

CURRICULUM VITAE

Date Prepared: 01/30/2019
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Education

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

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

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

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

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> Principal Investigator
2013-2014	Insomnia after childhood cancer: A cognitive-behavioral pilot intervention Pedals for Pediatrics, <i>Research Grant</i> Principal Investigator
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> Principal Investigator
2015-2016	Harnessing the effects of open-label placebo for the treatment of cancer survivors Foundation for the Science of the Therapeutic Encounter, <i>Research Grant</i> Co-Investigator (PI: Christopher Recklitis)
2016-2018	CBTI-CS: A novel cognitive-behavioral treatment for insomnia in cancer

NCI R03-CA201459-01
Co-Investigator (PI: Christopher Recklitis)

2017-2018 Addressing sleep disturbance for patients with myelodysplastic syndromes
Medical Oncology Translational Grant Program, *Research Award*
Co-Investigator (PI: Marlise Luskin)

Current

2016-2018 Adapting sleep and yoga interventions for maximal effectiveness in low income populations
NCCIH R34-AT008923-02
Co-Investigator (PI: Susan Redline)

2017-2019 Web-based cognitive-behavioral treatment for insomnia in adolescent cancer survivors
Alex's Lemonade Stand Foundation, *Psychosocial Launch Grant*
Principal Investigator

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)

2018-2020 Reducing health disparities for Black women in the treatment of insomnia
Patient-Centered Outcomes Research Institute, *Clinical Effectiveness Research Award*
Dual Principal Investigator

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. 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.
11. **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.
12. 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.
13. 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.
14. **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.
15. **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.
16. **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.
17. **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.
18. **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.
19. **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.
20. **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.
21. **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.

22. 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.
23. 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.
24. **Zhou, E.S.**, Clark, K., Recklitis, C.J., Obenchain, R., & Loscalzo, M. (2018). Sleepless from the get go: Sleep problems prior to initiating cancer treatment. *International Journal of Behavioral Medicine*, 25: 502-516.
25. **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*.
26. **Zhou, E.S.**, Clark, K., Recklitis, C.J., Obenchain, R., & Loscalzo, M. (2019). Preferences for help with a sleep problem before starting cancer treatment. *Journal of Pain and Symptom Management*, 57(1): e5-e8.
27. Yusufov, M., **Zhou E.S.**, & Recklitis, C.J. (In press). Psychometric properties of the Insomnia Severity Index in cancer survivors. *Psycho-Oncology*.

Other peer-reviewed scholarship

1. Sanchez-Varela, V., **Zhou, E.S.**, & Bober, S.L. (2013). Management of sexual problems. *Current Problems in Cancer*, 37(6): 319-352.
2. **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.
3. 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.
4. **Zhou, E.S.**, & Owens, J. (2016). Behavioral treatments for pediatric insomnia. *Current Sleep Medicine Reports*, 3(2): 127-135.
5. **Zhou, E.S.**, Gardiner, P., & Bertisch, S.M. (2017). Integrative medicine for insomnia. *Medical Clinics of North America*, 101(5): 865-879.
6. **Zhou, E.S.**, Frederick, N.N., & Bober, S.L. (2017). Hormonal changes and sexual dysfunction. *Medical Clinics of North America*, 101(6): 1135-1150.
7. **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
8. Trevorrow, T., **Zhou, E.S.**, Dietch, J.R., & Gonzalez, B.D. (2019). Position statement: Start middle and high schools at 8:30 AM or later to promote student health and learning. *Translational Behavioral Medicine*, 9(1): 167-169.

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*. Cham, 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.
5. **Zhou, E.S.**, Bakker, J.P., & Johnson, D.A. (2018). Sleep and health. In Revenson, T.A. & Gurung, R.A.R. (Eds.), *Handbook of Health Psychology*, London, UK: Routledge; p. 484-492.