

ELISSA KOZLOV, Ph.D.
Instructor, School of Public Health
Rutgers University, Biomedical and Health Sciences
Licensed Clinical Psychologist, NY, NJ
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Education

- 9/16 – 5/19 **T32 Post-Doctoral Fellow – Behavioral Geriatrics**
Weill Cornell Medical College
Division of Geriatrics and Palliative Medicine
Center for Research on End of Life Care
- 8/16 **Ph.D. in Psychology**
Washington University, St. Louis, MO (APA-accredited)
Areas of Concentration: Clinical, Aging and Development
Dissertation: “Developing and Validating the Palliative Care Knowledge Scale (PaCKS)”
- 9/15 – 8/16 **Clinical Psychology Pre-Doctoral Internship – Geropsychology Track**
Psychology Service, Veteran Affairs Palo Alto Health Care System
- 5/12 **Master of Science in Psychology**
Washington University, St. Louis, MO (APA-accredited)
- 5/08 **Bachelor of Arts**
Wesleyan University, Middletown, CT
Majors: Psychology (Honors), Theater
Thesis: “Aging While Incarcerated: A Qualitative Study of Geriatric Prisoners in America”

Professional Interests

- Palliative Care, Geriatrics and Mental Health
- Intervention Development, Dissemination and Implementation
- Technology and Health

Funding History

- 5/2021 **National Institute of Aging, Beeson K76 Grant Score: 20**
- 7/2019-6/2021 **KL2, New Jersey Alliance for Clinical and Translational Science, *Piloting an mHealth mindfulness therapy intervention to alleviate symptoms of stress for caregivers of older adults with cognitive impairment***
- 2016-2019 **T32 Fellowship in Behavioral Geriatrics**, National Institute on Aging, Weill Cornell Medicine
- 2014 - 2015 **Dissertation Fellowship**, Washington University
- 2014 **Dissertation Grant**, Washington University Psychology Department
- 2010 - 2012 **Aging and Development Training Grant Fellowship**, National Institute on Aging, Washington University in St. Louis
- 2007 **Davenport Thesis Scholarship**, Wesleyan University, *Aging While Incarcerated: A Qualitative Study of Growing Old in America’s Prisons.*

Peer - Reviewed Publications

Kozlov, E., McDarby, M., Llaneza, D., Dong, X., & Duberstein, P. The feasibility, acceptability and preliminary efficacy of an mHealth mindfulness therapy for caregivers of adults with cognitive impairment. *Aging and Mental Health*. (In press).

Kozlov, E., McDarby, M., Llaneza, D., Dong, X., & Duberstein, P. The feasibility, acceptability and preliminary efficacy of an mHealth mindfulness therapy for caregivers of adults with cognitive impairment. *Aging and Mental Health*. (In Press)

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. *JMIR Formative Research*. (In Press)

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).

Navid, P...**Kozlov, E...**& Goyal, P. Attitudes Towards Deprescribing Among Adults with Heart Failure with Preserved Ejection Fraction. *JAGS*. (In Press).

Sirey, J., & **Kozlov, E.** Getting by with a little help from our peers. *Am J Geriatr Psychiat*. (In Press).

Kozlov, E...& Owen, J., Assessing the reach, use, and impact of a free mHealth mindfulness app in the general population. *JMIR*. (In press).

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*. (In Press).

McDarby, M., Llaneza, D, George, L, & **Kozlov E.** Mobile applications for advance care planning: A comprehensive review of features, quality, content and readability. *Am J Hosp Palliat Med*. (In Press).

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. *Palliat Support Care*. (In Press).

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 Ment Health*. (In Press).

Kozlov E, Dong X, Kelley A & Ankuda C. The epidemiology of depression in the last year of life. *J Am Geriatr Soc*. (In Press).

Shen, M., Gonzales, C., Leach, B., Maciejewski, 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. *Palliat Support Care*. (In Press).

Kozlov, E., Phongatel, V.... Reid, MC. Prevalence, severity, and correlates of symptoms of anxiety and depression at the very end of life. *J Pain Sympt Mgmt*. (In Press).

Chamberlin, P., Lambden, J., **Kozlov, E...**Prigerson, H. Clinicians' perceptions of futile or potentially inappropriate care and associations with avoidant behaviors. *J Palliat Med*. (In Press)

Lambden, J., Chamberlin, P., **Kozlov, E...**Prigerson, H. Association of clinician burnout with perceived provision of futile or potentially inappropriate care. *Am J Hosp Palliat Med*. 2018. DOI: 10.1177/1049909118792517.

May 2021

Kozlov, E, Cai, A, Sirey, JA, Ghesquiere, A, & Reid, MC. Identifying palliative care needs among older adults in a non-clinical setting. *Am J Hosp Palliat Med*. 2018;35(12):1477-1482.

Kozlov, E., & Reid, MC. Developing mHealth applications for older adults with pain: Seek out the stakeholders! *Pain Med*.2018;19(6):1107-1108.

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 Intern Med*. 2018;178(6):830-839.

Kozlov E, Eghan C, Moran S, Herr K, Reid MC. Palliative care providers' practices surrounding psychological distress screening and treatment: A national survey. *Am J Hosp Palliat Med*. 2017;35(7): 938-944.

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. *Am J Hosp Palliat Med*. 2018;35(7): 929-937.

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. *Am J Hosp Palliat Med*. 2018;35(3):505-510.

Kozlov E, McDarby M, Reid MC, Carpenter BD. Knowledge of palliative care among community-dwelling adults. *Am J Hosp Palliat Med*. 2017;35(4):647-651.

Kozlov E, Reid MC, Carpenter BD. Improving patient knowledge of palliative care: A randomized controlled intervention study. *Patient Educ Couns*. 2017;15(5):524-534.

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. *Am J Hosp Palliat Med*. 2018;35(3):431-439.

Kozlov E, Ph D, Carpenter BD, Rodebaugh TL, Ph D. Development and validation of the Palliative Care Knowledge Scale (PaCKS). *Palliat Support Care* 2017;15(5):524-534.

Spalding R, **Kozlov E**, Carpenter BD. Words matter: Diction in electronic communication influences palliative care consultation implementation. *Int J Aging Hum Dev*. 2017;85(1):123-130.

Kozlov E, Carpenter BD. "What is Palliative Care?": Variability in content of palliative care informational web pages. *Am J Hosp Palliat Med*. 2017;34(3):241-247.

Kozlov E, Carpenter BD, Thorsten M, Heiland M, Agarwal A. Timing of palliative care consultations and recommendations: Understanding the variability. *Am J Hosp Palliat Care*. 2015;32(7):772-775.

Kozlov E, Carpenter BD, Thorsten M, Heiland M, Agarwal A. Palliative care consultation trajectories. *Am J Hosp Palliat Med*. 2014;31(4):459-463.

Manuscripts in Submission

George, L., ...**Kozlov, E.**, et al. Interventions to Improve Prognostic Understanding in Advanced Stages of Life-Limiting Illness: A Systematic Review. *Journal of Pain and Symptom Management*. (revise and resubmit)

Kozlov, E., Duberstein, P., Ankuda, C. The double impact of depression and hardship during Covid-19 in older adults: A national study. *Annals of Epidemiology*. (under review)

Book Chapters

May 2021

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

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).

Clinical Experience

01/18 - present	Private Practice Provide individual, video-based psychotherapy to adults with anxiety, depression, caregiver-burden, and difficulty adjusting to various life stressors.
08/15 – 09/16	Clinical Geropsychology Internship (APA-accredited) Veterans Affairs Palo Alto Health Care System <u>Clinical Rotations:</u> Hospice and Palliative Care, Home-Based Primary Care, Men's Inpatient PTSD, Acute Inpatient Psychiatry, Family Therapy.
09/11 – 08/15	Clinical Practicum Trainee Washington University Psychological Services Center, St. Louis, MO Provided outpatient psychotherapy and assessment for individuals.
09/11 – 08/15	Neuropsychology Assistant Washington University Psychological Services Center, St. Louis, MO Provided neuropsychological assessment for adolescents and adults.
09/13 – 08/14	Clinical Practicum Trainee St. Louis Veterans Affairs, Community Living Center Provided inpatient psychotherapy and assessment of cognitive status.
09/13-12/13	Clinical Practicum Trainee Washington University Sleep Center, St. Louis, MO Provided outpatient psychotherapy, behavioral management strategies, CPAP desensitization, relaxation training and CBT-I.
12/13-12/14	Clinical Practicum Trainee Siteman Cancer Center, St. Louis, MO Provided inpatient and outpatient therapy for individuals with cancer and their families. Co-facilitated a weekly CBT for Stress Management group.
09/12-08/13	Clinical Practicum Trainee St. Louis Veterans Affairs, Palliative Care Consultation Team Provided inpatient and outpatient psychotherapy. Co-facilitated a Mindfulness Based Meditation group for outpatients.

Selected Professional Presentations

Kozlov, E. (2021, April). *Adapting psychotherapy and assessments for older adults*. Invited speaker 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.

Kozlov, E., & Reid, MC. (November, 2018). *Barriers and facilitators to providing mental health care within palliative care*. Gerontological Society of America Annual Meeting. Boston, MA.

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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*. Guest 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*. Guest 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.

Awards

2017	Student Research Paper Award , Society of Clinical Geropsychology
2013	Invited Fellow & Travel Awardee , Grantmakers in Aging
2013	Association of Women Faculty Graduate Student Award (Nominee) , Washington University
2008	Community Service and Outreach Award , Wesleyan University

Professional Activities and Memberships

2018 - present	Palliative Care and Geriatrics Early Researchers NYC , co-Founder <ul style="list-style-type: none">□ Developed the first ever interdisciplinary early career researchers in palliative care and geriatrics collaborative in NYC. Researchers across Mt. Sinai, Weill Cornell, NYU and Memorial Sloane Kettering meet bi-monthly for works in progress seminars, special speakers, writing groups, networking and peer-mentorship.
2020-present	The Gerontologist , Reviewer

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2018 - 2019	Research Career Institute in the Mental Health of Aging (NIMH-funded), Participant
2018 - present	Journal of Palliative Medicine, Reviewer
2018 - present	Journal of Geriatric Psychiatry, Reviewer
2017 - present	Licensed Clinical Psychologist in New York State
Fall 2017	Palliative Care Nursing, 5th Edition, Contributor
2017 - present	Pain Medicine, Reviewer
July 2017	Rand Summer Institute. <ul style="list-style-type: none"> □ Invited and given scholarship to attend summer workshop.
May 2017	Technology and Pain in Later Life Workshop, Weill Cornell Medical College, Workshop Facilitator <ul style="list-style-type: none"> □ Facilitated interdisciplinary discussion regarding research and industry priorities in developing technologies to help older adults with chronic pain.
October 2017	Anxiety and Cancer in Late Life Workshop, Weill Cornell Medical College, Workshop Facilitator <ul style="list-style-type: none"> □ Facilitated interdisciplinary discussion regarding research priorities in anxiety for older adults with cancer.
2014-2015	YMCA Leadership Symposium, Washington University, St. Louis, MO <ul style="list-style-type: none"> □ Mentored YMCA executives to write a research-based white-paper.
2010 - Present	American Psychological Association Division 12 Section 2 (Clinical Geropsychology), Student Rep (2013-2015), Newsletter Editor (2016-present)
2010 - Present	American Psychological Association, member
2010 - Present	Gerontological Society of America (GSA), Member
2012 - Present	Hospice and Palliative Care Interest Group, GSA, Member

Teaching & Mentorship Experience

Spring 2021	HBSP0603JWEB: Mental Health and Aging, Instructor Department of Health Behavior, Society and Policy, Rutgers School of Public Health, Piscataway, NJ.
Spring 2018	HPEC 5003: Health Data for Research, Guest Lecturer Department of Health Policy, Weill Cornell Medical College, NY, NY
Spring 2018	Geriatric Residency Didactics, Psychosocial Curriculum Instructor Department of Medicine, Weill Cornell Medical College, NY, NY
Summer 2017	Summer Lecture Series for Research Interns, Instructor Department of Medicine, Weill Cornell Medical College, NY, NY
2016 - 2017	Geriatrics and Palliative Medicine, Mentor for medical students Department of Medicine, Weill Cornell Medical College, NY, NY
2014 - 2015	Psychological Services Center, Peer Mentor Department of Psychology, Washington University, St. Louis, MO
Summer 2014	Psychology 354: Abnormal Psychology, Instructor Department of Psychology, Washington University, St. Louis, MO
Spring 2014	Psychology 513: Assessment II, Teaching Assistant

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Department of Psychology, Washington University, St. Louis, MO

Fall 2013

Psychology 356: Forensic Psychology, Teaching Assistant
Department of Psychology, Washington University, St. Louis, MO

Spring 2008

Psychology 200: Statistics for Psychology, Teaching Assistant
Department of Psychology, Wesleyan University

Spring 2006

Biology 116: Aging and the Elderly, Teaching Assistant
Department of Biology, Wesleyan University

Service @ Rutgers

Rutgers Practice Based Research Network Steering Committee, member

Rutgers School of Public Health Population Aging Concentration Steering Committee,
member

Rutgers School of Public Health Academic Progressions Committee, member

Rutgers Health Aging Steering Committee, member

Rutgers Careers in Aging Week Committee, member and speaker