

## BIOGRAPHICAL SKETCH

NAME: PBERT, LORI

eRA COMMONS USER NAME: PBERT1

POSITION TITLE: Professor of Quantitative Health Sciences and Medicine (Tenured)

### EDUCATION/TRAINING

INSTITUTION AND LOCATION	DEGREE (if applicable)	Completion Date MM/YYYY	FIELD OF STUDY
University of Connecticut, Storrs, CT	BA	12/1982	Psychology
West Virginia University, Morgantown, WV	MA	08/1985	Clinical Psychology
West Virginia University, Morgantown, WV	PHD	01/1988	Clinical Psychology
University of Massachusetts Medical School, Worcester, MA	Postdoctoral Fellow	08/1989	Behavioral Medicine

### A. Personal Statement

I am a tenured Professor in the Department of Population and Quantitative Health Sciences, Associate Chief of the Division of Preventive and Behavioral Medicine, and founder and director of the Center for Tobacco Treatment Research and Training at the University of Massachusetts Medical School. I am a clinical psychologist and behavioral scientist with over 30 years of experience designing and evaluating pragmatic, sustainable approaches to integrating preventive health interventions into existing clinical practice to inform evidence-based guidelines and best practices. My research program has been continuously funded by the NIH since 1999. My expertise is in health risk behavior modification, with extensive experience conducting community-engaged research in the areas of tobacco and obesity prevention and treatment, including clinical-community linkages to enhance health behavior change and chronic care management.

Illustrative of my focus on conducting research to inform practice, as a founding member of the American Academy of Pediatrics' Center for Child Health Research Tobacco Consortium I led efforts to review and synthesize the literature to develop and disseminate recommendations for the treatment of tobacco use and exposure among youth within pediatric practice. My own evidence-based protocols to prevent and treat nicotine dependence in adolescents have been disseminated by the National Cancer Institute and cited in the 2012 "Surgeon General's Report on Preventing Tobacco Use Among Youth and Young Adults." My NIH-funded tobacco-related research has informed national clinical practice guidelines for the prevention and treatment of tobacco use in youth and has included the development and evaluation of novel, practical tobacco prevention and treatment interventions for adolescents in both the pediatric practice and school health settings (R01 HL51319; R01 CA80254; R01 CA114556; R34 DA037886).

In recognition of my contributions to research and to my focus on conducting research to identify pragmatic, real world approaches to prevention and treatment, I was appointed to the U.S. Preventive Services Task Force (USPSTF), a panel of national experts in prevention and evidence-based medicine dedicated to improving the health of all Americans by making evidence-based recommendations for the delivery of preventive care to children and adults. I was appointed Chair of the USPSTF Methods Workgroup and in that capacity, I serve on the task force's Racism Workgroup, which addresses systemic racism through evolving our methods to identify when racism contributes to prevention-related health inequities and develop strategies to address its negative impact on preventable disease. In addition, I was elected as a fellow of the Society of Behavioral Medicine and of the Academy of Behavioral Medicine Research. And lastly, I have expertise in stakeholder engagement, recognized by receipt of the 2020 Society of Behavioral Medicine's Jessie Gruman Award for Health Engagement and invitation to deliver a Master Lecture on Stakeholder Engagement at the 2021 annual meeting.

In addition to carrying out a robust research program and serving on the USPSTF, I have been actively involved in developing our future cadre of clinical and translational investigators, including in the area of cancer prevention and control. I have mentored pre-doctoral candidates (20+), post-doctoral fellows (7) and junior faculty (20+), I have served on the Society of Behavioral Medicine's Education, Training and Career Development Council tasked with promoting the training and development of future researchers nationally, and I have been active in the University of Massachusetts Medical School's Mentoring Program. My success as a mentor has been recognized through a national Distinguished Mentor Award from the Society of Behavioral Medicine and an

institutional Outstanding Mentoring to Women Faculty Award by the University of Massachusetts Medical School. I also serve as the Senior Co-Leader for the Cancer Population Health Sciences Program of the UMass Medical School's Cancer Center which supports the development of cancer prevention and control investigators in cancer-related topics.

1. Pbert L, Druker S, Crawford S, Frisard C, Trivedi M, Osganian SK, Brewer J. Feasibility of a Smartphone App with Mindfulness Training for Adolescent Smoking Cessation: Craving to Quit (C2Q)-Teen. *Mindfulness*. 2020;11(3), 720-733. PubMed PMID: [33343761](#). PubMed Central PMCID: PMC7747804.
2. US Preventive Services Task Force (USPSTF): Owens DK, Davidson KW, Krist AH, Barry MJ, Cabana M, Caughey AB, Curry SJ, Donahue K, Doubeni CA, Epling JW, Kubik M, Ogedegbe G, Pbert L, Silverstein M, Simon MA, Tseng C-W, Wong JB. Primary Care Interventions for Prevention and Cessation of Tobacco Use in Children and Adolescents: US Preventive Services Task Force Recommendation Statement. *JAMA*. 2020;323(16):1590–1598. PubMed PMID: [32343336](#).
3. Nagawa CS, Faro JM, Menon AJ, Ito Fukunaga M, Williams JH, Mourao D, Emidio OM, Davis M, Pbert L, Cutrona SL, Houston TK, Sadasivam RJ. What advice did African American individuals who smoke write to their peers? A qualitative study of motivational messages. *JMIR Form Res* 2021; 5(4): e21481. doi: 10.2196/21481.
4. Pbert L, Farber H, Horn K, Lando H, Muramoto M, O'Loughlin J, Tanski S, Wellman R, Winickoff J, Klein J. State of the art office-based interventions to eliminate youth tobacco use: The past decade. *Invited State of the Art (SOTA) paper*. *Pediatrics* 2015;135(2):734-747. PubMed PMID: [25780075](#).

## **B. Positions, Scientific Appointments, and Honors**

### **Positions and Employment**

2018 -	Professor of Population and Quantitative Health Sciences (Tenured), UMass Medical School, Worcester, MA
2009 -	Professor of Medicine (Tenured), UMass Medical School, Worcester, MA
2008 -	Faculty, Graduate School of Biomedical Sciences, UMass Medical School, Worcester, MA
2003 -	Associate Chief, Division of Preventive and Behavioral Medicine, UMass Medical School, Worcester, MA
2002 - 2009	Associate Professor of Medicine, UMass Medical School, Worcester, MA
1997 -	Founder and Director, Center for Tobacco Treatment Research and Training, UMass Medical School, Worcester, MA
1992 - 2002	Assistant Professor of Medicine, UMass Medical School, Worcester, MA
1989 - 1991	Instructor of Medicine, UMass Medical School, Worcester, MA
1988 - 1989	Postdoctoral Fellow in Behavioral Medicine, UMass Medical School, Worcester, MA

### **Scientific Appointments**

2020 -	Senior Co-Leader, Cancer Population Health Sciences Program, UMass Cancer Center, UMass Medical School
2019 -	Appointed to the U.S. Preventive Services Task Force (USPSTF)
2019 -	Tenure Committee, Department of Population and Quantitative Health Sciences, UMass Medical School
2016 -2018	Tenure Committee, Department of Medicine, UMass Medical School
2009 -	Scientific Council, UMass Medical School
2008 -	Reviewer, Society of Behavioral Medicine Distinguished Research Mentor Award and Distinguished Clinical Mentor Award; Student Excellence in Research Award
2000 -	Founding Member, American Academy of Pediatrics Center for Child Health Research Tobacco Consortium; member of the Nominating Committee
1997 -	Founder and Director, Center for Tobacco Treatment Research and Training, UMass Medical School

## Honors

2020	Society of Behavioral Medicine's Jessie Gruman Award for Health Engagement
2019	Appointed to the U.S. Preventive Services Task Force (USPSTF)
2018	Outstanding Mentoring to Women Faculty Award, University of Massachusetts Medical School
2015	Distinguished Research Mentor Award, Society of Behavioral Medicine
2013	Elected, The Academy of Behavioral Medicine Research
2012	Health Care Innovation, Agency for Healthcare Research and Quality
2012	NCI Research-tested Intervention Program, National Cancer Institute
2011	Chancellor's Award for Advancing Institutional Excellence in Civility
2010	AAMC Mid-Career Women Faculty Professional Development Seminar, Awarded Office of Faculty Affairs Tuition Support
2007	Women in Science and Health Achievements Award, UMass Medical School
2003	Fellow, Society of Behavioral Medicine
2001	Glaxo Young Investigator Award, Society of Behavioral Medicine
1987	Outstanding Graduate Career Award

## **C. Contribution to Science**

- 1. Designed and evaluated practical, real-world approaches to integrate tobacco prevention and cessation interventions within existing health care practice to inform evidence-based guidelines, best practices, and policy.** For example, **Air It Out**, a novel pediatric practice-based smoking prevention and cessation program delivered by pediatricians and peer counselors in person and via telephone (NIH R01 CA80254), was selected as an NCI Research-tested Intervention Program (RTIP) and disseminated to inform practice. **Calling It Quits**, a smoking cessation counseling protocol integrated into the school health clinic (NIH R01 CA114556), was selected by the Agency for Healthcare Research and Quality (AHRQ) as a Health Care Innovation and cited in the 2012 Surgeon General's Report on Preventing Tobacco Use among Youth and Young Adults, contributing to the development of evidence-based guidelines.
  - Pbert L, Druker S, Crawford S, Frisard C, Trivedi M, Osganian SK, Brewer J. Feasibility of a Smartphone App with Mindfulness Training for Adolescent Smoking Cessation: Craving to Quit (C2Q)-Teen. *Mindfulness*. 2020;11(3), 720-733. PubMed PMID: [33343761](#). PubMed Central PMCID: PMC7747804.
  - Pbert L, Druker S, Flint AJ, Young MH, DiFranza JR. Perspectives in implementing a pragmatic pediatric primary care-based intervention trial. *American Journal of Preventive Medicine* 2015; 49(3) Supplement 2 (Evidence-Based Behavioral Counseling Interventions as Clinical Preventive Services: Perspectives of Researchers, Funders, and Guideline Developers): S200-S207. Invited paper.
  - Pbert L, Druker S, DiFranza JR, Gorak D, Reed G, Magner R, Sheetz AH, Osganian S. Effectiveness of a school nurse-delivered smoking cessation intervention for adolescents. *Pediatrics* 2011;128(5):926-936. PubMed PMID: [22007015](#). PMCID: [PMC3208959](#) – Selected by the Agency for Healthcare Research and Quality (AHRQ) as a Health Care Innovation in 2012.
  - Pbert L, Flint AJ, Fletcher KE, Young MH, Druker S, DiFranza, J. Effect of a pediatric practice-based smoking prevention and cessation intervention for adolescents: A randomized controlled trial. *Pediatrics* 2008;121(4):e738-e747. PubMed PMID: [18381502](#).
- 2. Collaborated with the American Academy of Pediatrics (AAP) Center for Child Health Research Tobacco Consortium to disseminate state of the art tobacco prevention and treatment in pediatric primary care practice.** Our Consortium has had a significant impact on the field of tobacco control through our collaborative research and publications informing pediatric providers about the state of the art in tobacco prevention and treatment. I led our review and synthesis of the literature to develop and disseminate recommendations for the treatment of tobacco use and exposure among youth within pediatric practice.
  - Pbert L, Farber H, Horn K, Lando H, Muramoto M, O'Loughlin J, Tanski S, Wellman R, Winickoff J, Klein J. State of the art office-based interventions to eliminate youth tobacco use: The past decade. Invited State of the Art (SOTA) paper. *Pediatrics* 2015;135(2):734-747. PubMed PMID: [25780075](#).

- b. Pbert L, Moolchan E, Muramoto M, Winickoff J, Curry S, Lando H, Ossip-Klein D, Prokhorov, AV, DiFranza J, Klein J. The state of office-based interventions for youth tobacco use. *Pediatrics*. 2003;111(6):e650-e660. PubMed PMID: [12777581](#).
3. **Designed and tested obesity prevention and treatment approaches in the pediatric primary care setting that provide promising interventions for children, adolescents and their families.** I have led a number of trials using mixed methods to design novel approaches to reaching, engaging and assisting youth and their families from diverse backgrounds to address overweight and obesity. We are currently conducting an RCT entitled *Pediatric Practice-based Obesity Intervention to Support Families: FITLINE* (NHLBI R01 HL130505) to test the effectiveness of a telephone-based program delivered by centralized nutritionists to coach families in improving their children's diet and physical activity to reduce BMI, with a focus on socioeconomically, racially, and ethnically diverse populations.
- a. Pbert L, Trivedi M, Druker S, Bram J, Olendzki B, Crawford S, Frisard C, Andersen V, Waring ME, Clements K, Schneider K, Geller AC. Supporting families of children with overweight and obesity to live healthy lifestyles: Design and rationale for the Fitline cluster randomized controlled pediatric practice-based trial. *Contemporary Clinical Trials*. 2021. doi.org/10.1016/j.cct.2021.106348.
- b. Pbert L, Druker S, Barton B, Olendzki B, Andersen V, Persuite G, Bram J, Kurtz S, Powers, EM, Crawford S, Geller AC. Use of a FITLINE to support families of overweight and obese children in pediatric practices. *Childhood Obesity*, February 2016; 12(1). PubMed PMID: [26788762](#).
- c. Blaine RE, Pbert L, Geller AC., Powers EM, Mitchell K. Parent preferences for a telephone-based coaching service to prevent and manage childhood obesity. *Postgraduate Medical Journal* 2015;91(1074):206-211. PubMed PMID: [25814510](#).
- d. Pbert L, Wang ML, Druker S, Jackson EA, Rosal MC. Designing and testing the feasibility of a multi-level intervention to treat adolescent obesity in the pediatric primary care setting. *Journal of Child and Adolescent Behavior* 2015; 3:196-203. PubMed PMID: [30364825](#). PubMed Central PMCID: [PMC6198822](#).
4. **Designed and tested weight management interventions for adolescents in the school health setting.** I have led several trials using mixed methods to design and test interventions integrated within school health to assist youth with overweight and obesity to improve their diet, level of physical activity, and BMI (R21 HD053371; R21 HL110208). These trials highlighted the challenge of addressing this complex, multifactorial condition and the need to engage families in addition to community supports.
- a. Pbert L, Druker S, Barton B, Schneider KL, Olendzki B, Gapinski MA, Kurtz S and Osganian S. A school-based program for overweight and obese adolescents: A randomized controlled trial. *Journal of School Health*. 2016, 86(10):699-708. PubMed PMID: [27619760](#). PubMed Central PMCID: [PMC5033122](#).
- b. Wang ML, Druker S, Gapinski MA, Gellar L, Schneider K, Osganian S, Olendzki B, Pbert L. The role of social support vs. modeling on adolescents' diet and physical activity: Findings from a school-based weight management trial. *Journal of Child and Adolescent Behavior* 2014, 2:132-8. PubMed PMID: [30465024](#). PubMed Central PMCID: [PMC6242294](#).
- c. Pbert L, Druker S, Gapinski M, Gellar L, Magner R, Reed G, Schneider K, Osganian S. A school burse-delivered intervention for overweight and obese adolescents. *Journal of School Health* 2013;83(3):182-193. PubMed PMID: [23343319](#). PubMed Central PMCID: [PMC3556993](#).
5. **Developed unique strategies for helping children and adolescents improve their self-regulation, diet and physical activity.** I have led several studies to assist all youth regardless of weight status in improving their diet and physical activity levels using highly innovative approaches, including the use of mindfulness training and online videogames. In one study, *Mindfulness Training to Promote Healthy Diet and Physical Activity in Teens* (NHLBI, R21 HL119665), we explored the impact of a school-based mindfulness program integrated into health education on adolescent health behaviors and impulsivity. This work showed promise for mindfulness training to potentially improve self-regulation in adolescents, which will be further explored in subsequent proposed research program.
- a. Salmoirago-Blotcher E, Druker S, Frisard C, Dunsiger S, Crawford S, Meleo-Meyer F, Bock B, Pbert L. Integrating mindfulness training in school health education to promote healthy behaviors in

- adolescents: Feasibility and preliminary effects on exercise and dietary habits. Preventive Medicine Reports 2018, 9:92-95. PubMed PMID: [29527459](#). PubMed Central PMCID: [PMC5840835](#).
- b. Salmoirago-Blotcher E, Druker S, Meyer F, Frisard C, Crawford S, Pbert L. Beneficial effects of school-based mindfulness training on impulsivity in healthy adolescents: Results from a pilot randomized controlled trial. Explore (NY) Mar-Apr 2019;15(2):160-164. PubMed PMID: [30309789](#).
  - c. Schneider KL, Ferrara J, Lance B, Karetas A, Druker S, Panza E, Olendski B, Anderson V, Pbert L. Acceptability of an online health videogame to improve diet and physical activity in elementary school students: Fitter Critters. Games for Health Journal 2012;1(4):262-268. PubMed PMID: [24761317](#). PubMed Central PMCID: [PMC3833367](#)

Complete List of Published Work in My Bibliography:

<http://www.ncbi.nlm.nih.gov/myncbi/lori.pbert.1/bibliography/40335639/public/?sort=date&direction=ascending>