

# Lynda H. Powell, PhD

Rush University Medical Center  
 John H and Margaret V. Krehbiel Endowed Chair  
 Department of Preventive Medicine  
 Chairperson  
 Professor

Rush University Medical Center  
 Department of Psychology  
 Professor

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Qualifications		
B.A. (Magna Cum Laude), University of Massachusetts, Sociology, 1970		
MEd, University of Colorado, Psychology, 1976		
PhD, Stanford University, Psychology, 1982		
Post Doc, UCSF-Mt. Zion Hospital, Epidemiology/ Biostatistics, 1984		
Expertise		Interests
Behavioral Medicine Spirituality & Health Psychosocial Epidemiology Behavioral Randomized Clinical Trials		Women's Health Early Pathogenesis of CVD in Women Aspects of Lifestyle that Improve CVD
Current Funding		
U01 AG 12505 Powell (PI) NIH/NIA The Study of Women's Health Across the Nation The major goals of this study are to examine biobehavioral and cultural aspects of the menopausal transition in women from five racial/ethnic groups as they transition from pre menopause to post menopause. Role: PI		9/30/1994-2/29/2009
1 R01 DK061289-01A2 Rothschild (PI) NIH/NIDDK Mexican-American Trial of Community Health Worker The major goal of this study is to determine whether the use of indigenous		5/1/2004-4/30/2008

<p>Community Health Workers, recruited from the target community and trained to provide culturally appropriate diabetes education, can promote pro-active self-management among inner-city dwelling Mexican-Americans with Type 2 diabetes mellitus.</p> <p>Role: Co-Investigator</p>	
<p>R01 HL65547-01A Powell (PI) NI/NHLBI</p> <p>Heart Failure Adherence and Retention Trial (HART) The purpose of this trial is to test whether a behavioral self-management intervention can improve clinical outcomes and quality of life, reduce health care costs, inpatients with mild to moderate heart failure.</p> <p>Role: PI</p>	<p>5/1/2006-4/30/2008</p>
<p>R01 HL/AG67128-01A1 Powell (PI) NIH/NHLBI</p> <p>A Longitudinal Study of the Menopause and Fat Patterning The primary aim of the trial is to determine the distribution of fat patterning while women go through the menopausal transition.</p> <p>Role: PI</p>	<p>4/1/2001-3/31/2007</p>
<p>N01-AG-9-2115 Powell (PI) Wake Forest</p> <p>The Women's Health Initiative-Study on Cognitive Aging (WHISCA) The major goals of this study are to measure the effect of female hormone replacement therapy on normal changes in thinking and memory as women age.</p> <p>Role: PI</p>	<p>10/25/1999-9/30/2007</p>
<p>2 R01 AG19363-05 A1 Kravitz(PI) NIH/NIMH</p> <p>SWAN Sleep Study II – Chicago (Rush) Site The major goals of this project are to identify potential predisposing, precipitating, and perpetuating factors for chronic sleep disturbances during the menopausal transition and adverse effects of sleep disturbances on subsequent health status during the early postmenopause.</p> <p>Role: Co-Investigator</p>	<p>4/1/2006 – 3/31/2009</p>
<p>Powell (PI), Calvin (PI) RUMC CTSA Pilot Study</p> <p>Early Pathogenesis of Cardiovascular Disease in Women This pilot study uses population-based methodology to determine if new biomarkers of vulnerable blood are mechanisms by which VAT links to</p>	<p>7/1/2006-6/30/2007</p>

subclinical CVD in women.  
Role: Co- PI

K08 HS015699-01A1 Alexander (PI) 7/1/2006-6/30/2009  
NIH/AHRQ/Robert Wood Johnson Foundation  
A Randomized Controlled Trial to Decrease Patients Out-of-Pocket Prescription Costs  
The overall goal of this project is to assess the impact of an intervention to reduce out-of-pocket prescription costs on patients' out-of-pocket expenditures, medication appropriateness, quality of life and cost burden.  
Role: Co-Investigator

### Publications

- Powell LH, etc. Effective Obesity Treatments. *American Psychologist* 2007;62(3):234-246
- Powell LH, etc. Androgen-estrogen balance is a novel risk factor for visceral fat in midlife women: The SWAN Heart Study. *Circulation* 2005; 111:e239.
- Powell LH, etc. Ethnic differences in past hysterectomy for benign conditions. *Women's Health Issues* 2005;15:179-186.
- Powell LH, etc for the ENRICHD Investigators. Depression and heart failure in patients with new myocardial infarction. *Am Heart J* 2005;149:851-855.
- Meyer PM, Powell LH, etc. A population-based longitudinal study of cognitive functioning in the menopausal transition. *Neurology* 2003;61:801-806.
- Writing Committee for the ENRICHD Investigators. Effects of treating depression and low perceived social support on clinical events after myocardial infarction. The Enhancing Recovery in Coronary Heart Disease Patients (ENRICHD) randomized trial. *JAMA* 2003;289:3106-3116.
- Powell LH, etc. Religion and spirituality: Linkages to physical health. *Am Psychologist* 2003;58:36-52.
- Powell LH, Letc. Physiological markers of chronic stress in middle-aged women, *Psychosom Med* 2002;64:1-8.
- \*Shahabi L, Powell LH, etc. Correlates of self-perceptions of spirituality in American adults. *Ann Behav Med* 2002;24:59-68.
- Friedman M, Thoresen CE, Gill JJ, Ulmer D. Powell LH et al. Alteration of TypeA behavior and its effect upon cardiac recurrences in post-myocardial infarction patients: Summary results of the Recurrent Coronary Prevention Project. *Am Heart J* 1985;112:653-665.

### Memberships

1989 - present	American Heart Association, Council on Epidemiology and Prevention; Council on Nutrition, Physical Activity and Metabolism (invited member since 2000).
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1989 - present	American Psychosomatic Society; Program Chair 1996-97; Advisory Council, 1997-2001
1989 - present	Society for Epidemiologic Research
1991 - present	International Society of Behavioral Medicine
1996 - present	Academy of Behavioral Medicine Research: Invited member; Executive Committee (1/98, 4/03)
1998 - present	Associate Editor, <i>International Journal of Behavioral Medicine</i> ; Editor, Special Issue on Women's Health; Editor, Special Issue on Positive Psychology.
2001 - present	Invited founding faculty member, National Institutes of Health Office of Behavioral and Social Sciences Research Summer Institute on Clinical Trials Involving Behavioral Interventions
2003 - present	Standing member of NIH-National Heart, Lung, and Blood Institute Clinical Trials Study Section
2004 - present	Invited member of Cochrane Evidence-Based Behavioral Medicine International Network
<b>Honors and Awards</b>	
1996 - present	Academy of Behavioral Medicine Research: Invited member; Executive Committee (1/98, 4/03)
2001 - present	Invited founding faculty member, National Institutes of Health Office of Behavioral and Social Sciences Research Summer Institute on Clinical Trails Involving Behavioral Interventions
2004	Placed above the 95 <sup>th</sup> percentile of the distribution of extramural grants over the last 25 years by the National Institutes of Health.
2005 - present	John H. and Margaret V. Krehbiel Endowed Chair in Cardiology, Rush University Medical Center, Chicago, IL
<b>Previous Positions</b>	
1980 -1984	Epidemiologist and Biostatistician, Recurrent Coronary Prevention Project, Mt. Zion Hospital, San Francisco, CA
1984 -1992	Assistant Professor, Section of Chronic Disease Epidemiology, School of Public Health; Preventive Cardiology Program, Dept of Medicine; Yale University SOM, New Haven, CT
1993 -2001	Associate Professor, Departments of Preventive Medicine and Behavioral Sciences; Director, Section of Epidemiology, Department of Preventive Medicine Rush University Medical Center, Chicago, IL