

**CURRICULUM VITAE**  
**PATRICK R. STEFFEN, Ph.D.**

**PERSONAL INFORMATION**

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Work Address    Clinical Psychology  
Brigham Young University  
284 Taylor Building  
Provo, UT 84602-8626  
(801) 422-7757  
steffen@byu.edu

**ACADEMIC POSITIONS**

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2014 to present                              **Director of Clinical Training**  
Brigham Young University, Provo, UT

2009 to 2014                                **Associate Director of Clinical Psychology**  
Brigham Young University, Provo, UT

2006 to present                             **Associate Professor, Clinical Psychology**  
Brigham Young University, Provo, UT

2000 to 2006                               **Assistant Professor, Clinical Psychology**  
Brigham Young University, Provo, UT

**EDUCATION**

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1998 to 2000                             **Postdoctoral Fellowship in Behavioral Medicine**  
Duke University Medical Center, Durham, NC

1997 to 1998                              **Clinical Internship**  
Veterans Administration Medical Center, Durham, NC

1996 to 1998                             **Ph.D., Clinical Health Psychology**  
University of Miami, Coral Gables, Florida

1993 to 1996                              **M.S., Clinical Health Psychology**  
University of Miami, Coral Gables, Florida

1989 to 1993                              **B.S., Psychology (Minors: Statistics, Philosophy)**  
Brigham Young University, Provo, UT

## **PUBLICATIONS IN REFEREED JOURNALS**

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- Steffen, P.R.**, Fidalgo, L., Brown, T., Tsui, Y., & Schmuck, D. (In press). Psychotherapy participants show increased cardiovascular and cortisol reactivity to a laboratory stressor relative to matched controls. *Frontiers in Psychology: Psychology for Clinical Applications*. Impact factor 2.8.
- Steffen, P.R.**, & Larson, M.J. (2015). A brief mindfulness exercise reduces cardiovascular reactivity during a laboratory stressor paradigm. *Mindfulness*, 6, 803-811. Impact factor 3.692.
- Steffen, P.R.**, Clayton, S., & Swinyard, W. (2015). Religious orientation and life aspirations. *Journal of Religion and Health*, 54, 470-479. DOI: 10.1007/s10943-014-9825-3. Impact factor 1.024.
- Steffen, P.R.** (2014). Perfectionism and life aspirations in intrinsically and extrinsically religious individuals. *Journal of Religion and Health*, 53, 945-958. DOI 10.1007/s10943-013-9692-3, Impact factor 1.024.
- Larson, M.J., **Steffen, P.R.**, & Primosch, M. (2013). The impact of a brief mindfulness meditation intervention on cognitive control and error-related performance monitoring. *Frontiers in Human Neuroscience*, 7 (308), 1-12. Impact factor 2.9.
- Ruiz, J.M., **Steffen, P.R.**, & Smith, T.B. (2013). The Hispanic Mortality Paradox: A systematic review and meta-analysis of the longitudinal literature. *American Journal of Public Health*, 103, e52-e60. doi:10.2105/AJPH. 2012.301103. Impact factor 3.926. Cited 7 times
- Jensen, B.J., **Steffen, P.R.**, & Holt-Lunstad, J. (2013). Ethnic differences in relationship orientation, marital quality, and ambulatory blood pressure. *Ethnicity & Disease*, 23, 175-181. Impact factor .902.
- Steffen, P.R.** (2012). Approaching religiosity/spirituality and health from the eudaimonic perspective. *Social Psychology and Personality Compass*, 6, 70-82.
- Merrill, R.M., **Steffen, P.R.**, & Hunter, B.D. (2012). A comparison of religious orientation and health between Whites and Hispanics. *Journal of Religion and Health*, 51, 1161-1277, Impact factor 1.024.
- Holt-Lunstad, J., **Steffen, P.R.**, Sandberg, J., & Jensen, B. (2011). Understanding the connection between spiritual well-being and physical health: An examination of ambulatory blood pressure, inflammation, blood lipids, and fasting glucose. *Journal of Behavioral Medicine*, 34, 477-488. Impact factor 3.104. cited 5 times

- Steffen, P.R.,** & Soto, M. (2011). Spirituality and severity of menopausal symptoms in a sample of religious women. *Journal of Religion and Health, 50*, 721-729. *Impact factor 1.024. cited 1 time*
- Steffen, P.R.,** & Merrill, R.M. (2011). The association between religion and acculturation in Utah Mexican immigrants. *Mental Health, Religion, and Culture, 14*, 561-573.
- Trotter, V.K., Lambert, M.J., Burlingame, G.M., Rees, F., Carpenter, B.N., **Steffen, P.R.,** Jackson, A., & Egget, D. (2009). Measuring work productivity with a mental health self-report measure. *Journal of Occupational and Environmental Medicine, 51*, 739-746. *Impact factor 2.1, cited 3 times*
- PG Saab, H Bang, RB Williams, et al. (2009). The impact of cognitive behavioral group training on event free survival. *Journal of Psychosomatic Research, 67*, 45-56. *Impact factor 3.6, cited 18 times*
- Steffen, P.R.,** & Fearing, M. (2007). Does defensiveness account for the relationship between religiosity and psychosocial adjustment? *International Journal for the Psychology of Religion, 17*, 233-244. *Impact factor 1.6.*
- Blumenthal, J.A., Babyak, M.A., Ironson, G., Thoresen, C., Powell, L., Czajkowski, S., Burg, M., Keefe, F.J., **Steffen, P.,** & Catellier, D. (2007). Spirituality, religion, and clinical outcomes in patients recovering from an acute myocardial infarction. *Psychosomatic Medicine, 69*, 501-508. *Impact factor 4.2, cited 21 times*
- Holt-Lunstad, J., & **Steffen, P.R.** (2007). Diurnal cortisol variation is associated with blood pressure dipping. *Psychosomatic Medicine, 69*, 339-343. *Impact factor 4.2, cited 16 times*
- Steffen, P.R.** (2006). The cultural gradient: How culture moderates the impact of socioeconomic status on ambulatory blood pressure. *Journal of Behavioral Medicine, 29*, 501-510. *Impact factor 1.7, cited 7 times*
- Steffen, P.R.,** Smith, T., Butler, L., & Larson, M. (2006). Acculturation to Western society as a risk factor for high blood pressure: A meta-analytic review. *Psychosomatic Medicine, 68*, 386-397. *Impact factor 4.2, cited 64 times*
- Steffen, P.R.,** & Bowden, M. (2006). Sleep disturbance mediates the relationship between perceived racism and depressive symptoms in Hispanic American immigrants. *Ethnicity & Disease, 16*, 16-21. *Impact factor 1.6, cited 26 times*
- Steffen, P.R.,** & Masters, K. (2005). Does compassion mediate the intrinsic religiosity - health relationship? *Annals of Behavioral Medicine, 30*, 217-224. *Impact factor 3.5, cited 17 times*

- Steffen, P.R.**, McNeilly, M., Anderson, N., & Sherwood, A. (2003). The effects of perceived racism and anger inhibition on ambulatory blood pressure in African Americans. *Psychosomatic Medicine*, *65*, 746-750. *Impact factor 4.2, cited 78 times*
- Sherwood, A., **Steffen, P.R.**, Blumenthal, J.A., & Hinderliter, A.L. (2002). Nighttime blood pressure dipping: The role of the sympathetic nervous system. *American Journal of Hypertension*, *15*, 111-118. *Impact factor 3.4, cited 104 times*
- Steffen, P.R.**, Blumenthal, J.A., Hinderliter, A.L., & Sherwood, A. (2001). Religious coping, ethnicity, and ambulatory blood pressure. *Psychosomatic Medicine*, *63*, 523-530. *Impact factor 4.2, cited 62 times*
- Steffen, P.R.**, Sherwood, A., Gullette, E.C.D., Georgiades, A., Hinderliter, A., & Blumenthal, J.A. (2001). Effects of exercise and weight loss on blood pressure during daily life. *Medicine and Science in Sports and Exercise*, *33*, 1635-1640. *Impact factor 2.9, cited 21 times*
- Sherwood, A., Thurston, R., **Steffen, P.**, Blumenthal, J.A., Waugh, R.A., & Hinderliter, A.L. (2001). Blunted nighttime blood pressure dipping in postmenopausal women. *American Journal of Hypertension*, *14*, 749-754. *Impact factor 3.4, cited 21 times*
- Blumenthal JA, Arias P, Babyak M, Baldewicz T, Barefoot J, Bennett J, et al. (2001). Enhancing recovery in coronary artery disease (ENRICH): Baseline characteristics. *American Journal of Cardiology*, *88*, 316-322. *Impact factor 3.9, cited 34 times*
- Shipley, R., **Steffen, P.R.**, & Riley, K. (1999). Effectiveness of a stop-smoking program for veterans with and without psychiatric diagnoses. *Veterans Health System Journal*, *4*, 65-67.
- Blumenthal, J.A., Sherwood, A., Babyak, M., Thurston, R., Tweedy, D., Georgiades, A., Gullette, E., Khatri, P., **Steffen, P.**, Waugh, R., Light, K., & Hinderliter, A. (1999). Mental stress and coronary disease: The Smart-Heart Study. *North Carolina Medical Journal*, *60*(2), 95-99.
- Dorius, G., Heaton, T., & **Steffen, P.** (1993). Adolescent events and their association with the onset of sexual intercourse. *Youth & Society*, *25*(1), 3-23. *Impact factor 1.1, cited 38 times*

## BOOK CHAPTERS

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- Ruiz, J.M., **Steffen, P.R.**, & Prather, C.C. (2012). Socioeconomic Status and Health. In A. Baum, T. Revenson, J.Singer (Eds.), *Handbook of Health Psychology*, 2<sup>nd</sup> Edition (pp. 523-568). New York: Psychology Press.

Ruiz, J.M., & Steffen, P.R. (2011). Latino Health. In H.S. Friedman (Ed.), *The Oxford Handbook of Health Psychology* (pp. 805-823). New York: Oxford University Press.

Carpenter, B., & Steffen, P.R. (2004). Stress. In L.J. Hass (Ed.), *Handbook of Primary Care Psychology* (pp.563-577). New York: Oxford University Press.

## **INVITED PRESENTATIONS**

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**Steffen, P.R.** (2014, July). *Inflammation and psychophysiological reactivity to stress*. Invited webinar presentation sponsored by the Association for Applied Psychophysiology and Biofeedback.

**Steffen, P.R.**, Morrell, B., & Tsui, Y. (2013, March). *Effects of heart rate variability biofeedback on stress responsiveness*. Invited symposium presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, Portland, Oregon.

**Steffen, P.R.**, Morrell, B., Fidalgo, L. (2013, March). *Biofeedback as stress management*. Invited symposium presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, Portland, Oregon.

**Steffen, P.R.** & Ruiz, J. (2012, August). *Overview of Latino Health: Areas of Risk and Resilience*. Invited symposium presentation at the annual meeting of the American Psychological Association, Orlando, Florida.

**Steffen, P.R.** (2010, August). *Immigrant Health*. Invited Forum Presentation at Brigham Young University-Hawaii, Laie, HI.

**Steffen, P.R.** (2010, June). *Religious Community and the Hispanic Paradox*. Invited presentation at the 3<sup>rd</sup> Annual conference of the Duke Center for Spirituality, Theology, and Health, Duke University Medical Center, Durham, NC.

**Steffen, P.R.** (2002, May). *Religiosity and blood pressure*. Invited presentation at the Mental Health Consequences of Learning to Forgive conference, VA Salt Lake City Health Care System, Salt Lake City, UT.

**Steffen, P.R.** (2000, October). *Why are Tibetan Monks so healthy?* Invited presentation presented at the annual Brigham Young University Health Fair, Brigham Young University, Provo, UT.

**Steffen, P.R.** (2000, January). *Biobehavioral determinants of ambulatory blood pressure*. Invited presentation at the Brigham Young University Department of Psychology Forum, Brigham Young University, Provo, UT.

## **PUBLISHED CONFERENCE ABSTRACTS**

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- Fidalgo, L., Brogdon, M., Kuroiwa, A., Bylund, E., **Steffen, P.R.** (2013). Psychotherapy outcome and stress. *Applied Psychophysiology and Biofeedback, 38*, 229.
- Jones, D., & Steffen, P.R. (2013). Citation Poster- Mindfulness meditation: effects of a brief intervention on cardiovascular reactivity during acute stress. *Applied Psychophysiology and Biofeedback, 38*, 231.
- Tsui, Y., Salash, M., Svanevik, S., Roberts, C., Ricks, M., & **Steffen, P.R.** (2013). The potential of biofeedback training as a moderator to gender stress factors for shame and guilt. *Applied Psychophysiology and Biofeedback, 38*, 230.
- Richardson, J., Ungricht, K., Hsieh, C.H., Howell, K., **Steffen, P.R.**, & van Duker, L. (2013). The effects of maladaptive perfectionism on stress response longevity. *Applied Psychophysiology and Biofeedback, 38*, 228.
- Brown, T., Duraccio, K., Loveland, C., Ricks, M.C., & Steffen, P.R. (2013). Marital quality and stress reactivity during the menopausal transition. *Applied Psychophysiology and Biofeedback, 38*, 228.
- Salash, M., Roberts, C., Tsui, Y., Svanevik, S., & **Steffen, P.R.** (2013). The relationship between degree of internal religious commitment, age, and physiological stress. *Applied Psychophysiology and Biofeedback, 38*, 221.
- Steffen, P.R.**, Morrell, B., Knestel, A., Nielsen, D., Rice, M., Weichmann, J., Brown, L., Susov, S., Canate, R., Frandsen, C., Lean, T., Howell, A., & Debenham, C. (2012). Optimal breathing practice and breathing awareness in a college student population. *Applied Psychophysiology and Biofeedback, 37*, 309.
- Steffen, P.R.** (2012). Acculturation stress in foreign born college students. *Applied Psychophysiology and Biofeedback, 37*, 221.
- Steffen, P.R.**, South, M., Cameron, O., & Anderson, J. (2011). Empathy affects blood pressure during a social exclusion task. *Psychophysiology, 48*, S42.
- Steffen, P.R.**, South, M., Cameron, O., & Anderson, J. (2011). Mindfulness affects blood pressure in response to a social exclusion task. *Psychophysiology, 48*, S116.

- Good, D.A., **Steffen, P.R.**, Baldwin, S.A., & Larson, M.J. (2011). Marriage and the brain: a spouse observation effect on performance monitoring. *Psychophysiology*, 48, S73.
- Ruiz, J.M., **Steffen, P.R.**, & Smith, T.B. (2011). The Hispanic Mortality Paradox: Resolving discrepancies through a quantitative analysis of the prospective literature. *Psychosomatic Medicine*, 73, A5.
- Holt-Lunstad, J., **Steffen, P.R.**, Sandberg, J., & Jensen, B. (2011). Marital distress and C-reactive protein: Preliminary evidence from a marital therapy intervention aimed at CHD risk reduction. *Psychosomatic Medicine*, 73, A106.
- Jensen, B., Holt-Lunstad, J., **Steffen, P.R.**, Sandberg, J., & Jensen, R. (2011). Physical affection in marriage and risk factors for cardiovascular disease. *Psychosomatic Medicine*, 73, A77.
- Matiaco, P., Merrill, R.M., & Steffen, P. (2011). A comparison of religious orientation and health between whites and Hispanics. *American Journal of Epidemiology*, 173, S27-S27.
- Steffen, P.R.**, Walker, J., Van Dyke, J., & Anderson, C. (2010). Marital satisfaction, but not marital status, buffers the negative effects of acculturative stress in Mexican immigrants. *Psychosomatic Medicine*, 72, A54.
- Holt-Lunstad, J., **Steffen, P.R.**, Pickard, P., Sandberg, J., & Pederson, W. (2010). Marital quality and risk factors for CHD. *Psychosomatic Medicine*, 72, A35.
- Steffen, P.R.**, Walker, J., Van Dyke, J. (2009). Job stress, acculturation, and well being in Mexican immigrants. *Psychosomatic Medicine*, 71, A93.
- Walker, J., **Steffen, P.R.**, Van Dyke, J. (2009). The effects of acculturation and Mexican cultural orientation on the metabolic health of Mexican immigrants to the U.S. *Psychosomatic Medicine*, 71, A39.
- Anderson, C., **Steffen, P.R.**, Walker, J., Van Dyke, J. (2009). Spiritual values and cardiovascular disease risk factors in Mexican immigrants. *Psychosomatic Medicine*, 71, A57.
- Van Dyke, J., **Steffen, P.R.**, Walker J. (2009). Sense of coherence and health in a sample of Mexican immigrants. *Psychosomatic Medicine*, 71, A66.
- Christian, S., **Steffen, P.R.**, Noel, P. (2009). Gender, acculturation, and psychosocial well being in Mexican immigrants. *Psychosomatic Medicine*, 71, A66.
- Steffen, P.R.** (2008). Spirituality and church attendance interact in predicting physical and psychosocial health in Mexican immigrants. *Annals of Behavioral Medicine*, 35, C194.

Masters, K.S., Emerson, F.W., & **Steffen, P.R.** (2008). Gender moderates the spirituality-health relationship in college students. *Psychology & Health, 23*, 178-179.

Holt-Lunstad, J., & **Steffen, P.R.** (2006). Diurnal cortisol variation predicts blood pressure dipping. *Annals of Behavioral Medicine, 31*, S031.

**Steffen, P.R.**, & Green, M. (2006). Acculturation predicts C-reactive protein levels in Mexican immigrants. *Psychosomatic Medicine, 68*, A98.

Jordan, K., & **Steffen, P.R.** (2006). Spirituality (but not church attendance) predicts lower C-reactive protein and better self-reported health in a sample of Mexican immigrants. *Psychosomatic Medicine, 68*, A32.

Green, M., & **Steffen, P.R.** (2006). Subjective socioeconomic status is a stronger predictor of ambulatory blood pressure than is objective socioeconomic status in a sample of Mexican immigrants. *Psychosomatic Medicine, 68*, A58.

**Steffen, P.R.**, & Green, M. (2005). Striving for the American dream but not succeeding: Achievement orientation moderates the social gradient in Hispanic American immigrants. *Psychosomatic Medicine, 67*, A15.

Green, M., & **Steffen, P.R.** (2005). Subjective social status, perceived racism, and self-reported health in a sample of Hispanic American immigrants. *Psychosomatic Medicine, 67*, A14.

**Steffen, P.R.** (2005). The Acculturation Gradient: Acculturation impacts the relationship between SES and ambulatory blood pressure. *Psychosomatic Medicine, 67*, A35.

Jordan, K., & **Steffen, P.R.** (2005). Forgiveness and social support mediate the relationship between religiosity and distress. *Psychosomatic Medicine, 67*, A106.

Livingstone, J., & **Steffen, P.R.** (2005). Marital distress predicts sleep blood pressure and blood pressure dipping in pre-hypertensives but not normotensives. *Psychosomatic Medicine, 67*, A98.

Shabana, H., & **Steffen, P.R.** (2005). Distress mediates the relationship between anxious attachment and sleep disturbance. *Psychosomatic Medicine, 67*, A103.

**Steffen, P.R.**, & Bowden, M. (2004). Perceived racism is related to sleep disturbance and somatic symptoms in Hispanic American immigrants. *Annals of Behavioral Medicine, 27*, S127.

Livingstone, L., & **Steffen, P.R.** (2004). Connection to God, marital distress, and ambulatory blood pressure. *Annals of Behavioral Medicine, 27*, S178.



- Shabana, H., **Steffen, P.R.**, & Livingstone, L. (2004). Attachment style, marital distress, and psychosocial functioning. *Annals of Behavioral Medicine, 27*, S163.
- Steffen, P.R.**, Rose, L., & Livingstone, J. (2003). The effects of individualism and collectivism on blood pressure measured during daily life. *Psychosomatic Medicine, 65*, A43.
- Lloyd, T., **Steffen, P.R.**, Smith, T., Larson, M., Butler, L., Bowman, A., Owen, S., & Demanuele, J. (2003). Are the effects of acculturation on blood pressure the same for all regions of the world and for all peoples? *Annals of Behavioral Medicine, 25*, S117.
- Butler, L., **Steffen, P.R.**, Smith, T., Larson, M., Bowman, A., Lloyd, T., Owen, S., & Demanuele, J. (2003). A meta-analytic study on the effects of acculturation versus urbanization on blood pressure. *Annals of Behavioral Medicine, 25*, S164.
- Bowman, A., **Steffen, P.R.**, Smith, T., Larson, M., Butler, L., Lloyd, T., Owen, S., & Demanuele, J. (2003). A meta-analytic study of acculturation and blood pressure: The role of gender. *Annals of Behavioral Medicine, 25*, S165.
- Steffen, P.**, Sherwood, A., Gullette, E.C.D., Georgiades, A., Hinderliter, A., Bloomer, R., & Blumenthal, J.A. (2001). Effects of exercise and weight loss on blood pressure during daily life. *Psychosomatic Medicine, 63*, 118.
- Hinderliter, A.L., **Steffen, P.**, & Sherwood, A. (2000). Potassium intake is related to nocturnal blood pressure dipping. *American Journal of Hypertension, 13*, S29-S30.
- Hinderliter, A.L., **Steffen, P.**, & Sherwood, A. (2000). Physical activity and ambulatory blood pressure. *American Journal of Hypertension, 13*, S216-S217.
- Steffen, P.**, Blumenthal, J.A., Hinderliter, A.L., & Sherwood, A. (2000). Psychosocial variables moderate the relationship between ethnicity and nighttime blood pressure dipping. *Annals of Behavioral Medicine, 22*, S125.
- Steffen, P.** (2000). Religiosity, Spirituality, and Health. *Psychosomatic Medicine, 62*, 148.
- Steffen, P.**, Blumenthal, J., Hinderliter, A., & Sherwood, A. (2000). Religious coping, ethnicity, and ambulatory blood pressure. *Psychosomatic Medicine, 62*, 148.
- Steffen, P.**, Ironson, G., Carver, C., Antoni, M., Kumar, M., & Fletcher, M. (1999). The effects of optimism on psychological and physiological well being following a natural disaster. *Annals of Behavioral Medicine, 21*.
- Alferi, S.M, Ironson, G., Penedo, F., Cruess, D., **Steffen, P.**, West, C., Greenwood, D., Fletcher, M.A., Baum, A., & Schneiderman, N. (1997). Coping strategies and EBV-VCA in a

sample of Hurricane Andrew victims: A two year follow-up. *Annals of Behavioral Medicine*, 19.

Cruess, D., Ironson, G., Kumar, M., Antoni, M., **Steffen, P.**, & Schneiderman, N. (1996). Depressive symptoms and serum prolactin among men following Hurricane Andrew. *4<sup>th</sup> International Congress of Behavioral Medicine*, S147.

Ironson, G., Cruess, D., **Steffen, P.**, Radavanov, J., Penedo, F., Greenwood, D., West, C., Baum, A., Rodriguez, M., Fletcher, M., & Schneiderman, N. (1996). Changes in immune measures from 2 months to 2 years post Hurricane Andrew. *Psychosomatic Medicine*, 58, 63.

**Steffen, P.**, Ironson, G., Cruess, D., Baum, A., Fletcher, M., & Schneiderman, N. (1996). Hostility, psychological distress, and immune function immediately following Hurricane Andrew and at a 2-year follow-up. *4<sup>th</sup> International Congress of Behavioral Medicine*, S169.

**Steffen, P.**, Ironson, G., Burnett, K., Wynings, C., Greenwood, D., Rodriguez, M., Cruess, D., Carver, C., Baum, A., Fletcher, M., & Schneiderman, N. (1995). Hostility correlates with distress, coping, immune and health measures following Hurricane Andrew. *Psychosomatic Medicine*, 57, 91.

Cruess, D., Ironson, G., Kumar, M., Wynings, C., Benight, C., Greenwood, D., **Steffen, P.**, Baum, A., & Schneiderman, N. (1995). Intrusive and avoidant thoughts and cortisol at two time points after Hurricane Andrew. *Psychosomatic Medicine*, 57, 72.

Hurwitz, B., Graves, J., Fletcher, M., Klimas, N., **Steffen, P.**, Fillion, L., Leitten, C., & Schneiderman, N. (1995). Behavioral, postural, and reflex challenges reveal cardiovascular abnormalities in the progression of HIV-1 infection. *Psychosomatic Medicine*, 57, 77.

## **EDITORIAL EXPERIENCE**

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Editorial Boards *Annals of Behavioral Medicine (2015 to present)*  
*Journal of Behavioral Medicine (2005 to present)*

Ad hoc reviewer *Journal of Consulting and Clinical Psychology, Psychosomatic Medicine, Health Psychology, Annals of Behavioral Medicine, Journal of Behavioral Medicine, Social Science & Medicine, Ethnicity & Disease, Ethnicity & Health, American Journal of Hypertension, Biological Psychology, Journal of Health Psychology, Journal of Epidemiology and Community Health, Journal of Psychosomatic Research, Clinical Practice and Epidemiology in Mental Health, Mental Health, Religion, and Culture, Biodemography,*

*International Journal of Hypertension, Journal of Immigrant and Minority Health, Behavioral Sleep Medicine, Research on Aging, International Journal of Psychophysiology, Journal of Latina/o Psychology*

Conference Reviewer American Psychosomatic Society Conference Abstract Reviewer (2007 to present)  
APA Division 38 (Health) Conference Abstract Reviewer (2001, 2010 to present)  
Association of Applied Psychophysiology and Biofeedback (2012 to present)  
Society of Behavioral Medicine Conference Abstract Reviewer (2003 to 2009)

## **GRANT REVIEWING**

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2009                    **Social Determinants of Health Scientific Review Group**  
National Center on Minority Health and Health Disparities  
National Institutes of Health

## **PROFESSIONAL CREDENTIALS**

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2014 to present    **Board Certified in Biofeedback, BCIA**

2000 to present    **Licensed Psychologist, Utah**

1998 to 2000      **Licensed Psychologist, North Carolina**

1998 to 2000      **Licensed Health Services Provider, North Carolina**

## **PROFESSIONAL POSITIONS AND EXPERIENCE**

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2015 to present    **Board of Directors, Association for Applied Psychophysiology and Biofeedback**  
Plan and direct AAPB activities

2013 to 2015      **President, International Stress Management Association, USA**  
Plan and direct meetings

2012 to 2015      **Program Planning Committee, Association for Applied Psychophysiology and Biofeedback**

Organize, plan, and direct annual national meeting

- 1999 to 2000     **ENRICHD Clinical Trial Therapist**  
NIH Program Project Studying an Integrated CBT Intervention for  
Depression Post Heart Attack to Reduce Cardiovascular Risk  
Department of Psychiatry and Behavioral Sciences  
Duke University Medical Center, Durham, NC
- 1998 to 2000     **Transplant Evaluation Team**  
Department of Psychiatry and Behavioral Sciences  
Duke University Medical Center, Durham, NC
- 1997 to 1998     **Clinical Psychology Intern**  
Veterans Affairs Medical Center, Durham, NC  
Major rotations: Medical Psychology, Inpatient Psychiatry, Outpatient  
Psychiatry, Extended Care/Rehabilitation; Minor rotations: Smoking  
Cessation Clinic, Substance Abuse Clinic, Risk Reduction Clinic
- 1993 to 1997     **Research Assistant**  
NIH Biopsychosocial Research Program Project on HIV  
University of Miami, Coral Gables, FL
- 1994 to 1997     **Database Manager**  
Hurricane Andrew Research Project  
University of Miami, Coral Gables, FL
- 1996 to 1997     **Clinical Trainee**  
Pediatric Oncology Psychology Service  
University of Miami School of Medicine, Miami, FL
- 1995 to 1996     **Clinical Trainee**  
Outpatient Psychiatry, Veterans Affairs Medical Center, Miami, FL
- 1994 to 1996     **Clinical Trainee**  
Psychological Services Center, University of Miami, Coral Gables, FL
- 1992 to 1993     **Research Assistant**  
Department of Psychology, Brigham Young University, Provo, UT
- 1991 to 1992     **Research Assistant**  
Department of Sociology, Brigham Young University, Provo, UT

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**TEACHING EXPERIENCE**

Undergraduate     **Stress Psychobiology**  
**Personality**  
**Psychological Research Design and Analysis**  
**Research Capstone**  
**Introduction to Psychology**  
**Orientation to the Psychology Major**  
**Introduction to Statistics**  
**SAS and SPSS programming (lab instructor)**

Graduate            **Biological and Health Psychology**  
**Psychological Assessment I: Intelligence**  
**Integrative Clinical Practicum**  
**Seminar in Behavioral Medicine**  
**Biofeedback**

#### **COMMITTEE AND ADMINISTRATIVE ASSIGNMENTS**

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Department        **Director of Clinical of Training** (2014 to present)  
**Associate Director of Clinical Psychology** (2009 to 2014)  
**Clinical Psychology Training Committee** (2000 to present)  
**Faculty Advisor, Psych Association** (2005 to 2012)  
**Stewardship Committee** (2010 to 2011)  
**Writing Committee, Chair** (2006 to 2008)  
**Faculty Advisor, Psi Chi, National Honor Society in Psychology** (2004-2005)  
**BYU Psychology Research Conference, Chair** (2002 to 2005)  
**Curriculum Committee** (2000 to 2005)  
**Clinical Psychology Admissions Committee** (2003-2005, 2011-2012; Chair 2005, 2012)  
**Social Committee** (2003-2004)

College             **FHSS Curriculum Committee** (2006 to 2009)

University         **Institutional Review Board** (2008 to 2011)  
**BYU Wellness Advisory Committee** (2002 to 2009)

National            **President** (2013 to present)  
International Stress Management Association, United States Division  
A section of the Association for Applied Psychophysiology and Biofeedback

**Program Planning Committee** (2012 to present)

Association for Applied Psychophysiology and Biofeedback

**Education and Training Committee (2001)**

American Psychological Association Division 38 (Health Psychology)

## **HONORS AND AWARDS**

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- 2013 to present    **President, International Stress Management Association- US**  
A Section of the Association for Applied Psychophysiology and Biofeedback
- 2008 to 2010    **Minority Health Loan Repayment Award**  
National Institutes of Health (NIH)
- 1998 to 2000    **Postdoctoral Fellowship in Cardiovascular Behavioral Medicine**  
Behavioral Medicine Research Training Program  
Duke University Medical Center, Durham, NC
- 1997    **Outstanding Graduate Student Award**  
Department of Psychology, University of Miami, Coral Gables, FL
- Spring, Fall 1996    **Letters of Commendation for Excellence in Clinical Work, Research,  
Teaching, and Academics**  
Department of Psychology, University of Miami, Coral Gables, FL
- 1993 to 1997    **Graduate School Scholarship**  
University of Miami, Coral Gables, FL
- 1992    **President, National Honor Society in Psychology**  
Brigham Young University, Provo, UT

## **OTHER EDUCATIONAL EXPERIENCE**

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- June, 2014    **Writing Matters Seminar**  
Brigham Young University, Provo, UT
- May, 2003    **Teaching Advanced Writing Seminar**  
Brigham Young University, Provo, UT
- June, 2002    **National Institute of Health (NIH) Mind-Body Training Institute**  
Pittsburgh Mind/Body Center, University of Pittsburgh

- July, 2001      **National Conference on Undergraduate Psychology Curriculum Improvement**  
Project Kaleidoscope, Snowbird, UT
- May, 2001      **Faculty Development Seminar**  
Brigham Young University, Provo, UT
- 1999 to 2000    **SAS classes on programming, macro language, and ANOVA/Regression**  
SAS Institute, Cary, NC
- August, 1999    **Lab Practicum on Salivary Biomarkers (cortisol)**  
Penn State, State College, PA
- February, 1999   **Cognitive Therapy Training for Depression/Social Isolation**  
Beck Institute, Bala Cynwyd, PA

## **PROFESSIONAL AFFILIATIONS**

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- 2012 to present    **International Stress Management Association - US**
- 2012 to present    **Association for Applied Psychophysiology and Biofeedback**
- 1999 to present    **American Psychosomatic Society**
- 1996 to present    **APA Division 38: Health Psychology**
- 1996 to 2009      **Society of Behavioral Medicine**
- 1995 to 2000      **American Psychological Association**
- 1998 to 2000      **North Carolina Psychological Association**
- 1996 to 1998      **APA Division 12: Clinical Psychology**

## **RESEARCH FUNDING**

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- 2010 to 2013      **Steffen, P.R. *Mentoring Environment Awards***  
Role: Mentor  
Office of Research and Creative Activities, Brigham Young University  
Awards: \$30,000
- 2008 to 2010      **Steffen, P.R. *Religious Community and the Hispanic Paradox: A Theological Model of Why Mexican Immigrants Have Better Health than Americans***  
Role: Principal Investigator  
Duke Center for Spirituality, Theology, and Health  
Award: \$200,000

- 2004 to 2008      **Steffen, P.R. *Cultural Change and Cardiovascular Disease Risk Factors in Foreign Born Mexican Americans***  
Role: Principal Investigator  
American Heart Association  
Description: Mexicans have significantly lower rates of cardiovascular disease as compared to European Americans. As Mexican immigrants acculturate to life in the United States, their rate of cardiovascular disease increases. The purpose of this study is to examine how psychosocial stressors (depression, social isolation, discrimination) and health behavior changes contribute to cardiovascular disease risk factor change (ambulatory blood pressure, sodium/potassium ratio, glucose and insulin, non-HDL cholesterol, and C-reactive protein) in Mexican immigrants.  
Award: \$260,000
- 2004              **Steffen, P.R. *An Experimental Study on the Effects of Forgiveness on Ambulatory Blood Pressure in Couples Experiencing Marital Distress.***  
Agency: Family Studies Center Grant, Brigham Young University.  
Award: \$6,200
- 2004              **Steffen, P.R., Holt-Lunstad, J., & Hedges, D. *Depression as a Risk Factor for Hypertension.***  
Agency: College of Family, Home, and Social Sciences Research Funding, Brigham Young University.  
Award: \$5,400
- 2003              **Steffen, P.R. *Marital Distress and Ambulatory Blood Pressure in a Hispanic Sample.***  
Agency: Family Studies Center, Brigham Young University.  
Award: \$5,400
- 2001 to 2002    **Steffen, P.R. *Marital Distress, Marital Therapy, and Ambulatory Blood Pressure.***  
Agency: Family Studies Center, Brigham Young University.  
Award: \$18,000
- 2001 to 2002    **Steffen, P.R. *Acculturation, Perceived Racism, and Ambulatory Blood Pressure in Hispanic Americans.***  
Agency: College of Family, Home, and Social Sciences Research Funding, Brigham Young University.  
Award: \$10,400