

Curriculum Vitae

EMILY L. ZALE

Assistant Professor of Psychology
Binghamton University, State University of New York
Department of Psychology
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Education

- Ph.D., Syracuse University August 2012 – June 2017
Clinical Psychology
Dissertation: *Increasing cessation motivation and treatment engagement among smokers in pain*
Major Advisor: Joseph W. Ditre, Ph.D.
- Internship, Harvard Medical School/Massachusetts General Hospital July 2016 – June 2017
Clinical Psychology
Behavioral Medicine Track
- M.S., Texas A&M University August 2010 – August 2012
Psychology (Clinical)
Thesis: *Associations between chronic pain and use of pharmacotherapy for smoking cessation*
Major Advisor: Joseph W. Ditre, Ph.D.
- B.A., University of Rochester August 2003 – May 2007
Psychology and Anthropology
Magna Cum Laude; High Distinction in Psychology; Highest Distinction in Anthropology

Professional Positions

- Assistant Professor, Department of Psychology September 2018 – Present
Binghamton University, SUNY
- Clinical Research Fellow, Integrated Brain Health July 2017 – July 2018
Harvard Medical School/Massachusetts General Hospital
- Clinical Fellow in Psychology, Behavioral Medicine July 2016 – June 2017
Harvard Medical School/Massachusetts General Hospital
- Research Assistant, Center for Integrated Healthcare June 2014 – June 2016
Syracuse VA Medical Center
- Graduate Assistant, Pain and Addictions Research Lab July 2012 – June 2017
Syracuse University
- Graduate Assistant, Health Behavior Research Group August 2010 – June 2012
Texas A&M University

- LaRowe, L. R., Langdon, K. J., Zvolensky, M. J., **Zale, E. L.**, & Ditre, J. W. (2017). Pain-related anxiety as a predictor of early lapse and relapse to smoking. *Experimental and Clinical Psychopharmacology*, *25*, 255-264. doi: 10.1037/pha0000127
- Ozkan, S., **Zale, E. L.***, Ring, D., & Vranceanu, A. M. (2017). Associations between pain catastrophizing and cognitive fusion in relation to pain and upper extremity function among hand and upper extremity surgery patients. *Annals of Behavioral Medicine*, *51*, 547-554. doi: 10.1080/16506073.2016.1256347
- *Shared first author; first and second authors contributed equally to the work
- Ditre, J. W., **Zale, E. L.**, Heckman, B. W., & Hendricks, P. S. (2016). A measure of perceived pain and tobacco smoking interrelations: Development and initial validation of the Pain and Smoking Inventory. *Cognitive Behaviour Therapy*, *46*, 339-351. doi: 10.1080/16506073.2016.1256347
- Ditre, J. W., Heckman, B. W., **Zale, E. L.**, Kosiba, J. D., & Maisto, S. A. (2016). Acute analgesic effects of nicotine and tobacco in humans: A meta-analysis. *PAIN*, *157*, 1373-1381. doi: 10.1097/j.pain.0000000000000572
- Ditre, J. W., Kosiba, J. D., **Zale, E. L.**, Zvolensky, M. J., & Maisto, S. A. (2016). Chronic pain status, nicotine withdrawal, and expectancies for smoking cessation among lighter smokers. *Annals of Behavioral Medicine*, *50*, 427-435. doi: 10.1007/s12160-016-9769-9
- Zale, E. L.**, Maisto, S. A., & Ditre, J. W. (2016). The role of anxiety and depression in bi-directional relations between pain and smoking: Implications for smoking cessation. *Behavior Modification*, *40*, 7-28. doi: 10.1177/0145445515610744
- Zale, E. L.**, & Ditre, J. W. (2015). Pain-related fear, disability, and the fear-avoidance model of chronic pain. *Current Opinion in Psychology*, *5*, 24-30. doi:10.1016/j.copsyc.2015.03.014
- Kadimpati, S. S., **Zale, E. L.**, Hooten, W. M., Ditre, J. W., & Warner, D. O. (2015). Associations between neuroticism and depression in relation to catastrophizing and pain-related anxiety in chronic pain patients. *PLoS ONE*, *10*, e0126351. doi: 10.1371/journal.pone.0126351
- Zale, E. L.**, Maisto, S.A., & Ditre, J. W. (2015). Interrelations between pain and alcohol: An integrative review. *Clinical Psychology Review*, *37*, 57-71. doi: 10.1016/j.cpr.2015.02.005
- Zale, E. L.**, Dorfman, M. L., Hooten, W. M., Warner, D. O., Zvolensky, M. J., & Ditre, J. W. (2014). Tobacco smoking, nicotine dependence, and patterns of prescription opioid misuse: Results from a

Manuscripts Under Review

Jackson, W., **Zale, E. L.**, Kuluch, R., Berman, S. J., Malacarne, A., Lapidow, A., & Vranceanu, A. M. (under resubmission). Physical functioning and mindfulness skills training (MST) in chronic pain: A systematic review. *Journal of Pain Research*.

Zale, E. L., Westenberg, R., Heinhuis, T. J., Ozkan, S., Nazzal, A., Lee, S. G., Chen, N. C., & Vranceanu, A. M. (April, 2018). *A brief mindfulness exercise improves orthopaedic surgery*
Paper presented at the 39th annual meeting of the Society of Behavioral Medicine in New Orleans, LA.

Vranceanu, A. M., **Zale, E. L., Lin, A., Funes, C., & Ring, D.** (April, 2018). *The Toolkit for Optimal Recovery for patients with acute orthopaedic trauma at risk for persistent pain and disability.* Paper presented at the 39th annual meeting of the Society of Behavioral Medicine in New Orleans, LA.

Magidson, J., **Zale, E. L.,*** Bargon, C., Chen, N. C., Ring, D., & Vranceanu, A. M. (April, 2018). *Patient beliefs about prescription opioids and opioid prescribing policies in orthopaedic surgery.* Paper presented at the 39th annual meeting of the Society of Behavioral Medicine in New Orleans, LA.
*presenting author

Verheil, S., **Zale, E. L.,** Ring, D., & Vranceanu, A. M. (April, 2018). *The role of positive psychology in reports of pain intensity and disability among hand and upper extremity patients.* Paper presented at the 29th Annual Richard J. Smith Memorial Lectureship, Massachusetts General Hospital, Boston, MA.

Zale, E. L., Westenberg, R. F., Heinhuis, T. J., Ozkan, S., Nazzal, A., Lee, S. G., Chen, N. C., & Vranceanu, A. M. (April, 2017). *Does a brief mindfulness exercise improve outcomes in upper extremity patients? A randomized control trial.* Paper presented at the 28th Annual Richard J. Smith Memorial Lectureship, Massachusetts General Hospital, Boston, MA.

Zale, E. L., Westenberg, R. F., Heinhuis, T. J., Ozkan, S., Nazzal, A., Lee, S. G., Chen, N. C., & Vranceanu, A. M. (April, 2017). *Associations between pain catastrophizing and cognitive fusion in relation to pain and upper extremity function among hand* F3 12 Tf1 0 0

Zale, E. L., Herrick, A. M., Ditre, J. W. (April, 2012). *Associations between chronic pain and use of pharmacotherapy for smoking cessation*. Talk given at the Pain Special Interest Group Data-Blitz, 33rd annual meeting of the Society of Behavioral Medicine, New Orleans, LA.

Sturge-Apple, M., Davies, P., Cicchetti, D., **Zale, E.**, & Manning, L. (April, 2009). *Interparental psychological functioning*. Paper presented at the biennial meeting of the Society for Research in Child Development, Denver, CO.

Conference Posters

Lin, A., Jacobo, M., Jacobs, J., Tehan, T., Salgueiro, D. Rosand, J., Vranceanu, A. M., & **Zale, E. L.** (April, 2018). *Gender differences in associations between resiliency and depression among Neuro-ICU Caregivers*. Poster presented at the 39th annual meeting of the Society of Behavioral Medicine in New Orleans, LA.

McCurley, J. L., Funes, C., **Zale, E. L.**, Lin, A., Jacobo, M., Jacobs, J., Salgueiro, D., Tehan, T., Rosand, J., & Vranceanu, A. M. (April, 2018). *Using qualitative methods to develop a dyadic intervention for patients with stroke and their caregivers*. Poster presented at the 39th annual meeting of the Society of Behavioral Medicine in New Orleans, LA.

Westenberg, R., **Zale, E. L.**, Heinhuis, T. J., Ozkan, S., Nazzal, A., Lee, S. G., Chen, N. C., & Vranceanu, A. M. *Does a brief mindfulness exercise improve outcomes in upper extremity patients? A randomized control trial*. (September, 2017). Poster presented at the 72nd annual meeting of the American Society for Surgery of the Hand, San Francisco, CA.

Ozkan, S., **Zale, E. L.**, Ring, D., Vranceanu, A. M. (June, 2017). Associations between pain catastrophizing and cognitive fusion in relation to pain and upper extremity function among hand and upper extremity surgery patients. Poster presented at the Children's Tumor Foundation Neurofibromatosis Conference, Washington, DC.

Pierre-Louis, C., **Zale, E. L.**, Riklin, E., Macklin, E., Vranceanu, A. M. (June, 2017). *The impact of mind-body program on multiple dimensions of resilience among geographically diverse patients with neurofibromatosis*. Poster presented at the Children's Tumor Foundation Neurofibromatosis Conference, Washington, DC.

Vranceanu, A. M., **Zale, E. L.**, Funes, C. J., Plotkin, S. R. (June, 2017). *Improvements in quality of life from baseline to 1-year follow-up: Long-term results from a live video RCT*. Poster presented at the

- Ditre, J. W., Heckman, B. W., **Zale, E. L.**, Kosiba, J. D., & Brandon, T. H. (February, 2014). *Effects of chronic pain and smoking deprivation on nicotine withdrawal and acute pain intensity*. Poster presented at the 20th annual meeting of the Society for Research on Nicotine and Tobacco, Seattle, WA.
- Zale, E. L.**, & Ditre, J. W. (March, 2013). *Associations between chronic pain status and nicotine withdrawal severity*. Poster presented at the 19th annual meeting of the Society for Research on Nicotine and Tobacco, Boston, MA.
- Zale, E. L.**, & Ditre, J. W. (March, 2013). *Smoking status is associated with comorbid psychopathology among persons with chronic pain*. Poster presented at the 19th annual meeting of the Society for Research on Nicotine and Tobacco, Boston, MA.
- Ditre, J. W., **Zale, E. L.**, Heckman, B. W., & Hendricks, P. S. (March, 2013). *The Pain and Smoking Inventory: Development and initial validation*. Poster presented at the 19th annual meeting of the Society for Research on Nicotine and Tobacco, Boston, MA.
- Ditre, J. W., & **Zale, E. L.** (March, 2013). *Smokers with chronic pain anticipate greater difficulty quitting*. Poster presented at the 19th annual meeting of the Society for Research on Nicotine and Tobacco, Boston, MA.
- Zale, E. L.**, Herrick, A. M., Ditre, J. W. (April, 2012). *Associations between chronic pain and use of pharmacotherapy for smoking cessation*. Poster presented at the 33rd annual meeting of the Society of Behavioral Medicine, New Orleans, LA.
- Ditre, J. W., Heckman, B. W., **Zale, E. L.**, & Herrick, A. M. (April, 2012). *Acute analgesic effects of nicotine and tobacco smoking in humans: A meta-analysis*. Poster presented at the 33rd annual meeting of the Society of Behavioral Medicine, New Orleans, LA.
- Herrick, A. M., **Zale, E. L.**, Ditre, J. W. (April, 2012). *Smokers in the general population are more likely to misuse opioids*. Poster presented at the 33rd annual meeting of the Society of Behavioral Medicine, New Orleans, LA.
- Zale, E. L.**, Herrick, A. M., & Ditre, J. W. (March, 2012). *Smokers with chronic pain are more likely to utilize pharmacotherapy for smoking cessation: Results from a nationally representative survey*. Poster presented at the 18th annual meeting of the Society for Research on Nicotine and Tobacco, Houston, TX.
- Herrick, A. M., **Zale, E. L.**, Toomey, N. A., & Ditre, J. W. (March, 2012). *Smokers in the general population are more likely to misuse opioid pain medications than nonsmokers*. Poster presented at the 18th annual meeting of the Society for Research on Nicotine and Tobacco, Houston, TX.
- Ditre, J.W., Heckman, B. W., **Zale, E. L.**, & Herrick, A. M. (March, 2012). *Acute analgesic effects of nicotine and tobacco smoking in humans: A meta-analysis*. Poster presented at the 18

- Huffines, L., Thamotheran, S., **Zale, E. L.**, Taylor, A. B., & Fields, S. A. (March, 2012). *The relationship between sexual abuse, relationship violence, and use of cigarettes in youth*. Poster presented at the 18th annual meeting of the Society for Research on Nicotine and Tobacco, Houston, TX.
- Ditre, J. W., **Zale, E.**, Heckman, B. W., & Brandon, T. H. (February, 2011). *Smokers in pain report greater desire but less confidence and more difficulty in quitting*. Poster presented at the 17th annual meeting of the Society for Research on Nicotine and Tobacco, Toronto, Canada.
- Ditre, J. W., Simmons, V. N., **Zale, E.**, Litvin, E. B., & Brandon, T. H. (February, 2011). *Associations between pain severity and smoking cessation-related factors among cancer patients*. Poster presented at the 17th annual meeting of the Society for Research on Nicotine and Tobacco, Toronto, Canada.
- Zale, E.**, Fournier, R., Omar, F., Ossip, D., & McIntosh, S. (February, 2010). *Physician use of social networking sites as web assisted tobacco intervention (WATI)*. Poster presented at the 16th annual meeting of the Society for Research on Nicotine and Tobacco, Baltimore, MD.
- McIntosh, S., Kapsak, G., Feldmann, S., & **Zale, E.** (March, 2009). *The Use of Electronic Medical Records for Tobacco Intervention: Reducing barriers to referrals through EMR functionality*. Poster presented at the 15th annual meeting of the Society for Research on Nicotine and Tobacco, Dublin, Ireland.
- Strayer, S., McIntosh, S., Pelletier, S., Martindale, J., Rais, S., Powell J., **Zale, E.**, et al. (March, 2009). *Improving physician counseling for smoking cessation: Multi-site, mixed methods evaluation of web assisted tobacco interventions (WATI) by medical students and physicians*. Poster presented at the 15th annual meeting of the Society for Research on Nicotine and Tobacco, Dublin, Ireland.
- Hyder Ferry, L., Schreur, C., McIntosh, S., & **Zale, E.** (March, 2009). *Internet-disseminated PDA training for tobacco interviewing skills*. Poster presented at the 15th annual meeting of the Society for Research on Nicotine and Tobacco, Dublin, Ireland.
- Gomulak-Cavicchio, B., Davies, P., **Zale, E.**, Holly, L., Manning, L., & Cicchetti, D. (April, 2009). *Intimate partner violence and parenting in the post-conflict environment: Risk and protective factors*. Poster presented at the biennial meeting of the Society for Research in Child Development, Denver, CO.
- Zale, E.**, Gomulak-Cavicchio, B., Crittenden, C., Davies, P., & Cicchetti, D. (April, 2008). *The interplay of multiple forms of maternal psychopathology and social support*

Peer-Review Responsibilities

Ad Hoc Reviewer:

Addictive Behaviors

Cognitive Behaviour Therapy

Media Representation

National Public Radio – WRVO

June 2015

New Research May Help Smokers with Chronic Pain Quit

<http://wrvo.org/post/new-research-may-help-smokers-chronic-pain-quit>

Time Warner Cable News

June 2015

SU Grad Student Works on Smoking Study

http://www.twcnews.com/nys/central.twcnews.com/nys/centr0_g792_reW*nBT/F1_1wcnews.coudy

