

CURRICULUM VITAE

Date Prepared: 09/15/2018
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Education

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|------|--------|--------------------------------|--|
| 2006 | BSc | Psychology/Integrated Sciences | University of British Columbia |
| 2009 | MS | Clinical Psychology | University of Miami |
| 2012 | PhD | Clinical Psychology | University of Miami |
| 2012 | Intern | Behavioral Medicine | Brown University Alpert Medical School |

Postdoctoral Training

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| 09/12-06/15 | Fellow | Pediatrics | Dana-Farber Cancer Institute |
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Faculty Academic Appointments

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| 07/15-present | Instructor | Pediatrics | Harvard Medical School |
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Appointments at Hospitals/Affiliated Institutions

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| 07/15-present | Staff Psychologist | Psychosocial Oncology | Dana-Farber Cancer Institute |
| 03/16-present | Staff Psychologist | Neurology | Boston Children's Hospital |

Report of Funded and Unfunded Projects

Funding Information

Past

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| 2006-2008 | Investigating the effects of pharmacotherapy and cognitive-behavior therapy on cytokine levels in dysthymic patients Canadian Institutes of Health Research, <i>Canada Graduate Master's Awards</i> PI (\$35,000) The major goal of the study was to investigate the immunological effects of cognitive-behavioral therapy among dysthymic patients. |
| 2013-2014 | Insomnia after childhood cancer: A cognitive-behavioral pilot intervention Pedals for Pediatrics, <i>Research Grant</i> PI (\$100,000) This project adapted insomnia treatment protocols to the needs of childhood cancer survivors. |
| 2015-2016 | The role of genetics in the effect of open-label placebo for the treatment of cancer survivors Friends of Dana-Farber, <i>Research Grant</i> PI (\$12,375) This grant sought to understand the role of genetic markers in the placebo response. |
| 2015-2016 | Harnessing the effects of open-label placebo for the treatment of cancer survivors |

Foundation for the Science of the Therapeutic Encounter, *Research Grant*
Co-Investigator (PI: Christopher Recklitis)
This was a randomized-controlled trial of open-label placebo for cancer-related fatigue.

Current

- 2016-2018 Adapting sleep and yoga interventions for maximal effectiveness in low income populations
NCCIH R34-AT008923-02
Co-Investigator (PI: Susan Redline)
The goal is to develop a sleep health and yoga intervention for low income/minority populations.
- 2016-2018 CBTI-CS: A novel cognitive-behavioral treatment for insomnia in cancer
NCI R03-CA201459-01
Co-Investigator (PI: Christopher Recklitis)
The aim of this proposal is to complete a trial of sleep hygiene and cognitive-behavioral therapy for insomnia in cancer survivors.
- 2017-2019 Web-based cognitive-behavioral treatment for insomnia in adolescent cancer survivors
Alex's Lemonade Stand Foundation, *Psychosocial Launch Grant*
Principal Investigator (\$100,000)
This project seeks to tailor a web-based insomnia treatment for adolescent cancer survivors.
- 2017-2018 Addressing sleep disturbance for patients with myelodysplastic syndromes
Medical Oncology Translational Grant Program, *Research Award*
Co-Investigator (PI: Marlise Luskin)
This grant seeks to study and intervene on sleep in patients with myelodysplastic syndromes.
- 2018-2019 Incidence, course, and predictors of fatigue developing on palbociclib in advanced HR+ HER2-
breast cancer
Pfizer, *ASPIRE Oncology/Hematology Research Award*
Co-Investigator (PI: Hadine Joffe)
This study seeks to understand fatigue and its predictors during breast cancer treatment.
- 2018-2020 Reducing health disparities for Black women in the treatment of insomnia
Patient-Centered Outcomes Research Institute, *Clinical Effectiveness Research Award*
Co-Principal Investigator (\$1,500,000)
The major goals of the study are to develop a web-based insomnia treatment program for Black women and to conduct a nationwide randomized-controlled trial of the novel treatment.

Report of Scholarship

Research Investigations

1. Virji-Babul, N., Kerns, K., **Zhou, E.S.**, Kapur, A., & Shiffrar, M. (2006). Perceptual motor deficits in children with Down syndrome: Implications for intervention. *Down Syndrome Research and Practice*, 10(2), 74-82.
2. Miller, G.E., Chen, E., & **Zhou, E.S.** (2007). If it goes up must it come down? Chronic stress and the Hypothalamic-Pituitary-Adrenocortical axis in humans. *Psychological Bulletin*, 133(1), 25-45.
3. **Zhou, E.S.**, Penedo, F.J., Lewis, J.E., Rasheed, M., Traeger, L., Lechner, S., Soloway, M., Kava, B.R., & Antoni, M.H. (2010). Perceived stress mediates the effects of social support on health-related quality of life among men treated for localized prostate cancer. *Journal of Psychosomatic Research*, 69(6), 587-590.

4. **Zhou, E.S.**, Penedo, F.J., Bustillo, N.E., Benedict, C., Rasheed, M., Lechner, S., Soloway, M., Kava, B.R., Schneiderman, N., & Antoni, M.H. (2010). Longitudinal effects of social support and adaptive coping on emotional well-being in localized prostate cancer survivors. *Journal of Supportive Oncology*, 8(5), 196-201.
5. Kim, Y., Carver, C.S., Spillers, R.L., Cramer, C., & **Zhou, E.S.** (2011). Individual and dyadic relations between spiritual well-being and quality of life among cancer survivors and their spousal caregivers. *Psycho-Oncology*, 20(7): 762-770.
6. **Zhou, E.S.**, Kim, Y., Rasheed, M., Benedict, C., Bustillo, N.E., Soloway, M., Kava, B.R., & Penedo, F.J. (2011). Marital satisfaction of advanced prostate cancer survivors and their spousal caregivers: The dyadic effects of physical and mental health. *Psycho-Oncology*, 20(12): 1353-1357.
7. Penedo, F.J., Benedict, C.V., **Zhou, E.S.**, Rasheed, M., Traeger, L., Kava, B.R., Soloway, M., Czaja, S., & Antoni, M.H. (2013). Association of stress management skills and perceived stress with physical and emotional well-being among advanced prostate cancer survivors following androgen deprivation treatment. *Journal of Clinical Psychology in Medical Settings*, 20(1): 25-32.
8. **Zhou, E.S.**, Dunsiger, S.I., & Pinto, B.M. (2013). Proactive versus reactive recruitment to a physical activity intervention for breast cancer survivors: Does it matter? *Clinical Trials*, 10(4): 587-592.
9. Bober, S.L., **Zhou, E.S.**, Chen, B., Manley, P.E., Kenney, L.B., & Recklitis, C.J. (2013). Sexual function in childhood cancer survivors: A report from Project REACH. *Journal of Sexual Medicine*, 10(8): 2084-2093.
10. Sanchez-Varela, V., **Zhou, E.S.**, & Bober, S.L. (2013). Management of sexual problems. *Current Problems in Cancer*, 37(6): 319-352.
11. Recklitis, C.J., **Zhou, E.S.**, Zwemer, E., Hu, J.C., & Kantoff, P.W. (2014). Suicidal ideation in prostate cancer survivors: Understanding the role of physical and psychological health outcomes. *Cancer*, 120(21): 3393-3400.
12. **Zhou, E.S.**, & Recklitis, C.J. (2014). Insomnia in adult survivors of childhood cancer: A report from Project REACH. *Supportive Care in Cancer*, 22(11): 3061-3069.
13. Benedict, C., Traeger, L., Dahn, J.R., Antoni, M., Kava, B., Bustillo, N., **Zhou, E.S.**, & Penedo, F.J. (2014). Sexual bother in men with advanced prostate cancer undergoing androgen-deprivation therapy. *Journal of Sexual Medicine*, 11(10): 2571-2580.
14. Benedict, C., Dahn, J.R., Antoni, M., Traeger, L., Kava, B., Bustillo, N., **Zhou, E.S.** & Penedo, F.J. (2015). Positive and negative mood in men with advanced prostate cancer undergoing androgen-deprivation therapy: Considering the role of social support and stress. *Psycho-Oncology*, 24(8): 932-939.
15. **Zhou, E.S.**, Hu, J.C., Kantoff, P.W., & Recklitis, C.J. (2015). Identifying suicidal symptoms in prostate cancer survivors using brief self-report. *Journal of Cancer Survivorship: Research and Practice*, 9(1): 59-67.
16. **Zhou, E.S.**, Nekhlyudov, L., & Bober, S.L. (2015). The primary health care physician and the cancer patient: Tips and strategies. *Translational Andrology and Urology*, 4(2): 218-231.
17. **Zhou, E.S.**, Falk, S.J., & Bober, S.L. (2015). Managing premature menopause and sexual dysfunction. *Current Opinion in Supportive and Palliative Care*, 9(3): 294-300.
18. **Zhou, E.S.**, Manley, P.E., Marcus, K.J., & Recklitis, C.J. (2015). Medical and psychosocial correlates of insomnia symptoms in adult survivors of pediatric brain tumors. *Journal of Pediatric Psychology*, 41(6): 623-630.

19. Garland, S.N., **Zhou, E.S.**, Gonzalez, B.D., & Rodriguez, N. (2016). The quest for mindful sleep: A critical synthesis of the impact of mindfulness-based interventions for insomnia. *Current Sleep Medicine Reports*, 2(3): 142-151.
20. **Zhou, E.S.**, Partridge, A.H., Blackmon, J.E., Morgan, E., & Recklitis, C.J. (2016). A pilot videoconference group stress management program in cancer survivors: Lessons learned. *Rural and Remote Health*, 16(2): 3863.
21. **Zhou, E.S.**, Bober, S.L., Nekylyudov, L., Hu, J.C., Kantoff, P.W., & Recklitis, C.J. (2016). Physical and emotional health information needs and preferences of long-term prostate cancer survivors. *Patient Education and Counseling*, 99(12): 2049-2054.
22. **Zhou, E.S.**, & Owens, J. (2016). Behavioral treatments for pediatric insomnia. *Current Sleep Medicine Reports*, 3(2): 127-135.
23. **Zhou, E.S.**, Vrooman, L.M., Manley, P.E., Crabtree, V.M., & Recklitis, C.J. (2017). Adapted delivery of cognitive-behavioral treatment for insomnia in adolescent and young adult cancer survivors. *Behavioral Sleep Medicine*, 15(4): 288-301.
24. **Zhou, E.S.**, Partridge, A.H., & Recklitis, C.J. (2017). A pilot trial of brief group cognitive-behavioral treatment for insomnia in an adult cancer survivorship program. *Psycho-Oncology*, 26(6): 843-848.
25. **Zhou, E.S.**, Partridge, A.H., Syrjala, K.L., Michaud, A.L., & Recklitis, C.J. (2017). Evaluation and treatment of insomnia in adult cancer survivorship programs. *Journal of Cancer Survivorship: Research and Practice*, 11(1): 74-79.
26. Trudel-Fitzgerald, C., **Zhou, E.S.**, Poole, E. M., Zhang, X., Michels, K. B., Eliassen, A. H., Chen, W. Y., Holmes, M. D., Tworoger, S. S., & Schernhammer, E. S. (2017). Sleep and survival among women with breast cancer: 30 years of follow-up within the Nurses' Health Study. *British Journal of Cancer*, 116(9): 1239-1246.
27. **Zhou, E.S.**, Gardiner, P., & Bertisch, S.M. (2017). Integrative medicine for insomnia. *Medical Clinics of North America*, 101(5): 865-879.
28. **Zhou, E.S.**, Frederick, N.N., & Bober, S.L. (2017). Hormonal changes and sexual dysfunction. *Medical Clinics of North America*, 101(6): 1135-1150.
29. **Zhou, E.S.**, Suh, S., Youn, S., & Chung, S. (2017). Adapting cognitive-behavior therapy for insomnia in cancer patients. *Sleep Medicine Research*, 8(2): 51-61.
30. Garland, S.N., Rowe, H., Repa, L., Fowler, K., **Zhou, E.S.**, & Grandner, M.A. (2018). A decade's difference: 10-year change in insomnia symptom prevalence in Canada depends on sociodemographics and health status. *Sleep Health*, 4(2): 160-165.
31. **Zhou, E.S.**, Clark, K., Recklitis, C.J., Obenchain, R., & Loscalzo, M. (In press). Sleepless from the get go: Sleep problems prior to initiating cancer treatment. *International Journal of Behavioral Medicine*.
32. **Zhou, E.S.**, Hall, K.T., Michaud, A.L., Blackmon, J.E., Partridge, A.H., & Recklitis, C.J. (In press). Open-label placebo reduces fatigue in cancer survivors: A randomized trial. *Supportive Care in Cancer*.

Other peer-reviewed scholarship

1. Trevor, T., **Zhou, E.S.**, Dietch, J.R., & Gonzalez, B.D. (In press). Position statement: Start middle and high schools at 8:30 AM or later to promote student health and learning. *Translational Behavioral Medicine*.

Non-peer reviewed scholarship in print or other media

Reviews, chapters, monographs and editorials

1. **Zhou, E.S.** (2017). Improving the comprehensive care of patients with hypersomnia disorders: A commentary on “Behavioral sleep medicine services for hypersomnia disorders: A survey study.” *Behavioral Sleep Medicine*, 15(2): 85-86.

Books/textbooks for the medical or scientific community

1. **Zhou, E.S.**, & Kim, Y. (2014). Social support. In Michalos, A.C. (Ed.), *Encyclopedia of Quality of Life and Well-Being Research*. Dordrecht, Netherlands: Springer; p. 6164.
2. Sanchez-Varela, V., **Zhou, E.S.**, & Bober, S.L. (2015). Supportive care and quality of life: Sexual problems. In DeVita Jr., V.T., Lawrence, T.S., & Rosenberg, S.A. (Eds.), *Cancer: Principles and Practice of Oncology* (10th Edition). Baltimore, MD: Lippincott, Williams & Wilkins.
3. Liptak, C.C., Chow, C., **Zhou, E.S.**, & Recklitis, C.J. (2016). Psychosocial care for pediatric cancer survivors. In Abrams, A.N., Muriel, A.C., & Wiener, L. (Eds.), *Pediatric Psychosocial Oncology: Textbook for Multidisciplinary Care*. Chan, Switzerland: Springer; p. 265-289.
4. **Zhou, E.S.**, & Bober, S.L. (2017). Treating sexual problems in cancer patients and survivors. In Peterson, Z.D. (Ed.), *Handbook of Sex Therapy*. New York, NY: Wiley; p. 369-388.