advisory Board, Representative of Association for Applied Psychophysiology and Biofeedback, 1996-2000

Scientific Advisory Board: Center for the Advancement of Health and Behavior Alliance, Washington, DC, 2001-2005

Advisory Board: *Oakwood Complementary Medicine Center, Warren, Michigan*, 2001-2003

Review Training Programs, Biofeedback Certification Institute of America, 2002-2006

Graduate School Advisory Board: Michigan State University 2020 -

**AWARDS AND COMMENDATIONS - Selected**

Dean's Award for Teaching Excellence, Medical College of Ohio, 1997.

Distinguished Scientist Award presented by Association for Applied Psychophysiology and Biofeedback, April, 2000.

Student Involvement Award for Outstanding Advisor, Medical College of Ohio, 2003

Honorary Fellow: Association for Applied Psychophysiology and Biofeedback Spring 2019.

**EDITORIAL BOARDS, JOURNAL REVIEWER.**

Editorial Board: *Applied Psychophysiology and Biofeedback* - current

Associate Editor: *Biofeedback and Self-Regulation*, 1991-1994, 1996-1997

Associate Editor: *Applied Psychophysiology and Biofeedback*, 1997-2005

Editorial Board: *Journal of Behavioral Medicine*, 1994-2005

Reviewer for: *Journal of Behavioral Medicine, , Alternative Therapies, Journal of Nervous and Mental Disease, Applied Psychophysiology and Biofeedback, Journal of Women's Health, Patient Education and Counseling (top 10% of reviews for this journal)*

### **STUDY SECTIONS, REVIEWER PANELS – Selected**

Ad Hoc Reviewer: National Center for Complementary and Alternative Medicine, Clinical Study Section, 6/2002, 3/2003, 6/2003

Ad Hoc Reviewer: National Heart, Lung, & Blood Institute, Clinical Trials Review Committee, 10/2004

Ad Hoc Reviewer: National Institutes of Mental Health, B/Start Program, 1/2005

### **LECTURES, SEMINARS, SYMPOSIA, VISITING PROFESSORSHIPS**

Professional (last 10 years)

McGrady A, Peper E. Association for Applied Psychophysiology and Biofeedback, Four hour national workshop-virtual May 4 and 6<sup>th</sup> 2021

McGrady A. December 2020: One hour presentation: Life skills and stress management – useful tools: Well Being Champions: University of Toledo Medical Center ACGME.

McGrady A. Two hour presentation: Life skills and stress management: what happened to normal? October 1, 2020; Michigan State University AGEP Alliance for Graduate Education and the Professoriate

McGrady A, Brennan J, Riese A. American Psychological Association, August 2020. Effects of a structured resiliency program on indicators of burnout in five medical specialties. Poster accepted, but not presented in person due to pandemic.

Brennan J, McGrady A. The 40th Forum for Behavioral Science in Family Medicine, Chicago, Ill, September, 2019. Strategies to Build Resiliency in Family Medicine Residents. Research Presentation

McGrady, A., Brennan, J. American Medical Association, ChangeMedEd 2019, Chicago, Illinois, Sept 18, 2019. Focus on resiliency, not burnout in future health care providers. Didactic presentation: 60 minutes

McGrady A. Association for Applied Psychophysiology and Biofeedback Four hour workshop, Denver Colorado, April, 2019. Practical interventions to improve health and wellbeing in adult learners

Brennan J, McGrady, A Rizwan B, Egbo J, Riese A. 26<sup>th</sup> Annual Symposium on Research in

Psychiatry, Psychology and Behavioral Science, Toledo, OH, April 18, 2019. A Comparison of Burnout Rates and Resiliency in Psychiatry Residents Compared to Other Specialties.

McGrady A, Brennan J, Riese A, Rizwan B, Egbo J, Tripi J, Sahai A. Association for Applied Psychophysiology and Biofeedback's Annual Mtg., Denver, CO, March 13-16, 2019. Burnout and Resiliency in 5 Medical Specialities.

Brennan J, McGrady A, Riese A, Rizwan B. American Association of Directors of Psychiatric Residency Training, San Diego, California, February 28- March 2, 2019. A Comparison of Burnout and Resiliency in Psychiatry Residents Compared to Other Specialties.

Stolting A, Riese A, Brennan J, Sahai A, Tripi J, Sudhakar E, McGrady A. American Psychiatric Association Annual Meeting, New York City, NY, May 7, 2018. A targeted approach to building resiliency and well-being among neurology and family medicine residents.

McGrady A, Stolting A, Riese A, Brennan J, Sahai A, Tripo J, Sudhakak E. Association for Applied Psychophysiology and Biofeedback's Annual Mtg., Orlando, FL, April 11-14, 2018. Effects of a structured resiliency program on perceived stress and burnout in residents from family medicine and internal medicine

Levine J, McGrady A, Sieke R, Buhk A, Piedmont J, Badenhop D. Association for Behavioral and Cognitive Therapies (ABCT) 51<sup>st</sup> Annual Convention, Poster Session, San Diego, California, November 2017. Therapeutic Dose of Brief Motivational Interviewing and Stress Management for Cardiac Rehab Patients Distinguishes Program Completion and Dropout.

Medical Education Symposium, University of Toledo Medical Center, Department of Surgery, Toledo, Ohio, October 2016. Building Resiliency in the Medical Work Force: A Critical Need.

Brennan J, McGrady A. The 37th Forum for Behavioral Science in Family Medicine: Research Presentation. Chicago, Ill. Sept 22, 2016. Lifestyle Medicine.

McGrady A, Brennan J. The 37th Forum for Behavioral Science in Family Medicine: Breakfast Discussion Group Chicago, Ill. Sept 23, 2016. Building Resiliency in Family Medicine Residents.

Employee Assistance Professionals Association, Toledo, Ohio, May 2016. Work Life – Balance.

McGrady A, Brennan J. Society of Behavioral Medicine: 2016 Annual Meeting and Scientific Sessions, Washington, DC, March 2016. Rapid Communication Abstract: Strategies to Build Resiliency in Family Medicine Residents.

Society of Behavioral Medicine, Washington, DC, April 2016. Effects of a Four Session Motivational Interviewing Intervention on Patient Adherence to Cardiac Rehabilitation.

Rappoport D, Lynch, D. University of Toledo, Department of Psychiatry, Grand Rounds, January 2016. The Mental Health Issues in Division I Athletes: Psychiatric and Counseling Perspectives.

American Psychological Association, Toronto, Ontario, August 2015. Psychosocial Factors Associated with Recovery in Bipolar Disorder

McGrady, A, Brennan J, Whearty K. American Psychological Association, Toronto, Ontario, August 2015. Effects of Wellness Interventions on Distress in Third year Medical Students  
McGrady A, Brennan J, Lynch D. Association for Applied Psychophysiology and Biofeedback's Annual Mtg., Austin, Texas, March 11-14, 2015. Building Resiliency in Family Practice Residents: A Psychophysiological Approach.

**Brennan J, McGrady A.** The 35th Forum for Behavioral Science in Family Medicine. Chicago, Ill. September 20, 2014. Designing and Implementing a Wellness Program.

Association for Applied Psychophysiology and Biofeedback Annual Mtg., Savannah, Georgia, March, 2014. Biofeedback in Cardiovascular Disease

McGrady A, **Brennan J**, Schaefer P, Rappoport D, Whearty K. Association for Applied Psychophysiology and Biofeedback Annual Mtg., Savannah, Georgia, March, 2014. Wellness Programming in Healthy and Chronic Ill Individuals.

Toledo Hospital 10<sup>th</sup> Annual Integrative Medicine Conference. October 2013, Toledo Ohio. Biofeedback, Relaxation Therapy: Theory and Clinical Applications.

University of Toledo, Department Of Psychiatry, Psychopharmacology Update, September, 2013. Psychophysiological Therapies in Chronic Illness

Brennan J, McGrady A. 34<sup>rd</sup> Forum for Behavioral Science in Family Medicine. Chicago, Ill. Sept. 19-22, 2013. Research. Effects of stress management on distress in third year medical students.

McGrady A, Brennan J, Rapport D, Schaefer P, Whearty K. Nineteenth Annual University of Toledo/BGSU Symposium on Research in Psychiatry, Psychology & Behavioral Science, University of Toledo Health Science Campus, 21<sup>st</sup> Annual Symposium. April 11, 2013  
“ Effects of a Brief Intervention for Entering Third Year Medical Students

**McGrady A**, Brennan J, Whearty K, Rapport D, Schaefer P. Association for Applied Psychophysiology and Biofeedback Annual Mtg., Portland, Oregon, March 15, 2013. Effects of a Brief Intervention for Entering Third Year Medical Students.

McGrady A. Association for Applied Psychophysiology and Biofeedback Annual Mtg., Portland, Oregon, March 2013. Biofeedback in Chronic Health Conditions

McGrady A. Biofeedback Society of Texas – invited speaker. 38<sup>th</sup> National Conference October 12-14, 2012. Austin Texas. 8 hours of presentation in large group.

Brennan, J, McGrady, A. 33<sup>rd</sup> Forum for Behavioral Science in Family Medicine. Chicago, Ill. Sept. 27-30, 2012. Title: Designing, Implementing and Evaluation Wellness Programs for Medical Students. Lecture/discussion 60 minutes.

McGrady A, Paul P, McGinnis R, Whearty, K, Rapport D. Nineteenth Annual University of Toledo/BGSU Symposium on Research in Psychiatry, Psychology & Behavioral Science, University of Toledo Health Science Campus, “An analysis of treatment outcomes of bipolar disorder patients at an academic medical center treated by psychiatric resident and attending physicians”, April 19, 2012.

**McGrady A**, Brennan J, Whearty K, Lynch D, Schaefer P. Association for Applied Psychophysiology and Biofeedback Annual Mtg., Baltimore, MD, “Effects of a Wellness Program on Depression, Anxiety and Self Efficacy in First Year Medical Students”, March 7-10, 2012

McGrady A, Mossa D. Association for Applied Psychophysiology and Biofeedback Annual

Mtg., Baltimore, MD, “Pathways to Illness, Pathways to Health: An Intervention Model Workshop, March 7-10, 2012.

McGrady A, Paul P, McGinnis R, Whearty K., Rapport, D. American Psychiatric Association, San Francisco, CA, “A comparison of treatment outcomes bipolar disorder patients at an Academic Medical Center treated by psychiatric resident and attending physicians”, October 27, 2011.

**McGrady A**, Brennan J, Whearty K, Lynch D. 32nd Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Washington, D.C., “A Wellness Program for Medical Students”, April 30, 2011.

McGrady A. Interfaith Discussion Program, Corpus Christi University Parish, Toledo, OH, “Mindfulness Meditation in Everyday Life”, February 15, 2011

McGrady A. The University of Toledo, Department of Orthopedics, Orthopedic Update Conference Series. “Biofeedback”, September 26, 2009

McGrady A. Bakken Heart-Brain Summit, Chicago, Illinois. “Biofeedback in Hypertension And Diabetes”, October 15-17, 2009.

Brennan J, **McGrady A**, Whearty K. American Psychological Association Conference, Toronto, Canada, “Wellness programming for first year medical students”, August 6, 2009.

McGrady, Brennan J, Whearty K. Association for Applied Psychophysiology and Biofeedback Annual Mtg., Albuquerque, NM, “Wellness programming for first year medical students”, April 1-4, 2009 .

McGrady A. The University of Toledo, College of Law. “Life Skills for Law Students: Managing Stress and Maintaining Focus”, March 26, 2008.

McGrady A. St. Luke’s Hospital, Maumee, Ohio “Depression in Cardiovascular Disease,” Toledo Area Academy of Professional Psychologists. January 18, 2008.

McGrady A. The University of Toledo, Department of Psychiatry Grand Rounds, Toledo, OH, “Mind Body Therapies in Chronic Pain – Thirty Years of Research, December 13, 2007.

McGrady A. Wood County Hospital, Bowling Green, Ohio. “Mind-Body Therapies in Chronic Pain: Evidence for Efficacy”, September, 2007.

### **PAST, CURRENT AND PENDING RESEARCH SUPPORT, TRAINING GRANTS**

Ohio Tobacco Use Prevention and Control Foundation, Thomas Fine, M.A., LPCC and Angele McGrady, Ph.D., Walter Edinger, Ph.D., Marijo Tamburrino, M.D., \$13,000, 11/1/02-10/31/04.

Lovell Foundation: through Complementary Medicine Center, Susan Pocotte, Ph.D., Principal Investigator; Angele McGrady, Ph.D., Administrator, \$13,800, 1/03-12/04.

Lovell Foundation: through Complementary Medicine Center, Ann Smith, RN, Ph.D., Sanford Kimmel, M.D., Co-Principal Investigators; Angele McGrady, Ph.D., Administrator, \$32,000, "Therapeutic Touch in Treatment of Osteoarthritis of the Knee", 6/03 –12/04.

Ohio Department of Mental Health, Christine Prodent, Ph.D: PI., Thomas Fine MA LPCC , A. McGrady, Ph.D. co-investigators. "The Effects of Neurofeedback Treatment on Children with Behavioral, Attention and Concentration Problems". \$29,232 (total \$58,464) 5/14/04-12/31/06. Dr. McGrady assumed the role of PI in January, 2006.

David C. and Lura M. Lovell Foundation Grant. \$25,000, Dr. McGrady, PI, "Wellness Initiative for Future Health Care Providers", 2006-2010

David C. and Lura M. Lovell Foundation Grant: \$25,000. Dr. McGrady, PI. Transitioning from Classroom to Clinic. 2010-2014

Academy of Educators, University of Toledo. Julie Brennan Ph.D. PI. Building Resiliency in Family Medicine Residents. 2014-2015; \$5000

## **BIBLIOGRAPHY**

### 1. Publications

#### a. Peer Reviewed

1. Nelson, L., McGrady, A. and Fangboner, M.E. Control of flagellar movement. In: *Comparative Spermatology* (Ed., Baccetti, B.). Acad. Naz. Dei Lincei, Rome, Italy, 465-474, 1969.
2. Kinsey, V.E. and McGrady, A. Bioelectric potentials as affected by cationic composition of bathing medium. Studies on the crystalline lens, SVII. *Invest. Ophthalmol.* 10(4):282-287, 1971.
3. McGrady, A. and Nelson, L. Cationic influences on sperm biopotentials. *Exp. Cell Res.* 73:192-196, 1972.



4. McGrady, A. and Nelson L. Electrophysiology of bull spermatozoa: Correlations with motility. *Exp. Cell Res.* 76:349-352, 1973.
5. McGrady, A., Nelson, L. and Ireland, M. Ionic effects on motility of monkey and bull spermatozoa. *J. Reprod. Fert.* 40:71-76, 1974.
6. McGrady, A. and Nelson, L. Effect of calcium on bull spermatozoan membrane potentials. *Exp. Cell. Res.* 87:398-400, 1974.
7. McGrady, A. and Nelson, L. Cholinergic effects on bull and chimpanzee sperm motility. *Biol Reprod.* 15:248-253, 1976.
8. Mitch, P., McGrady, A. and Iannone, A. Autogenic feedback training in treatment of migraine: A clinical report. *Headache* 15(4):15267-15270, 1976.
9. McGrady, A., Mitch, P., Iannone, M., Marks, R. and Fine, T. Effect of direct feedback of systolic blood pressure in essential hypertension. *Clin. Biofeedback* 1(2):58-60, 1978.
10. McGrady, A. Electrophysiology of developing mouse spermatozoa. *J. Cell. Physiol.* 99(2):223-232, 1979.
11. McGrady, A. The relationship of endogenous ATP to flagellar beat frequency in ejaculated bull spermatozoa. *Arch. Androl.* 2:301-310, 1979.
12. McGrady, A. The effect of ouabain on membrane potential and flagellar wave in ejaculated bull spermatozoa. *J. Reprod. Fertil.* 56:549-553, 1979.
13. Nelson, L. and McGrady, A.V. The effects of ouabain on spermatozoan function: A review. *Arch. Androl.* 7:169-176, 1981.
14. McGrady, A.V., Yonker, R., Tan, S.Y., Fine, T.H. and Woerner, M. The effect of biofeedback-assisted relaxation training on blood pressure and selected biochemical parameters in patients with essential hypertension. *Biofeedback & Self-Regul.* 6(3):343-353, 1981.
15. McGrady, A. and Meshke, D. Tracer flux analysis of sodium and potassium in developing mouse spermatozoa. *J. Reprod Fert.* 66:67-74, 1982.
16. McGrady, A.V. and Chakraborty, J. Effects of stress on the reproductive system of male rats and mice. *Arch. Androl.* 10:95-101, 1983.

17. McGrady, A., Fine, T., Woerner, M. and Yonker, R. Maintenance of treatment effects of biofeedback assisted relaxation on patients with essential hypertension. *Am. J. Clin. Biofeedback* 6(1):34-40, 1983.
18. McGrady, A.V., Bernal, G.A.A., Fine, T. and Woerner, M. Post-traumatic head and neck pain. *J. Holistic Med.* 5(2):130-138, 1983.
19. McGrady, A.V. Effects of psychological stress on the male reproductive system: A review. *Arch. Androl.* 13:1-7, 1984.
20. McGrady, A.V. and Bernal, G.A.A. Relaxation based treatment of stress-induced syncope. *J. Behav. Ther. Exp. Psychiatry* 17(1):23-27, 1986.
21. McGrady, A.V., Utz, S.W., Woerner, M., Bernal, G.A.A. and Higgins, J.T, Jr. Predictors of success in hypertensives treated with biofeedback assisted relaxation. *Biofeedback & Self-Regul.* 11(2):95-103, 1986.
22. McGrady, A.V., Woerner, M., Bernal, G.A.A. and Higgins, J.T., Jr. Effect of biofeedback assisted relaxation on blood pressure and cortisol in normotensives and hypertension. *J. Behav. Med.* 10(3):301-310, 1987.
23. McGrady, A.V., Turner, J., Woerner, M., Fine, T. and Higgins, J.T., Jr. Effect of biobehaviorally assisted relaxation on blood pressure and selected hormones in essential hypertension. *Clinical Biofeedback and Health* 10(1):16-25, 1988.
24. McGrady, A.V. and Higgins, J.T., Jr. Prediction of response to biofeedback-assisted relaxation in hypertensives: Development of a hypertensive predictor profile (HYPP). *Psychosom. Med.* 51:277-284, 1989.
25. McGrady, A.V. Psychophysiological regulation of blood pressure. IN: *Restricted Environmental Stimulation: Research and Commentary*, Turner, J.W., Jr. and Fine, T.H. (Eds.), MCO Press, Toledo, Ohio, 29-36, 1990.
26. McGrady, A. and Higgins, J.T., Jr. Effect of repeated measurements of blood pressure on blood pressure in essential hypertension: Role of anxiety. *J. Behav. Med.* 13(1):93-101, 1990.
27. Bailey, B., Good, M. and McGrady, A. Clinical observations on the use of biofeedback assisted relaxation in Type I insulin dependent diabetes. *Biofeedback & Self-Regul.* 15(1):7-13, 1990.

28. Bailey, B., Good, M. and McGrady, A. Clinical observations on behavioral treatment of a patient with insulin dependent diabetes mellitus. *The Diabetes Educator* 16(3):201-204, 1990.
29. McGrady, A. and Gerstenmaier, L. Effect of biofeedback assisted relaxation training on blood glucose levels in a Type I insulin dependent diabetic: A case report. *J. Behav. Ther. & Exp. Psychiat.* 21(1):69-75, 1990.
30. McGrady, A., Bailey, B. and Good, M. A controlled study of biofeedback assisted relaxation in Type I diabetes. *Diabetes Care* 14(5):360-365, 1991.
31. McGrady, A., Nadsady, P.A. and Schumann-Brzezinski, C. Sustained effects of biofeedback assisted relaxation therapy in essential hypertension. *Biofeedback & Self-Regul.* 16(4):399-413, 1991.
32. McGrady, A. and Roberts, G. Racial differences in the relaxation response of hypertensives. *Psychosom. Med.* 54(1):71-78, 1992.
33. Jurek, I., Higgins, J.R., Jr., and McGrady, A. Interaction of biofeedback-assisted relaxation and diuretic in treatment of essential hypertension. *Biofeedback & Self-Regul.* 17(2):125-141, 1992.
34. McGrady, A., Conran, P., Dickey, D., Garman, D. and Farris, E. The effects of biofeedback-assisted relaxation on cell mediated immunity, cortisol, and white blood cell count in healthy adult subjects. *J. Behav. Med.* 15(4):343-354, 1992.
35. McGrady, A. Effects of group relaxation training and thermal biofeedback on blood pressure and related physiological and psychological variables in essential hypertension. *Biofeedback and Self-Regulation*, 19(1):51-66, 1994.
36. McGrady, A., Wauquier, A., McNeil, A., Gerard, G. Effect of biofeedback-assisted relaxation on migraine headache and changes in cerebral blood flow velocity in the middle cerebral artery. *Headache*, 34:424-428, 1994.
37. Wauquier, A., McGrady, A., Aloe, L., Klausner, T., Collins, B. Changes in cerebral blood flow velocity associated with biofeedback-assisted relaxation treatment of migraine headaches are specific for the middle cerebral artery. *Headache*, 35(6):358-362, 1995.
38. Weaver, M.T., McGrady, A. A provisional model to predict blood pressure response to biofeedback-assisted relaxation. *Biofeedback and Self-Regulation*, 20(3):229-240, 1995.

39. Roberts, G., McGrady, A. Racial and gender effects on the relaxation response: Implications for the development of hypertension. *Biofeedback and Self-Regulation*, 21(1):51-62, 1996.
40. Cohen, B.L., Conran, P.B., McGrady, A., Nelson, L. Effects of biofeedback-assisted relaxation on asthma severity and immune function. *Pediatric Asthma, Allergy & Immunology*, 10(2):71-78, 1996.
41. McGrady, A. Good news–bad press: Applied psychophysiology in cardiovascular disorders. *Biofeedback and Self-Regulation*, 21(4):335-346, 1996.
42. McGrady, A., Graham, G., Bailey, B. Biofeedback-assisted relaxation in insulin-dependent diabetes: A replication and extension study. *Annals of Behavioral Medicine*, 18(3):185-189, 1996.
43. McGrady, A., Bush, E.G., Grubb, B. Outcome of biofeedback-assisted relaxation for neurocardiogenic syncope and headache: A clinical replication series. *Applied Psychophysiology and Biofeedback*, 22(1):63-72, 1997.
44. McGrady, A., Lynch, D., Nagel, R., Zsembik, C. Application of the High Risk Model of Threat Perception to a Primary Care Population. *Journal of Nervous and Mental Disease*, 187(6):369-375, 1999.
45. Lynch, D., McGrady, A., Nagel, R., Zsembik, C. Somatization Disorder in Primary Care. Comparing 5 Methods of Classification. *Primary Care Companion Journal of Clinical Psychiatry*, 1(3):85-89, 1999.
46. McGrady, A., Horner, J. Role of Mood in Biofeedback-Assisted Relaxation Therapy in IDDM. *Applied Psychophysiology and Biofeedback*, 24(1):79-88, 1999.
47. McGrady, A.V., Andrasik, F., Davies, T., Striefel, S., Wickramasekera, I., Baskin, S., Penzien, D.B., Tietjen, G. Psychophysiologic Therapy for Chronic Headache in Primary Care. *Primary Care Companion Journal of Clinical Psychiatry*, 1(4):96-102, 1999.
48. Kern-Buell, C.L., McGrady, A.V., Conran, P.B., Nelson, L.A. Asthma Severity, Psychophysiological Indicators of Arousal and Immune Function in Asthma Patients Undergoing Biofeedback-assisted Relaxation. *Applied Psychophysiology and Biofeedback* 25(2):79-89, 2000.
49. Birk, T., McGrady, A., MacArthur, R.D., Khuder, S. The effects of massage therapy alone and in combination with other complementary therapies on immune functions and quality of life in HIV. *The Journal of Alternative and Complementary Medicine* 6(5):

- 405-414, 2000.
50. McGrady, A., Kern-Buell, C., Khuder, S., Grubb, B.P. Psychological and physiological factors associated with tilt table testing for neurally mediated syncopal syndromes. *Pacing and Clinical Electrophysiology* 24(3):296-301, 2001.
  51. McGrady, A. A commentary on problems inherent in assessment of biofeedback efficacy studies. *Applied Psychophysiology and Biofeedback* 20(55):111-112, 2002.
  52. McGrady, A.V., Kern-Buell, C., Bush, E., Devonshire, R., Claggett, A.L., Grubb, B.P. Biofeedback-assisted relaxation therapy in neurocardiogenic syncope: A pilot study. *Applied Psychophysiology and Biofeedback* 28(3):183-192, 2003.
  53. Vasudeva, S., Claggett, A.L., Tietjen, G.E., McGrady, A.V. Biofeedback-assisted relaxation in migraine headache: Relationship to cerebral blood flow velocity in the middle cerebral artery. *Headache* 43:245-250, 2003.
  54. McGrady, A., Lynch, D., Nagel, R., Wahl, E. Application of the high risk model of threat perception to medical illness and service utilization in a family practice population. *The Journal of Nervous and Mental Disease* 191:255-259, 2003.
  55. Nagel, R., McGrady A, Lynch D., Wahl, E. Patient-physician relationship and service utilization: Preliminary findings. *Primary Care Companion J Clin Psychiatry* 5(1):15-18, 2003.
  56. McGinnis, R.A., McGrady, A., Cox, S.A., Grower-Dowling, K.A. Biofeedback-assisted relaxation in type 2 diabetes. *Diabetes Care*, 28:2145-2149, 2005.
  57. McGinnis, R.A., McGrady, A., Cox, S.A., Grower-Dowling, K.A. Biofeedback-assisted relaxation therapy effective in treatment of type 2 diabetes. *Endocrine Today*, 3(10):32, 2005.
  58. Lynch, D.J., McGrady, A., Alvarez, E., Forman, J. Recent life changes and medical utilization in an academic family practice. *The Journal of Nervous and Mental Disease* 193(9):633-635, 2005.
  59. Karavidas, M.K., Tsai,P., Yucha,C., McGrady,A., Lehrer,Paul M. Thermal biofeedback for primary Raynaud's phenomenon: a review of the literature. *Applied Psychophysiology and Biofeedback* 31:203–216, 2006
  60. McGrady, A. Introduction to the special issue on primary care. *Biofeedback* 34(4):1- 3,2006.

61. McGrady, A, McGinnis, R, Badenhop, D, Bentle, M, Chapman, B. Rajput, M. Effects of depression on adherence and outcome of cardiac rehabilitation programs. *Annals of Behavioral Medicine* 33:S120, 2007.
62. Lynch, D.J., McGrady, A.V., Nagel, R.W., Wahl, E.F. The patient-physician relationship and medical utilization. *Primary Care Companion J Clin Psychiatry* 9(4):266-270, 2007.
63. McGrady, A., Brennan, J., Lynch D. The effects of wellness programs in family medicine. *Applied Psychophysiology and Biofeedback* 34:121-126, 2009.
64. McGrady, A., McGinnis, R., Badenhop, D., Bentle, M. & Rajput, M. Effects of depression and anxiety on adherence to cardiac rehabilitation, *Journal of Cardiopulmonary Rehabilitation and Prevention* 29(6):358-364, Nov./Dec., 2009
65. McGrady, A., Lynch, D.J., Nagel, R.W., & Tamburrino, M. Coherence between physician diagnosis and patient self reports of anxiety and depression in primary care. *Journal of Nervous and Mental Disease* 198(6):420-424, 2010.
66. McGrady, A. The effects of biofeedback in diabetes and essential hypertension. *Cleveland Clinic Journal of Medicine* 77(3):S68-S71, 2010.
67. McGrady, A., Lynch, D.J., Nagel, R.W., & Tamburrino, M. Coherence between physician diagnosis and patient self reports of anxiety and depression in primary care. *Journal of Nervous and Mental Disease*. 198(6):420-424, 2010
68. McGrady, A. The effects of biofeedback in diabetes and essential hypertension. *Cleveland Clinic Journal of Medicine* 77(3):S68-S71, 2010.
69. Brennan, J., McGrady, A., Lynch, D.J., & Whearty, K. Stress management intervention for first year medical students. *Annals of Behavioral Science and Medical Education* 16(2):15-19, 2010.
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c. Book Chapters

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2. McGrady, A.V. and Bailey, B.K. (1995). Biofeedback in Essential Hypertension. In: Schwartz, M. (Ed.), Biofeedback - A Practitioner's Guide, 2nd Edition, Guilford Press.



3. McGrady, A.V. and Horner, J. (1998). Complementary/Alternative Therapies in General Medicine: Diabetes Mellitus. In: J.W. Spencer, J.J. Jacobs (Eds.), Complementary/Alternative Medicine, St. Louis, Mosby, Inc.
4. McGrady, A.V. (2001). Biofeedback in the Neurologic Disorders. In: Weintraub, M. (Ed.) Alternative and Complementary Treatment in Neurologic Illness, (pp. 156-165), New York, Harcourt Company.
5. McGrady, A., Bourey, R., Bailey, B. (2003). The metabolic syndrome: Obesity, Type 2 diabetes, hypertension, and hyperlipidemia. In D. Moss, A. McGrady, A., T.C. Davies, & L. Wickramasekera (Eds.), Handbook of mind-body medicine for primary care. (pp. 275-297), Thousand Oaks, CA: Sage Publications, Inc.
6. McGrady, A., Linden, W. (2003). Biobehavioral treatment of essential hypertension. In M. Schwartz & F. Andrasik (Eds.) Biofeedback-A Practitioner's Guide, 3<sup>rd</sup> Ed., (382-467), New York, Guilford Press.
7. McGrady, Bailey, B. (2003). Diabetes Mellitus. In: M. Schwartz & F. Andrasik (Eds.) Biofeedback- A Practitioner's Guide, 3<sup>rd</sup> Ed.), (727-749). New York, Guilford Press.
8. McGrady A. (2003). Psychophysiological foundations of the mind-body therapies. In D. Moss, A. McGrady, A, T.C. Davies, & L. Wickramsekera (Eds.), Handbook of mind-body medicine for primary care. (pp.43-55). Thousand Oaks, CA: Sage Publications, Inc.
9. McGrady, A.V., Kleshinski, M. (2003). Complementary/Alternative therapies in general medicine: Diabetes Mellitus. In: John Spencer, Joe Jacobs (Eds.), Complementary and Alternative Medicine: An Evidence Based Approach, 2<sup>nd</sup> Ed. (pp.241-245). Thousand Oaks, CA: Sage Publications, Inc.
10. McGrady, A., Utz, S. (2004). Diabetes: Behavioral Treatment. In: N. Anderson, Encyclopedia of Health & Behavior. (pp.241-244). Thousand Oaks, CA: Sage Publications, Inc.
11. McGrady, A. (2004). Biofeedback in Cardiovascular Disease. In: W.H. Frishman, M.I. Weintraub, M.S. Micozzi, (Eds.), Complementary and Integrative Therapies for Cardiovascular Disease (pp. 135-150). St. Louis: Mosby.
12. McGrady, A., Gevirtz, R. (2004). Module 5 Autonomic Nervous System, Part II: Specific Biofeedback Applications. In: Andrew Crider & Doil Montgomery, (Eds), Introduction to Biofeedback, Home Study Course, (pp. 1-51)Wheat Ridge, Colo.:AAPB.

13. McGrady, A. & McGinnis, R. (2005). Psychiatric disorders in patients with syncope. In: B. Grubb, B.Olshansky, (Eds), Syncope: Mechanisms and Management, 2<sup>nd</sup> Ed. (pp. 214-224) Walden, Mass: Blackwell Futura.
14. McGrady, A., Grower-Dowling, K. (2006). Relaxation and stress reduction for people with diabetes mellitus. In: M. Ferreira & G. Lang (Eds.), Indigenous Peoples and Diabetes: Community Empowerment and Wellness (pp.387-406), Durham, NC: Carolina Academic Press.
15. McGrady, A. (2007). Relaxation and Meditation. In: Luciano L'Abate (Ed.), Low-Cost Approaches to Promote Physical and Mental Health (pp.161-175), New York,NY: Springer Science Media.
16. McGrady, A., Fine, T., Prodent, C. (2007). The effects of neurofeedback treatment in children with behavioral, attention and concentration problems: Preliminary results. In: Taft, B. & Roth, D. (Eds), New Research in Mental Health: 2004-2005 Biennium, Vol. 17 (pp. 147-153), Columbus, Ohio: Ohio Department of Mental Health.
17. McGrady, A. (2007). Psychophysiological mechanisms of stress: A foundation for the stress management therapies. In: Paul M. Lehrer, Robert L. Woolfolk & Wesley E. Sime (Eds), Principles and Practice of Stress Management, 3<sup>rd</sup> ed. (pp. 16-37), New York, NY: The Guilford Press.
18. McGrady, A., Giardino, N.D., & Andrasik, F. (2007). Stress management and relaxation therapies for somatic disorders. In: Paul M. Lehrer, Robert L. Woolfolk & Wesley E. Sime (Eds), Principles and Practice of Stress Management, 3<sup>rd</sup> ed. (pp. 682-702), New York, NY: The Guilford Press.
19. McGrady, A. (2008). Biofeedback. In: Michael I. Weintraub, Ravinder Mamtani & Marc S. Micozzi (Eds), Complementary and Integrative Medicine in Pain Management, (pp. 5-27), New York, NY: Springer Publishing Company.
20. Linden, W. & McGrady, A. (2016). Biofeedback in essential hypertension. In: Frank Andrasik & Mark Schwartz (Eds.), Biofeedback: A Practitioner's Guide 3<sup>rd</sup> ed., Guilford Press.
21. McGrady, A. & Lakia, D. (2016). Diabetes Mellitus. In M. Schwartz & F. Andrasik (Eds.), Biofeedback: A Practitioner's Guide, 4<sup>th</sup> ed., (pp. 400-421), New York, NY: The Guilford Press.
22. McGrady, A. (2016). Hypertension. In G. Tan, F. Shaffer, R. Lyle, & I. Teo (Eds.), Evidence-based practice in biofeedback & neurofeedback, 3<sup>rd</sup> ed., (pp. 85). Wheat

Ridge, Colorado: AAPB.

d. Books published

1. Moss, D., McGrady, A., Davies, T.C., Wickramasekera, I. (2003). Handbook of Mind-Body Medicine for Primary Care. (1st ed.). Thousand Oaks, CA: Sage Publications Inc.
2. McGrady, A., Moss, D. (2013). Pathways to Illness, Pathways to Health  
Springer Publishing, New York, New York.
3. McGrady, A, Moss, D. (2018) Integrative Pathways: Navigating Chronic Illness with a Mind-Body Approach; Springer Publishing, New York.

## TEACHING RESPONSIBILITIES

Medical students: First year, third year, fourth year medical students: Behavioral Science, Complementary Medicine, mentoring research  
Physician assistant students: Behavioral Science, supervision of graduate projects  
Residents in Psychiatry: Sleep medicine, Stress management, clinical supervision  
Undergraduate student athletes: stress management, performance enhancement, life skills

## TEACHING RESPONSIBILITIES

a. Scheduled teaching assignments

1. Scheduled lectures:

Medical Students

Physiology - 8-10 hours/year/yearly until 1998  
Neuroscience - 2-6 hours/year/yearly until 2000  
Clinical Correlation - 2 hours/month for 6 months, 1991-1992  
Behavioral Science - 6-8 hours/year/yearly, 2015- present; 14-16 hours yearly:  
1995 -2015  
Course Director - 1994-2015  
Interviewing Course - 9 hours/year/yearly, 1995-2005  
Elective in Complementary Medicine, Yrs 1&2 – 3 hours/year, 1997-2005  
Elective in Behavioral Medicine - 10 hours, 1999, 2001  
Clerkship in Psychiatry - 3 hours/year 2000-2013  
4<sup>th</sup> Year Elective in Complementary Medicine – 30 hours/per year, 2001-2015

Complementary Care Interventions, Course Director with Ann Smith, RN, Ph.D.,  
2005 – 2008; approx. 10 hours  
Lifestyle Medicine Elective: 4 lectures + small groups: 2015 –  
Lifestyle Medicine Elective: course director: 2015 -

#### Psychiatry Residents

Didactics Series: lectures: “How to Teach” (2 lectures PGY1-2); 2006-2017  
Life Curriculum: Dealing with Fatigue (1 lecture PGY1-2), 2005 – 2017  
Introduction to Relaxation and Biofeedback Therapies: 2012, 2016  
Didactics Series: R – U Sleeping, 2015

Resiliency program: 6-8 one hour sessions per year; co director with Amy Riese MD  
and Julie Brennan Ph.D. Yearly since 2018

Family Medicine Residents: Resident Resiliency Program with Julie Brennan Ph.D: 5-6 one to  
two hour sessions per year 2015 – present

Department of Surgery residents: resident resiliency program – co-director with Amy Riese MD  
and Julie Brennan Ph.D. 6 one hour sessions per year since 2019.

Departments of Internal Medicine, Emergency Medicine and Neurology: co-director with Amy  
Riese MD and Julie Brennan Ph.D. 6-8 sessions one year.

#### Nursing Students

Undergraduate Physiology - Musculoskeletal and Neurophysiology  
- 10 hours/year, 1975-1994  
Nursing Undergraduate Physiology Course Coordinator  
- 1980-1994  
Graduate – Advanced Interpersonal Dimensions  
- 2 hours, 2001

Physical Therapy/Physiology - 2-4 hours/year, 1992-1993

Undergraduate Students: University of Toledo  
AL 1150: Orientation: Strategies for College Success (entering football, basketball and  
volleyball student athletes). 3 credits. Co-taught with Mr. John Fedor. 6.5 hours of  
lecture. Summer 2014-2018

#### Graduate

School of Nursing: Advanced Interpersonal Dimension - 1 hour, March, 1999  
Psychophysiology - 3 credits, 1 quarter/year since 1993  
Industrial Hygiene - 3-4 hours/year, 1985-1988  
Graduate Course in Nursing - 2-4 hours/year, 1985-1993  
Nursing - Counseling Practicum, 10 hours/week/quarter, fall, 1993; fall 1994;  
winter, spring, 1995  
Physician Assistant Program: course director and 6 hours teaching, 1997-  
Behavioral Science Course: course director and 10 hours teaching  
Research Practicum: Bowling Green State University, 15 hours/week, 10 weeks,  
1995

2. Scheduled laboratory sessions: none

3. Seminar type courses:

Introduction to Clinical Medicine, Basic Science Facilitator, 1991-1992  
Psychophysiology Methods Elective, 1990  
Roundtable Discussion Groups on Stress, February 26, 1987  
Research in Physiology, 1-2 quarters/year until 1994  
Current Topics in Behavioral Medicine, 1 quarter/year as requested  
Pre-matriculation Program for entering medical students, 4 hours on Stress  
Management, 1992-1995  
Child Psychiatry Residents Lecture Series, 1 hour, 1995, 1997, 1999, 2001, 2003, 2008,  
2011  
Proseminar, Psychology Interns, 1998-2000-

Resident Education Supervision:  
Behavioral Medicine Elective, Rommel Aquino, M.D., May, 1998  
Research Elective, Sachin Vasudeva, M.D., January, 2000  
Research Elective, Steven Cox, M.D., 2002-2004  
Resource Person, Residents' Journal Club, 2005- 2018

4. Scheduled teaching rounds with medical students and residents: none

b. Unscheduled teaching

1. Minority Medical Student Mentorship Program

Gerard Roberts, 1989-1993  
Apyrl McNeil, 1991-1993

2. Graduate Students

Participation on Graduate Thesis Committees

Ann Murray, Masters in Nursing, Medical College of Ohio, 1982  
Cheryl Bourguignon, Masters in Nursing, Medical College of Ohio, 1983  
Sharon Utz, Ph.D. in Educational Psychology, University of Toledo, 1985  
Carrie Wakai, Masters in Nursing, Medical College of Ohio, 1987  
Kathleen Miller, Masters in Nursing, Indiana University, 1989  
Douglas Herrington, Masters in Industrial Hygiene, Medical College of Ohio,  
1991  
Steven Burns, Masters in Biomedical Sciences, Medical College of Ohio, 199\_  
Noel Hamad, Masters in Biomedical Sciences, Medical College of Ohio, 1996  
Leslie Quandt, Ph.D. in Physiology, Medical College of Ohio, 1992-1993  
Janice Chu, Masters in Nursing, Medical College of Ohio, 1995  
Martha Sexton, Masters in Nursing, Medical College of Ohio, 1995  
Jeffrey Jacobs, D.D.S., Masters in Biomedical Science, 1995  
Cheryl Kern Buell, Masters in Biomedical Science, 1997  
Dore Shafransky, D.O., Masters in Biomedical Science, 1999

Research Advisor (with Dr. Philip Conran) for Barbara Coen, M.D., Masters in  
Pathology, 1994

Research Advisor (with Dr. Philip Conran) for Cheryl Buell, Masters in Pathology,  
1997

External Examiner for Dora Pine, Ph.D., Andrews University, 1995

Practicum: Behavioral Medicine, Rosalie Devonshire, University of Michigan, MSW,  
spring, 1999

Major Advisor

Rick Thomas, M.S., Biology, University of Toledo  
Thomas Fine, M.A., Psychology, Antioch University  
Jeffrey Hildreth, M.A., Occupational Health, Medical College of Ohio, (Won  
Dean's Award, 1993)  
Cheryl Kern-Buell, M.S., Physician Assistant Studies, 2001  
Krista Vogelsang, M.S., Physician Assistant Studies, 2003  
Danny Le, M.S., Physician Assistant Studies, 2004-2005  
Heather Tamburrino, Physician Assistant Studies, 2005- 2006  
Caroline Cadmus, Physician Assistant Studies, 2008-2009  
Jaime Kim, Masters in Biomedical Sciences, 2009-2010  
Teresa Nguyen, Physician Assistant Studies, 2010-2011  
Amanda Weller, Physician Assistant Studies, 2011-2012

Cassandra Snoddy, Physician Assistant Studies, 2012-2013  
Melissa West, Physician Assistant Studies, 2013-2014  
John Lima, Physician Assistant Studies, 2013-2014  
Natalie Long, Physician Assistant Studies, 2014-2015  
Ryan Holmes Physician Assistant Studies, 2015-2016  
Jennifer Trip, M.S., Biomedical Science, 2016  
Megan Frame, M.P.H, Public Health, 2018  
John Egbo, M.P.H., School of Public Health, 2019  
Carolynn McCartney, M.P.H, School of Public Health, 2019-2020  
Daniel Valentine, M.S., Biomedical Science, 2020-2021

Postgraduate education: supervision

1979-1980 Robert Crane, M.D.: Psychophysiology  
1984-1985 Gregory Forgac, Ph.D.: Biofeedback

Representative of Graduate School on Thesis Defense

Wenli Zhang, Ph.D., Medical Sciences, November 25, 1996  
Wei Han, M.S., Biomedical Science, October 10, 1997

Continuing education training programs in applied psychophysiology & biofeedback

1978 Ruth Ide Community Health Center  
1980 Monroe Community Health Center  
1981 Quadco Company  
1981-1994 Biofeedback Certification Training Program  
A 40-hour program co-taught with T. Fine, G.A.A. Bernal and S.  
Pallapothu - 12-15 hours taught by Dr. A. McGrady, yearly  
1992-1994 Director of Training, Biofeedback Certification Training Program, sponsored  
by the Department of Psychiatry

3. Patient services

Provision of clinical counseling, stress management and biofeedback – 15-18 hours per week.

Specialty areas: patients with clinical depression, anxiety disorders, chronic medical problems comorbid with anxiety and depression.

4. Student advising

Undergraduate Nursing Honors Students  
Michael Kerrigan, 1986  
Patricia Nadsady, 1988

Summer medical student research advisor

1982 - Bruce Martin  
1983 - Kathryn Boehm  
1984 - Philip Goldman  
1985 - David Custodio  
1986 - Ilona Jurek  
1988 - Christopher Ladd (with Dr. Philip Conran)  
1989 - Douglas Dickey (with Dr. Philip Conran)  
1990 - Gerard Roberts  
1990 - Barbara Coen (with Dr. Philip Conran)  
1991 - Gregory Striegel  
1992 - Apryl McNeil  
1993 - Louise Aloe (with Dr. Albert Wauquier)  
1999 - Edmund Farris (with Dr. Denis Lynch)  
2001 – Sean Hughes  
2002 - Eric Helm  
2002 - Mike Banyanz (with Dr. Denis Lynch)  
2004 - Michelle Bentle (with Dr. Ronald McGinnis and Dr. Badenhop)  
2010 - Robert Burkes (with Dr. McGinnis and Dr. Badenhop)  
2014 - Rachel Sieke

Advisor (with Dr. Philip Conran) for Douglas Dickey in the AOA Medical Student Research Day, 1990

Advisor for Gerard Roberts in the AOA Medical Student Research Day, 1991

Advisor for Ilona Jurek in the Department of Psychiatry, Henry Hartman Award. Ilona's paper won third prize.

Advisor (with Dr. Philip Conran) for Barbara Coen in the AOA Medical Student Research Day, 1992. Barbara's poster won second prize.

Advisor (with Dr. Albert Wauquier and Dr. Gary Gerard) for Apryl McNeil in the AOA Medical Student Research Day, 1993.

Advisor (with Dr. Albert Wauquier) for Louise Aloe in AOA Medical Student Research Day, 1994.

Advisor for Amy Christenson in the Department of Psychiatry, Henry Hartman Award Competition, 1995. Amy won first prize.



Advisor for David Mandel in the Department of Psychiatry, Henry Hartman Award Competition, 1998. David won first prize.

Advisor for Rachelle McCarty, K23 Mentored Patient Oriented Research Career Development Award

5. Other

Interviews of residency candidates, Department of Psychiatry, 1997- 2019

Resident Candidates Selection Committee, 2005-2015

Supervision of research volunteer, Kim Grower-Dowling, 10 hours per week,  
September 2003 – May, 2004

Faculty Advisor: Psychiatry Club, 2004-2010

Faculty Advisor: Complementary Medicine Club, 2004-

Sports Counseling, Mental Skills Training: softball, women's basketball, men's and women's tennis, women's swimming variable hours and teams, 2008-