Revised: October 18, 2021

**DATE:** October 2021 **NAME:** Elissa Kozlov

**PRESENT TITLE:** Instructor

**HOME ADDRESS:** 12 Jennifer Ln, Maplewood, NJ, 07040

**OFFICE ADDRESS:** 683 Hoes Ln W, Piscataway, NJ, 08854

**TELEPHONE NUMBER/E-MAIL ADDRESS:** 914-715-3012 Elissa.Kozlov@rutgers.edu

**CITIZENSHIP:** USA

**EDUCATION**:

A. Undergraduate Graduate and Professional

*Wesleyan University*

*Middletown, CT*

*BA, Psychology & Theater 05/2008*

B. Graduate and Professional *Washington University*

*St. Louis, MO*

*MA, PhD, Psychology: Aging & Clinical 08/2016*

**POSTGRADUATE TRAINING:**

A. Clinical Psychology Pre-Doctoral Internship – Geropsychology Track

*Veterans Affairs Palo Alto Health Care System*

*Clinical Psychology – Geropsychology Track*

*09/15-08-2016*

B. T32 Post Doctoral Fellowship

*Weill Cornell Medicine, Division of Geriatrics and Palliative Medicine*

*Center for Research on End of Life Care*

*Behavioral Geriatrics 09/16-05/19*

**ACADEMIC APPOINTMENTS:**

*Division of Geriatrics and Palliative Medicine*

*Weill Cornell Medicine*

*Instructor* *09/17-05/19*

*Department of Health, Behavior, Society and Policy*

*Rutgers School of Public Health*

*Instructor 05/19-present*

**PRIVATE PRACTICE**: *Clinical Psychology Private Practice*

**LICENSURE:** *NY Clinical Psychology License # 022411*

*NJ Clinical Psychology Temporary License # NJDCATEMP-000490*

**MEMBERSHIPS, OFFICES AND COMMITTEE ASSIGNMENTS IN PROFESSIONAL SOCIETIES:**

*American Psychological Association Division 12 Section 2 (Clinical Geropsychology)*

*Member, Former newsletter editor (2016-2019), former student rep (2013-2015)*

*2010-present*

*American Psychological Association*

*Member*

*2010-present*

*Gerontological Society of America (GSA)*

*Member*

*2010-present*

*Hospice and Palliative Care Special Interest Group (GSA)*

*Member*

*2010-present*

*Palliative Care Research Cooperative (PCRC)*

*Member*

*2018-present*

*Palliative Care Research Cooperative mHealth Special Interest Group*

*Member*

*2019-present*

*NJ ACTS Society of Scholars*

*Member*

*2020-present*

*New York City Palliative care and Geriatrics Early Career Researchers*

*Co-Founder*

*2018-present*

*American Academy of Hospice and Palliative Medicine*

*Member*

*2021-present*

*American Academy of Hospice and Palliative Medicine Medical Aid in Dying Special Interest Group*

*Member*

*2021-present*

**HONORS AND AWARDS:**

*Student Research Paper Award*

*Society of Clinical Geropsychology*

*2017*

**GRANT REVIEW PANELS, STUDY SECTIONS, COMMITTEES: SERVICE ON MAJOR COMMITTEES:**

*AdHoc* Reviewer (*Journal of Personality Assessment, 2021-present)*

*AdHoc* Reviewer *(Journal of Medical Internet Research, 2021-present)*

*AdHoc* Reviewer *(Journal of Applied Gerontology, 2021-present)*

*AdHoc* Reviewer (*The Gerontologist, 2020-present)*

*AdHoc* Reviewer *(Journal of Geriatric Psychiatry, 2018-present)*

*AdHoc* Reviewer (*Journal of Palliative Medicine, 2018-present)*

*AdHoc* Reviewer *(Pain Medicine, 2017-present)*

**SERVICE ON GRADUATE SCHOOL COMMITTEES:**

*Rutgers Practice Based Research Network Steering Committee, Member, 2019-2021*

*Rutgers School of Public Health Population Aging Concentration Steering Committee, Member,*

*2019-2021*

*Rutgers School of Public Health Academic Progressions Committee, Member, 2020-present*

*Rutgers School of Public Health Dental Public Health Residency Committee, Member, 2021-*

*Present*

*Rutgers Healthy Aging Steering Committee, Member, 2019-2021*

*Rutgers Careers in Aging Week Committee, Member and Panelist, 2021-present*

*Rutgers School of Nursing Dissertation Committee, Bridget Nicholson, Outside Member*

*NJ ACTS, grant reviewer, 2020-present*

**PROFESSIONAL ACTIVITIES:**

*Rutgers OASIS Women in Leadership*

*Participant*

*Fall 2021*

*Family Caregiving for Patients with Dementia Consensus Conference*

*Invited participant*

*Weill Cornell Medicine, Department of Geriatrics and Palliative Medicine*

*October 2021*

*Research Career Institute in the Mental Health of Aging (NIMH-funded)*

*Participant*

*2018-2019*

*Rand Summer Institute*

*Invited Participant*

*July 2017*

*Technology and Pian in Later Life Workshop, Weill Cornell Medicine*

*Workshop Facilitator*

*May 2017*

*Anxiety and Cancer in Late Life Workshop, Weill Cornell Medicine*

*Workshop Facilitator*

*October 2017*

**TEACHING RESPONSIBILITIES:** (Teaching effectiveness should be addressed in nominating letter) A. Lectures or Course Directorships

*School of Public Health, Mental Health and Aging, HBSP0603JWEB*

Year taught: Spring 2021, # students: 13, Evaluation responses: 11, Teaching effectiveness mean score: 4, Course Quality mean score: 3.91.

B. Research Training (other than Primary Mentorship)

Pre Doctoral Students:

*Molly Nowels, 2019-present, Rutgers School of Public Health*

*Meghan McDarby, 2017-present, Washington University Department of Psychology*

*Danielle Llaneza, 2019-present, University of Houston, Department of Psychology*

*Maria Ciccone, 2021-present, Rutgers School of Public Health, MPH*

**GRANT SUPPORT:** *(Please list in either chronological order with newest or most current first OR in reverse chronological order, as desired)*

A. Principal Investigator, Current Support

*1. NJ ACTS KL2, Piloting an mHealth Mindfulness therapy intervention to alleviate symptoms of stress of caregivers of older adults with cognitive impairment, 07/2019-06/2021, 100% salary support + fringe ($104,000+$51,492) + $1250 for travel, $12,500 for research related expenses and $5000 for mentor expenses per year. Total award amount: $350,484 ($175,242/year for 2 years).*

*2. National Institute on Aging Beeson K76AG068508-01A1, Piloting an mHealth mindfulness therapy with patients with serious illness and their caregivers to alleviate symptoms of anxiety, 09/2021-09/2026, $1,191,642*

B. Submitted Grants

*1. NIH Katz R01 (PAR-21-039), The role of circadian misalignment in disrupted sleep, impaired cognition and depressed mood in patients with CKD*

*Role: PI*

*Date submitted: 03/22, Pending*

*2. NIMH R34 as part of P50, Adapting DBT for Suicide Prevention in Older Persons Living with HIV/AIDS.*

*Role: MPI*

*Date Submitted: 02/22, Pending*

*3. R01 to NIA. Decision trajectories of patients at the end of life: An epidemiological exploration of MAID and the impact on caregivers and clinicians.*

*Role: Co-I; 10%*

*Submission date: 12/21, Score: 19; Percentile: 3. Pending*

*4. NIA R13 (PA-21-121), Convening a Consensus Conference to Establish Research Priorities in Medical Aid In Dying.*

*Role: PI*

*Date Submitted: 12/21, Score: 46; 39th Percentile. Pending.*

*5. NIH Katz R01 (PAR-21-039), The role of circadian misalignment in disrupted sleep, impaired cognition and depressed mood in patients with CKD*

*Role: PI*

*Date submitted: 05/21, Score: 51, 49th Percentile, not funded*

*6. Clin-STAR Pilot, The role of circadian misalignment in disrupted sleep, impaired cognition and depressed mood in patients with CKD,*

*Role: PI*

*Date submitted: 05/2021 Not Funded*

*7. NIH K23, Piloting an mHealth Mindfulness Therapy with older adults with HF and COPD and their caregivers to alleviate symptoms of anxiety.*

*Role: PI*

*Date Submitted: 2/20 & resubmitted 11/20, Score: 36 and administratively withdrawn (due to successful K76 Beeson)*

*8. LOI submitted for PCRC Pilot Proposal (PA-19-118). A pilot RCT of a patient-centered, advance care planning mobile app to enhance designation of and conversations with a medical decision maker in older primary care patients.*

*Role: PI*

*9. Pilot proposal submitted as part of Rutgers P30 Pepper Center Proposal (RFA-AG-20-019). Determining the comparative effectiveness between Medicare Annual Wellness Visit and the Annual Wellness Visit plus Goals of Care Conversations on end-of-life outcomes.*

*Date submitted: 09/19. Score on Pepper Grant: 40, not funded.*

*10. NIH R21AG064306-01, Developing a Peer-to-Peer Communication Competence Intervention to Enhance Palliative Care Referrals and Advanced Care Planning in Underserved, Community-Dwelling Older Adults.*

*Role: PI*

*Date submitted: 07/2019, Score: 33, 12th Percentile, not funded*

C. Grants in Development

*1. R21 to NIA. Piloting an mHealth Mindfulness intervention with home health aides caring for adults with cognitive impairment.*

*Role: MPI. Submission date: 06/22*

**PUBLICATIONS**

**H-Index: 11**

**Citations: 498**

A. Refereed Original Article in Journal

1. **Kozlov, E.,** Llaneza, D., & Trevino, K. Older patients’ and their caregivers’ understanding of advance care planning. *Curr Opin Support Palliat Care. 2022;16(1):33-37.* doi:10.1097/SPC.0000000000000583

2. Nicholson, B., Flynn, L., Savage, B., Zha, P., & **Kozlov, E.** Hospice referral in advanced cancer in New Jersey. *J. Hospice and Pall Nurs.* [published online ahead of print, 2022 Feb 10] 2022; doi:1097/NJH. 0000000000000845

3. George, L., Matsoukas, K., McFarland, D., Bowers, J., Doherty, M., Kwon, Y., Atkinson, T., **Kozlov, E.,** Saraiya, B., Prigerson, H., & Breitbart, W. Interventions to improve prognostic understanding in advanced stages of life-limiting illness: A Systematic review. *Journal of Pain and Symptom Management.* (In press).

4. **Kozlov, E.,** McDarby, M., Llaneza, D., & Duberstein, P. The feasibility, acceptability and preliminary efficacy of an mHealth mindfulness therapy for caregivers of adults with cognitive impairment. *Aging Mental Health. (*In press). <https://doi.org/10.1080/13607863.2021.1963949>

5.  **Kozlov, E.,** McDarby, M., Prescott, M., & Altman, M. Assessing the Preferences and Predictors of Mental Health Treatment Modalities in a Technology-enabled Stepped Care Delivery System: Cross-sectional Study. *Journal of Medical Internet Research Formative Research.* [published online ahead of print, 2021 Aug 1]. 2021;10.2196/30162. doi:10.2196/30162. PMID: 34343965.

6. Kong, D., Lu, P., **Kozlov, E.,** Shelley, M. Food insecurity and mental health trajectories during the COVID-19 pandemic: Longitudinal evidence from the Understanding America Study. *Journals of Community Health* (In Press).

7. Navid, P…**Kozlov,** E…& Goyal, P. Attitudes Towards Deprescribing Among Adults with Heart Failure with Preserved Ejection Fraction. *Journal of American Geriatric Society*. 2021;69(7):1948-1955. doi:10.1111/jgs.17204. PMID: 33978239.

8. **Kozlov, E.,** Bantum, E., Pagano, I., Walser, R., Ramsey, K., Taylor, K., Jaworski, B., & Owen, J. Assessing the reach, use, and impact of a free mHealth mindfulness app in the general population. *Journal of Medical Internet Research Mental Health.* 2020;7(11):e23377. doi: 10.2196/23377. PMID: 33245289; PMCID: PMC7732704.

9. **Kozlov E**, McDarby M, Duberstein P & Carpenter BD. The feasibility and acceptability of an intergenerational web-based intervention to enhance late-life family planning. *The Gerontologist.* 2020;gnaa137. doi:10.1093/geront/gnaa137. PMID: 32946554.

10. McDarby, M., Llaneza, D, George, L, & **Kozlov E.** Mobile applications for advance care planning: A comprehensive review of features, quality, content and readability. *American Journal of Hospice and Palliative Care.* 2021;38(8):983-994. doi:10.1177/1049909120959057. PMID: 32938207; PMCID: PMC7965780.

11. **Kozlov E,** Wynn, M., Reid C, Henderson, C., Dong, X., & Sirey, JA. Associations between unmet palliative care needs and cognitive impairment in a sample of diverse, community-based older adults. *Palliative and Supportive Care.* 2021;19(1):41-45. doi:10.1017/S1478951520000395. PMID: 32583759; PMCID: PMC7759599.

12. Dong, X., Bergren, S., Wang, B., & **Kozlov, E.** The Associations between Social Support and Negative Social Interaction with Suicidal Ideation in US Chinese Older Adult. *Aging and Mental Health.* 2021;25(1):94-98. doi: 10.1080/13607863.2019.1680953. PMID: 31650846.

13. **Kozlov E,** Dong X, Kelley A & Ankuda C. The epidemiology of depression in the last year of life. *Journal of American Geriatric Society.* 2020;68(2):321-328. doi: 10.1111/jgs.16197. PMID: 31691265; PMCID: PMC7899291.

14. Shen, M., Gonzales, C., Leach, B., Maciewjewski, P., **Kozlov, E.,** & Prigerson, H. An examination of Latino advanced cancer patients’ and their informal caregivers’ preferences for communication about advanced care planning: a qualitative study. *Palliative and Supportive Care.* 2020;18(3):277-284. doi: 10.1017/S1478951519000890. PMID: 31699175; PMCID: PMC7205556.

15. **Kozlov, E.,** Phongatel, V…. Reid, MC. Prevalence, severity, and correlates of symptoms of anxiety and depression at the very end of life. *Journal of Pain and Symptom Management. (*In Press). 2019;58(1):80-85. doi: 10.1016/j.jpainsymman.2019.04.012. PMID: 31004771; PMCID: PMC6726373.

16. Chamberlin, P., Lambden, J., **Kozlov, E…**Prigerson, H. Clinicians’ perceptions of futile or potentially inappropriate care and associations with avoidant behaviors. *Journal of Palliative Medicine.* 2019 Sep;22(9):1039-1045. doi: 10.1089/jpm.2018.0385. PMID: 30874470; PMCID: PMC6735323.

17. Lambden, J., Chamberlin, P., **Kozlov, E**…Prigerson, H. Association of clinician burnout with perceived provision of futile or potentially inappropriate care. *American Journal of Hospice and Palliative Medicine.* *2018*. DOI: 10.1177/1049909118792517.

18. **Kozlov, E,** Cai, A, Sirey, JA, Ghesquiere, A, & Reid, MC. Identifying palliative care needs among older adults in a non-clinical setting *American Journal of Hospice and Palliative Medicine* 2018;35(12):1477-1482. doi: 10.1177/1049909118777235. Epub 2018 May 23. PMID: 29792039; PMCID: PMC6295198.

19. Niknejad, B, Boiler, R, Henderson C, Delgado D, **Kozlov E,** Loeckenhoff C, & Reid MC. The efficacy of psychological interventions for chronic pain in older adults: A Systematic review and meta-analysis. *JAMA Internal Medicine.* 2018;178(6):830-839. doi: 10.1001/jamainternmed.2018.0756. PMID: 29801109; PMCID: PMC6145761.

20. **Kozlov E**, Eghan C, Moran S, Herr K, Reid MC. Palliative care providers’ practices surrounding psychological distress screening and treatment: A national survey. *American Journal of Hospice and Palliative Medicine*. 2017;35(7): 938-944. doi: 10.1177/1049909117743960. PMID: 29212346; PMCID: PMC5786500.

21. Gesquire, A., Gardner, D., McAfee, C…**Kozlov, E.,** Sirey, J., & Reid, MC. The development of a community-based palliative care screening tool for older adults with chronic illness. *American Journal of Hospice and Palliative Medicine. 2018;*35(7): 929-937. doi: 10.1177/1049909117749467. PMID: 29298494; PMCID: PMC5980690.

22. **Kozlov, E**, Niknejad B, Reid C. Palliative Care Gaps in Providing Psychological Treatment: A Review of the Current State of Research in Multidisciplinary Palliative Care. *American Journal of Hospice and Palliative Medicine.* 2018;35(3):505-510. doi: 10.1177/1049909117723860. PMID: 28783958; PMCID: PMC5873550.

23. **Kozlov, E,** McDarby M, Reid MC, Carpenter BD. Knowledge of palliative care among community-dwelling adults. *American Journal of Hospice and Palliative Medicine*. 2017;35(4):647-651. doi: 10.1177/1049909117725725. PMID: 28819986; PMCID: PMC5842670.

24. **Kozlov E**, Reid MC, Carpenter BD. Improving patient knowledge of palliative care: A randomized controlled intervention study. *Patient Education and Counselling*. 2017;15(5):524-534. doi: 10.1016/j.pec.2016.12.022. PMID: 28034612; PMCID: PMC5879772.

25. Shalev A, Phongtankuel V, **Kozlov E**, Shen MJ, Adelman RD, Reid MC. Awareness and misperceptions of hospice and palliative care: A population-based survey study. *American Journal of Hospice and Palliative Medicine*. 2018;35(3):431-439. doi: 10.1177/1049909117715215. PMID: 28631493; PMCID: PMC5866727.

26. **Kozlov E**, Ph D, Carpenter BD, Rodebaugh TL, Ph D. Development and validation of the Palliative Care Knowledge Scale (PaCKS). *Palliatice and Supportive Care.* 2017;15(5):524-534.  doi: 10.1017/S1478951516000997. PMID: 28025952.

27. Spalding R, **Kozlov E**, Carpenter BD. Words matter: Diction in electronic communication influences palliaitve care consultation implementation. *International Journal of Aging and Human Development*. 2017;85(1):123-130. doi: 10.1177/0091415016685328. PMID: 28466684.

28. **Kozlov**, **E**, Carpenter BD. “What is Palliative Care?”: Variability in content of palliative care informational web pages. *American Journal of Hospice and Palliative Medicine.* 2017;34(3):241-247. doi: 10.1177/1049909115615566. Epub 2016 Jul 11. PMID: 26543062.

29. **Kozlov E,** Carpenter BD, Thorsten M, Heiland M, Agarwal A. Timing of palliative care consultations and recommendations: Understanding the variability. *American Journal of Hospice and Palliative Medicine*. 2015;32(7):772-775. doi: 10.1177/1049909114543322. PMID: 25024458.

30.  **Kozlov E,** Carpenter BD, Thorsten M, Heiland M, Agarwal A. Palliative care consultation trajectories. *American Journal of Hospice and Palliative Medicine*. 2014;31(4):459-463. doi: 10.1177/1049909113491455. PMID: 23757162.

B. Books, Monographs and Chapters

1. Cukor, D, & **Kozlov E**. Systematic Psychosocial and Spiritual Needs Assessment and Management. In: Moss, D, Lupu, D, Armistead, N, and Diamond, L. eds. *Palliative care in nephrology.* Oxford University Press, 2021

2. McDarby, M., Trevino, K., & **Kozlov, E.** Cognitive Behavioral Therapy in Palliative Care. In: Chochinov, H & Breitbart, W. eds. Third Edition of the Handbook of Psychiatry in Palliative Medicine. Oxford University Press, (In Press).

C. Commentaries, Editorials

1. Sirey, J., & **Kozlov, E.** Getting by with a little help from our peers. *American Journal of Geriatric Psychiatry.* 2021;29(8):758-760. doi: 10.1016/j.jagp.2020.08.011. PMID: 32933818; PMCID: PMC7445488

2. **Kozlov, E.,** & Reid, MC. Developing mHealth applications for older adults with pain: Seek out the stakeholders! *Pain Medicine.* 2018;19(6):1107-1108. doi: 10.1093/pm/pny070. PMID: 29767768; PMCID: PMC6454793.

**PRESENTIONS:**

1. Scientific:

**Kozlov, E.** (December, 2021). *Mhealth mindfulness for caregivers of older adults with cognitive*

*impairment.* Invited speaker. Veterans Affairs Practice-Based Implementation Network CE

Lecture Series. Virtual.

**Kozlov, E.** (2021, November). *Preliminary efficacy of an mhealth mindfulness intervention with*

*caregivers of older adults with MCI or dementia.* Paper Session Chair: Technology Use and

Applications. Gerontological Society of America Annual Meeting. Virtual.

Llaneza, D., Llaneza, A., Duberstein, P., and **Kozlov, E.** (2021, November) A *Qualitative study of caregivers of*

*older adults with MCI or dementia’s experiences with an mHealth Mindfulness Intervention.* Gerontological

Society of America Annual Meeting. Virtual

**Kozlov, E,** Llaneza, D. (2021, September). *The feasibility, acceptability and preliminary efficacy*

*of mHealth mindfulness therapy for caregivers of adults with cognitive impairment.* NJ Acts

Translational Medicine and Science Symposium

**Kozlov, E,** Llaneza, D., & Dong, X. (2020, November) *MHealth mindfulness therapy for*

*caregivers of older adults with memory impairment.* Gerontological Society of America

Annual Meeting. Virtual.

**Kozlov, E.,** & Reid, MC. (2018, November). *Barriers and facilitators to providing mental health*

*care within palliative care.* Gerontological Society of America Annual Meeting. Boston, MA

**Kozlov, E.** & Carpenter, BC. (2017, July). *Piloting a web-based intervention to improve*

*knowledge of palliative care.* International Association of Gerontology and Geriatrics World

Congress, San Francisco, CA

Garrido, M., Ornstein, K., **Kozlov, E.,** Bau, Y., & Prigerson, H. (2017, June). *Evidence of*

*clinical uncertainty? Geographic variation in Benzodiazepine and Antipsychotic*

*prescriptions to patients with limited life expectancy*. Annual Research Meeting of Academy

Health, New Orleans, LA.

**Kozlov, E. (**April, 2017). *Mental healthcare within palliative care: State of the research and*

*future directions.* Invited speaker at Bronfenbrenner Center for Translational Research,

Cornell University, Ithaca, NY.

**Kozlov, E.** (May, 2017). *Mental healthcare within palliative care: State of the research and*

*future directions.* Invited speaker at the Visiting Nurse Service of New York, NY, NY

**Kozlov, E** & Carpenter, BC. (2016, November). *An Internet-Based, Multigenerational*

*Intervention to Enhance Knowledge about Care Preferences.* Symposium presented at the

Gerontological Association of America Annual Scientific Meeting, New Orleans, LA

**Kozlov, E. (**2016, August). *What is palliative care? An analysis of online information pages*

*about palliative care.* Symposium organizer and speaker at the American Psychological

Association annual meeting in Denver, CO

**Kozlov, E. (**2015, November). *Could should would: Words matter in palliative care*

*consultation recommendations.* Poster presented at the Gerontological Association of

America Annual Scientific Meeting, Orlando, FL.

**Kozlov, E. (**2014, November). *Variability in content and ecological validity of online palliative*

*care information sheets.* Poster presented at the Gerontological Association of America

Annual Scientific Meeting, Washington DC.

**Kozlov, E.** & Carpenter, B. (2014, August). *Late life family concordance on the McMaster*

*Family Assessment Device.* Poster presented at the American Psychological Association

Annual Meeting, Washington DC.

**Kozlov, E.** (2013, October). *Preparing families for late life decision-making using a web-based*

*intervention*. Discussant at Grantmakers in Aging Annual Meeting, Kansas City,MO.

**Kozlov, E.** (2013, November). *Charting the trajectory of palliative care recommendations.*

Symposium speaker at the Gerontological Society of America Annual Scientific Meeting,

New Orleans, LA.

1. Professional *(Clinical)*:

**Kozlov, E**. (2021, April). *Adapting psychotherapy and assessments for older adults.* Invitedspeaker at Mind

Strong**.**

**Kozlov, E.** (2020, January). *Age-related changes to sleep.* Invited speaker to Princeton Senior

Living Center.

**Kozlov, E**. (2019, June). *Age-related sleep changes – what’s normal and what’s not.* Invited

speaker at the Overlook Medical Center’s Geriatric Symposium.