

**KELLY M. CARPENTER, PHD**  
**Curriculum Vitae**

**Contact**

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**EDUCATION**

PhD 2000	Clark University, Worcester, MA	Clinical Psychology
MA 1995	University of Nevada, Las Vegas	Clinical Psychology
BMus 1989	Wheaton College, Wheaton, IL	Ethnomusicology

**Internship and Fellowship**

1999-2000 Predoctoral Internship: VA Puget Sound Healthcare System, Seattle Division  
2000-2001 Postdoctoral Fellowship: Center for Excellence in Substance Abuse Treatment and Education, VA Puget Sound Healthcare System, Seattle Division

**Licensure**

Licensed Psychologist in Washington State since 2002, License # PY00002546.

**POST PHD EMPLOYMENT**

**Research Investigator/Principal Scientist**

2011- present

Optum Center for Wellbeing Research, Optum, Inc. (formerly Alere Wellbeing & Free & Clear)  
Duties include grant writing, administration, and conducting research and program evaluations in the areas of tobacco cessation, behavioral weight loss, and other chronic conditions. Research focus on intervention development with special interest in acceptance-based approaches, mindfulness, and technology-enhanced modalities (text messaging, mobile apps, online treatment).

**Senior Research Scientist,**

2008 - 2011

**Research Scientist**

2001 - 2007

Talaria, Inc., Seattle, WA. Principal Investigator for 16 SBIR grants and contracts from the NCI, NIMH, NHLBI, NIAMS, NIDA, NIAAA and the Office of Smoking and Health at the CDC. Responsibilities: grant writing and administration of grants (with project budgets up to \$1.3 million), development of innovative internet-based educational and psychotherapeutic interventions, conducting efficacy research, hiring and management of research scientists and research assistants, and consultation. Research focus on stress management, motivational interviewing, substance abuse, chronic pain, PTSD, and mindfulness.

***Clinical and teaching experience available upon request***

## PUBLICATIONS

Webb Hooper, M, **Carpenter, KM**, & Salmon, EA. (2019). Web-Based Tobacco Cessation Interventions and Digital Inequality across U.S. Racial/Ethnic Groups. *Ethnicity and Disease*. Jul 18;29(3):495-504. doi: 10.18865/ed.29.3.495. eCollection 2019 Summer.

Hecht, J., Rigotti, N.A., Minami, H., Kjome, K.L., Bloom, E.L., Kahler, C.W., Price, L.H., Levy, D.E., **Carpenter, K.M.**, & Brown, R.A. (2019). Adaptation of a sustained care cessation intervention for smokers hospitalized for psychiatric disorders: Study protocol for a randomized controlled trial. *Contemp Clin Trials*. 2019 Aug;83:18-26. doi: 10.1016/j.cct.2019.06.001. Epub 2019 Jun 15.

**Carpenter, KM**, Nash, CM, Vargas-Belcher, RA, Vickerman, KA, & Haufle, V. (2019). Feasibility and early outcomes of a tailored quitline protocol for smokers with mental health conditions. *Nicotine and Tobacco Research*. <https://doi.org/10.1093/ntr/ntz023>

Bernstein, SL, Weiss, J, DeWitt, M, Tetrault, JM, Hsiao, AL, Dziurz, J; Sussman, S, Miller, T, **Carpenter, KM**, O'Connor, P, Toll, BA. (2019). Randomized Trial of Decision Support for Tobacco Dependence Treatment in an Inpatient Electronic Medical Record: Clinical Results. *Implementation Science* 14:8. <https://doi.org/10.1186/s13012-019-0856-8>.

Webb Hooper, M., **Carpenter, KM**, Payne, M., & Resnicow, K. (2018). Effects of a culturally specific tobacco cessation intervention among African American Quitline enrollees: a randomized controlled trial. *BMC public health*, 18(1), 123. doi:10.1186/s12889-017-5015-z.

**Carpenter KM**, Vickerman KA, Salmon EE, Javitz HS, Epel ES, & Lovejoy JC. (2017). A Randomized Pilot Study of a Phone-Based Mindfulness and Weight Loss Program. *Behavioral Medicine, Epub ahead of print*. doi: 10.1080/08964289.2017.1384359.

Rigotti, N, Tindle, HA, Regan, S, Levy, DE, Chang, Y, **Carpenter, KM**, Park, ER, Kelley, JK, Streck, J, Reid, ZZ, Ylioja, T; Reyen, M, Singer, DE. (2016). Enhancing the scalability of an intervention for hospitalized smokers: Helping Hand 2 randomized clinical trial. *American Journal of Preventive Medicine*, 51(4), 597-608.

Bush, T, Lovejoy, JC, Deprey, TM, & **Carpenter, KM**. (2016). The effect of tobacco cessation on weight gain, obesity and diabetes risk. *Obesity*, 24:9, 1834-41. doi: 10.1002/oby.21582.

Graham, AL, **Carpenter, KM**, Cha, S, Cole, S, Jacobs, MA, Raskob, M, & Cole-Lewis, H. (2016). Systematic review and meta-analysis of Internet interventions for smoking cessation among adults. *Journal of Substance Abuse and Rehabilitation*, 2016:7, 55-69. doi.org/10.2147/SAR.S101660

Boal, AL, Abroms, LC, Simmens, S, Graham, AL & **Carpenter, KM**. (2016). Combined Quitline Counseling and Text Messaging for Smoking Cessation: A Quasi-Experimental Evaluation. *Nicotine & Tobacco Research*, 2016 May;18(5):1046-53. doi: 10.1093/ntr/ntv249

Reid, Z, Regan, S, Kelley, J, Streck, J, Ylioja, T, Tindle, H, Chang, Y, Levy, D, Park, E, Singer, M, **Carpenter, K**, Reyen, M, and Rigotti, N. (2015). Comparative effectiveness of post-discharge strategies for hospitalized smokers: study protocol for the Helping HAND 2 randomized controlled trial. *BMC Public Health*. 2015 Feb 7;15:109. doi: 10.1186/s12889-015-1484-0

Zhang, L, Vickerman, K, Malarcher, A, & **Carpenter, KM**. (2015). Changes in Quitline Caller Characteristics During a National Tobacco Education Campaign. *Nicotine & Tobacco Research*, 2014, 1–6. doi:10.1093/ntr/ntu271

- Stoner, SA, Mikko, TA, & **Carpenter, KM.** (2014). Web-based Training for Primary Care Providers on Screening, Brief Intervention, and Referral to Treatment (SBIRT) for Alcohol, Tobacco, and Other Drugs. *Journal of Substance Abuse Treatment*. 2014 Nov-Dec; 47(5):362-70. doi: 10.1016/j.jsat.2014.06.009
- Abroms, LC, Carroll, P, Boal, AL, Mendel, J, & **Carpenter, KM.** (2014). Integrated Phone Counseling and Text Messaging Services at Quitlines: An Acceptability Study. *Journal of Smoking Cessation*. FirstView Issue, 2014 pp 1-7. DOI 10.1017/jsc.2014.11.
- Carpenter, KM,** Lovejoy, JC, Lange, JM, Hapgood, JE, & Zbikowski, SM. (2014). Outcomes and Utilization of a Low Intensity Workplace Weight Loss Program, *Journal of Obesity*, vol. 2014, Article ID 414987, 7 pages, 2014. doi:10.1155/2014/414987
- Vickerman, KA, **Carpenter, KM,** Altman, T, Nash, CM, & Zbikowski, SM. (2013). Use of Electronic Cigarettes among State Tobacco Cessation Quitline Callers. *Nicotine Tob Res*, 2013 Oct;15(10):1787-91. doi: 10.1093/ntr/ntt061
- Carpenter, KM,** Stoner, SA, Schmitz, K, McGregor, BA, & Doorenbos, A. (2012). An online stress management workbook for breast cancer. *Journal of Behavioral Medicine*, Dec 2. PMID:23212928
- Carpenter, KM,** Carlini, BH, Painter, I, Mikko, AT, & Stoner, SA. (2012). Refer2Quit: Impact of web-based skills training on tobacco interventions and quitline referrals. *Journal of Continuing Education in the Health Professions*. Jun;32(3):187-95. doi: 10.1002/chp.21144. PMID:23008081
- Baer, JS, **Carpenter, KM,** Beadnell, B, Stoner, SA, Ingalsbe, MH, Hartzler, B, Rosengren, DB & Drager, Z. (2012). Computer Assessment of Simulated Patient Interviews (CASPI): Psychometric properties of a web-based system for the assessment of motivational interviewing skills. *Journal of Studies on Alcohol and Drugs*, Vol. 73, no. 1, pp. 154-164.
- Carpenter, KM,** Stoner, S A., Mundt, J M, & Stoelb, B. An online self-help CBT intervention for chronic lower back pain. (2012). *Clinical Journal of Pain*, Jan;28(1):14-22.
- Eaton, L, Doorenbos, A, **Carpenter, KM,** Schmitz, K. (2011). Establishing treatment fidelity in a web-based behavioral intervention study. *Nursing Research*. Nov-Dec;60(6):430-5. PMID:22048559
- Carpenter, KM,** Stoner, SA, Mikko, AN, Dhanak, LP, & Parsons, JT. (2010). Efficacy of a Web-Based Intervention to Reduce Sexual Risk in Men Who Have Sex with Men. *AIDS and Behavior*, 14, 549-557.
- Carpenter, Kelly M.,** Cohn, Leslie G., Glynn, Lisa H. & Stoner, Susan. (2008). Brief interventions for smoking cessation: Using the internet to train healthcare providers. *International Electronic Journal of Health Education*, 11, 1-12.
- Carpenter, KM.,** Watson, J, Raffety, B, & Chabal, C. (2003). Teaching brief interventions for smoking cessation via an interactive computer-based tutorial. *Journal of Health Psychology*, 8, 149-160.
- Davis, TM, **Carpenter, KM.,** Malte, CA., Carney, M, Chambers, Sn, & Saxon, AJ. Women in addictions treatment: comparing VA and community samples. (2002). *Journal of Substance Abuse Treatment*, 23, 41-48.
- Carpenter, KM.** & Addis, ME. (2000). Alexithymia, gender, and responses to depressive symptoms. *Sex Roles: A Journal of Research*, 43, 629-644.
- Addis, ME., & **Carpenter, KM.** (2000). The treatment rationale in cognitive-behavioral therapy: Psychological mechanisms and clinical guidelines. *Cognitive and Behavioral Practice*, 7, 147-156.
- Addis, ME. & **Carpenter, KM.** (1999). Why, why, why? Reason-giving and rumination as predictors of response to activation- and insight-oriented treatment rationales. *Journal of Clinical Psychology*, 55, 881-894.

## **CONFERENCE PRESENTATIONS (SINCE 2012)**

Raskob M, Nash C, Vickerman KA, & **Carpenter KM**. State Quitlines: Trends in reach and differences in demographic profiles across program offerings. Poster presented at the 2019 Meeting of the National Conference on Tobacco or Health, Minneapolis, MN.

Webb Hooper, M., Salmon, E., Johnson, L., Hunt, K, & **Carpenter, KM**. Culturally Specific Services Increase Engagement among African American Quitline Enrollees. Paper presented at the 2019 Annual Meeting of the Society for Research in Nicotine and Tobacco. Saturday Feb 23, 2019, San Francisco, CA.

**Carpenter, KM**. Tailored Quitline Services for Callers with Mental Health Conditions: A Pilot Study. Part of Pre-Conference Workshop #5: Innovations in Tobacco Treatment Research: New Treatments and Methodologies. Presented at the 2018 Annual Meeting of the Society for Research in Nicotine and Tobacco, Wednesday, February 21, 2018, Baltimore, MD.

Webb Hooper, M., **Carpenter, KM**, Salmon, EA. Web-Based Tobacco Cessation Interventions and the Digital Divide. Presented at the 2018 SRNT Annual Meeting. Thursday, February 22, 2018, Baltimore, MD.

Webb Hooper, M., **Carpenter, KM**, Salmon, EA. Are State Quitlines as the Great Equalizer? Racial Disparities in Access to Standard of Care Tobacco Cessation Treatment. Presented at the 2018 SRNT Annual Meeting. Thursday, February 22, 2018, Baltimore, MD.

**Carpenter, KM** & Azocar, F. Publically-funded research in a corporate healthcare environment: Benefits and Challenges. Presented at the Annual Meeting of the Society of Behavioral Medicine, San Diego, CA, March 29, 2017.

**Carpenter, KM**, Vickerman, KA, Salmon, E, Javitz, H, & Lovejoy, J. Integrating Mindfulness into a Phone-based Behavioral Weight Loss Program: A Randomized Pilot Study. Presented at Annual Meeting of the Society of Behavioral Medicine, San Diego, CA, April 1, 2017.

**Carpenter, KM**, McAlister, A, Cole, S, Sevilmedu, V, and Mowrey, P. Losing at work: Evaluation of an employer-sponsored phone and web-based weight loss program. Presented at the Annual Meeting of the Society of Behavioral Medicine, Washington, D.C. April 1, 2016.

Attempting To Enhance the Scalability of a Proven Post-discharge Intervention for Hospitalized Smokers: the Helping Hand 2 Randomized Trial. Rigotti, N., Tindle, H., Levy, D., Regan, S., **Carpenter, K.**, Park, E., Kelley, J., Ylioja, T., Streck, J., Reid, Z. Paper presented at the Annual Meeting of the Society for Research in Nicotine and Tobacco, Chicago, IL, March, 2, 2016.

Community College Students and Engagement with a Web Assisted Tobacco Intervention McIntosh, S., Johnson, T., Campbell, M., **Carpenter, K.**, Snow, E., Ossip, D. Poster presented at the Annual Meeting of the Society for Research in Nicotine and Tobacco, Chicago, IL, March 4, 2016.

**Carpenter, KM**, Kellogg, L, Vickerman, K, & Lovejoy, JC. Psychological distress and eating behaviors in weight loss participants who report stress eating. Presented at the annual meeting of the Society of Behavioral Medicine, San Antonio, TX, April 24, 2015.

**Carpenter, KM**, Lovejoy, JC, & Kellogg, L. Talking about stress: what stress eaters say about eating and weight loss. Presented at the annual meeting of The Obesity Society in Boston, MA, November 6, 2014.

Abroms, LA, Boal, A, **Carpenter K.M.** Text messaging in the context of quitlines: Who is using and to what effect? Presented at the Society of Research on Nicotine and Tobacco, Feb 6, 2014, Seattle, WA.

Zhang, L, Vickerman, K, Malarcher, A, Mowery, P & **Carpenter, KM.** Intermediate Cessation Outcomes among Quitline Callers During a U.S. National Tobacco Education Campaign. Paper presented at the annual meeting of the Society of Research on Nicotine and Tobacco, Feb 7, 2014, Seattle, WA.

**Carpenter, KM**, Lovejoy, JC, Hapgood, J, Lange, J, & Korpak, A. Outcomes and Utilization of a low intensity web and phone-based workplace weight loss program. Paper presented at the 34<sup>th</sup> Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA, March 23, 2013.

Vargas R, Serotkin S, Vickerman KA, Bush T, & **Carpenter KM.** Prevalence of Participants Using Quitline Services Reporting a Mental Health Condition. Poster presented at the 2013 Annual Meeting of the Society for Research on Nicotine and Tobacco, Boston, MA, March, 2013.

**Carpenter, KM**, Carlini, BH, Mikko, T., & Stoner, SA. Refer 2 Quit: Web-based Provider Training in Tobacco Quitline Referral Skills. Poster presented at the National Conference on Tobacco or Health, Kansas City, MO, Aug 2012.

## **RESEARCH FUNDING**

### **Current**

#### **Enhanced E-cigarette Coaching Intervention for Dual Users of Cigarettes and E-cigarettes**

National Institute of Drug Abuse

09/01/17 – 07/31/19

PI: Vickerman, Katrina

Role: Co-investigator

Development of a quitline-based telephone coaching intervention to assist dual users of cigarettes and e-cigarettes to quit combustible cigarettes. Intervention development and randomized pilot with 100 quitline callers from Oklahoma.

#### **Enhancing Quitline Services for Black Smokers: RCT of an Evidence-Based DVD**

American Cancer Society Research Scholar Grant

7/1/2016 - 6/30/2021

PI: Monica Webb Hooper

Role: Co-Investigator

This study will be the first to combine efficacy and implementation science to test the effects of a population-based, culturally specific smoking cessation intervention designed for African American enrollees in state quitline services.

#### **Extended Care for Smoking Cessation Following Psychiatric Hospitalization**

1 R01 MH104562, National Institute of Mental Health

09/1/14 – 06/30/19

R. Brown & N. Rigotti (Multiple PIs)

Role: Co-Investigator

The goals of this project are to conduct a randomized, pragmatic effectiveness trial of an extended care service delivery model for tobacco cessation, proven effective in medically hospitalized smokers, in severely mentally ill (SMI) smokers engaged in a psychiatric inpatient hospitalization.

**Optimizing Effectiveness of Smoking Cessation Intervention during Low Dose CT Scan for Lung Cancer.**

1 R01 CA211227-01, National Cancer Institute

09/01/16 – 08/31/21

P. Cinciripini (PI)

Role: Co-Investigator

The overall objective of this proposal is to test the efficacy of 3 increasingly intensive and increasingly more integrated smoking cessation treatment strategies initiated in the context of lung cancer screening. Smokers (N=630) will be randomly assigned to three groups: standard quitline, quitline with medications managed in clinic; and integrated care where all services are provided in-clinic.

**Completed (selected)**

**Implementation of HIT-Enhanced Tobacco Treatment for Hospitalized Smokers**

1 R18 HL108788-01, National Heart, Lung & Blood Institute

2012 - 2016

Bernstein (PI)

Role: Co-Investigator

**Comparative Effectiveness of Post-Discharge Strategies for Hospitalized Smokers**

1R01HL111821-01, National Heart, Lung & Blood Institute

03/07/2012 – 1/31/2017

N. Rigotti (PI)

Role: Co-Investigator

**Web-Assisted Tobacco Intervention with Community College Students**

5 R01 CA152093-02, National Cancer Institute

09/01/11 – 07/31/16

S. McIntosh (PI)

Role: Co-Investigator

**Mind/Body Stress Management to Improve Outcomes in a Workplace Weight Loss Program**

R21 AT007845-01, National Center for Complementary and Integrative Health

09/30/13 – 05/29/16

Role: Principal Investigator

**Web-based Skills Training for SBIRT in Primary Care (SBIRT-PC)**

N43 DA-8-2216, N44 DA-9-2216, National Institute of Drug Abuse

Role: Multiple PI (with S. Stoner)

07/01/07 - 06/30/12

**A Cognitive Behavioral Chronic Pain Workbook**

R44 AR052569; R43 AR052569, National Institute of Arthritis and Musculoskeletal and Skin Diseases

2006 - 2011

Role: Principal Investigator

**Coping with Breast Cancer and Treatment: Skills and Strategies**

R44 CA106154, National Cancer Institute

2008 - 2011

Role: Principal Investigator

**Computer-Adapted Standardized Patient Instrument for Motivational Interviewing**

R41 DA020284, R42 DA020284, National Institute of Drug Abuse  
2005 – 2006; 2008 – 2011 PI: Baer  
Role: Co-Investigator, Site PI

**Increasing Quitline Utilization using Multimedia Education**

200-2007-M-2098 (Phases 1 & 2), CDC, Office of Tobacco and Health  
2007 - 2010  
Role: Principal Investigator

**Multidimensional Pain Assessment Tool for Primary Care**

R44 CA094434 PI: National Cancer Institute  
2005 - 2009  
Role: Co-Investigator

**Internet-based Coping Skills Training for PTSD.**

R44 MH66415; R43 MH66415, National Institute of Mental Health  
2002 – 2003; 2005 - 2009  
Role: Principal Investigator

**HIV Risk Prevention: A Computer Tutorial.**

R44 MH066465, National Institute of Mental Health  
2004 - 2007  
Role: Principal Investigator

**Adaptive Support Environment for Alcohol Dependence**

R44 AA12247, National Institute on Alcohol Abuse and Alcoholism  
2002 - 2006  
Role: Principal Investigator

**Motivational Interviewing for Smoking Cessation**

R44 CA8856902; R43 CA88569, National Cancer Institute  
2001 – 2002; 2003 - 2006  
Role: Principal Investigator

**Technology-Enhanced Behavioral Activation Depression Intervention**

R43 MH64956, National Institute of Mental Health  
2002 - 2004  
Role: Principal Investigator

**HONORS & AWARDS**

- Coping with Breast Cancer Workbook- Winner of the Bronze Award from the Web Health Awards, 2011.
- Francis L. Hiatt Scholar Award, Clark University, 1998-1999.
- Outstanding Thesis in Psychology Award, University of Nevada, Las Vegas, 1995-96.

### **PROFESSIONAL ORGANIZATIONS**

- Society of Behavioral Medicine
  - Theories and Techniques of Behavior Change Interventions, Obesity, and Pain Special Interest Groups
- Society of Research on Nicotine and Tobacco
  - Intervention and Health Disparities Special Interest Groups
  - Abstract reviewer 2015, 2018

### **SERVICE POSITIONS AND OTHER EXPERIENCE**

- **Reviewer**, Health Education & Behavior, Journal of Substance Abuse, AIDS and Behavior, Nicotine and Tobacco Research, Journal of Occupational and Environmental Medicine
- **Ad hoc Reviewer**, Center for Scientific Review, National Institutes of Health, 2002 to present.

### **LEADERSHIP TRAINING**

#### **SHINE Program, Alere, Inc.**

August 2012 - July 2013

Management and Leadership Development Program

30+ hours of training in subjects including feedback, accountability, hiring, conflict resolution, team building, & cross cultural communication

#### **Society of Behavioral Medicine Leadership Institute**

March 2016 - March 2017

16+ hours of leadership training plus 12 months of coaching and mentorship.

#### **United Health Group Culture Training**

Nov 2018 – January 2019

24 hours of training in leadership, teambuilding, and corporate values plus peer mentoring.