

CURRICULUM VITAE

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Education

05/2006	BSc	Psychology/Integrated Sciences	University of British Columbia
12/2008	MS	Clinical Psychology	University of Miami
08/2012	PhD	Clinical Psychology	University of Miami
07/11-06/12	Resident	Behavioral Medicine	Brown University Alpert Medical School

Postdoctoral Training

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

07/15-08/19	Instructor	Pediatrics	Harvard Medical School
09/19-	Assistant Professor	Pediatrics	Harvard Medical School
09/17-	Faculty	Division of Sleep Medicine	Harvard Medical School

Appointments at Hospitals/Affiliated Institutions

05/15-	Staff Psychologist	Psychosocial Oncology	Dana-Farber Cancer Institute
04/16-	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)

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

Current

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

2019-2020 Promoting healthy sleep in childhood cancer survivors
Children's Cancer Research Fund, *Emerging Scientist Award*
Principal Investigator

Report of Scholarship

Peer-Reviewed Scholarship in print or other media

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. (2019). Psychometric properties of the Insomnia Severity Index in cancer survivors. *Psycho-Oncology*, 28(3): 540-546.
28. Daniel, L.C., Wang, M., Mulrooney, D.A., Srivastava, D., Schwartz, L.A., Edelstein, K., Brinkman, T.M., **Zhou, E.S.**, Howell, R.M, Gibson, T.M., Leisenring, W., Oeffinger, K.C., Neglia, J., Robinson, L.L., Armstrong, G.T., & Krull, K.R. (2019). Sleep behaviors and patterns and their associations with health outcomes in adult survivors of childhood cancers: A report from the Childhood Cancer Survivor Study. *Psycho-Oncology*, 28(4): 903-912.
29. Bethea, T.N., **Zhou, E.S.**, Schernhammer, E.S., Castro-Webb, N., Cozier, Y.C., & Rosenberg, L. (In press). Perceived racial discrimination and risk of insomnia among middle-aged and elderly Black women. *Sleep*.
30. **Zhou, E.S.**, Michaud, A.L., & Recklitis, C.J. (In press). Developing efficient and effective behavioral treatment for insomnia in cancer survivors: Results of a stepped care trial. *Cancer*.

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.
9. Daniel, L.C., van Litsenburg, R., Rogers, V.E., **Zhou, E.S.**, Ellis, S., Wakefield, C.E., Stremmer, R., Walter, L., & Crabtree, V.M. (In press). A call to action for expanded sleep research in pediatric oncology: A position paper on behalf of the International Psycho-Oncology Society Pediatrics Special Interest Group. *Psycho-Oncology*.

Non-peer reviewed scholarship in print or other media

Reviews, chapters, monographs and editorials

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.** (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.
6. **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.
7. **Zhou, E.S.**, & Bober, S.L. (2018). Sexual problems. In DeVita Jr., V.T., Lawrence, T.S., & Rosenberg, S.A. (Eds.), *Cancer: Principles and Practice of Oncology* (11th Edition). Baltimore, MD: Lippincott, Williams & Wilkins.