

KAMALA S. THOMAS, PhD, MPH

Personal Information

Address: Pitzer College, Claremont University Consortium
Department of Psychology
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Education

Postdoctoral Fellowship	Cousins Center for Psychoneuroimmunology UCLA Semel Institute for Neuroscience
Clinical Internship	APA-Approved Clinical Psychology Internship University of California, Los Angeles Neuropsychiatric Institute
Advanced Degrees	Ph.D., Clinical Psychology (Behavioral Medicine), 2007 San Diego State University/University of California, San Diego Joint Doctoral Program MPH, Health Promotion Concentration, 2006 San Diego State University M.S., Clinical Psychology, 2004 San Diego State University/University of California, San Diego Joint Doctoral Program M.A., General Experimental Psychology, 2001 California State University, San Bernardino
Baccalaureate	B.A., Psychology, 1998 California State University, San Bernardino Psychology Honors Graduate

Professional Experience

- 2009 – present Assistant Professor, Pitzer College, Department of Psychology, Claremont University Consortium
- 2009 – present Adjunct Clinical Instructor, Cousins Center for Psychoneuroimmunology, UCLA Semel Institute for Neuroscience
- 2008 – present Research Consultant, Stroke Association of Southern California

Ad Hoc Reviewer: Journals

Annals of Behavioral Medicine
Journal of Behavioral Medicine
Journal of Health Psychology
Health Psychology
Cognitive Therapy and Research

Research Grants and Fellowships

- Thomas, K. S. (2007-2009). UCLA-Cousins Center Postdoctoral Fellowship Program. *National Institute of Mental Health Postdoctoral Fellowship (T32)*. \$36,996.
- Thomas, K. S. (2002-2007). American Psychological Association Minority Fellowship Program Mental Health Research Award. *National Institutes of Mental Health Predoctoral Fellowship (F31)*. \$20,772.
- Thomas, K. S. (2002). EXPORT Grant. *San Diego EXPORT Center, National Center of Minority Health and Health Disparities, National Institutes of Health*. \$9,000.
- Thomas, K. S. (2001). University of California, San Diego Predoctoral Fellowship. *National Institutes of Health*. \$16,000.
- Thomas, K. S. (2001). Eugene Cota Robles Fellowship. *University of California, San Diego*. \$16,000.
- Thomas, K. S. (2001). California Predoctoral Scholarship. *California State University, Chancellor's Office*. \$5,500.
- Thomas, K. S. (1998). Graduate Equity Fellowship. *California State University, Chancellor's Office*. \$2,000.

Thomas, K. S. (1999). Associated Students Incorporated Research Grant. *California State University, San Bernardino*. \$500.

Thomas, K. S. (1998). Associated Students Incorporated Travel Grant. *California State University, San Bernardino*. \$400.

Thomas, K. S. (1997). Associated Students Incorporated Research Grant. *California State University, San Bernardino*. \$250.

Honors and Awards

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| 2009 | Psychoneuroimmunology Research Society Trainee Award |
| 2008 | American Psychosomatic Society Minority Initiative Award |
| 2004 | American Psychological Association Outstanding Student Poster Recognition |
| 2004 | Society of Behavioral Medicine Meritorious Student Paper Recognition |
| 2001 | Outstanding Graduate Student, California State University, San Bernardino |
| 1998 | Psychology Honors Graduate, California State University, San Bernardino |
| 1998 | Psi Chi, the National Honor Society in Psychology |
| 1997 | McNair Scholars Fellow |

Professional Affiliations

Psychoneuroimmunology Research Society

Society of Behavioral Medicine

American Psychological Association, Division 38

Professional Activities

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| 2004 – 2006 | Graduate Student Liaison, Office of Graduate Studies and Research, University of California, San Diego |
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2001 – 2006 Diversity Advisory Committee, Office of Graduate Studies and Research, University of California, San Diego

1997 – 1998 Mentor, Learners Enroute Toward Success, Pomona, California.

Research Interests

Influence of Chronic Stress on Depression, Sympathetic Nervous System, and Neuroendocrine Activity in Women

Management of Chronic Illness in Patients and their Families

Influence of Culture, Ethnicity, and Socioeconomic Status on Health

Clinical Experience

2009 – present Adjunct Clinical Instructor, UCLA Neuropsychiatric Institute, Los Angeles, CA

2006 – 2007 Health and Behavior Psychology Intern, UCLA Neuropsychiatric Institute, Los Angeles, CA
Supervisors: David Wellisch, Ph.D. and Gail Wyatt, Ph.D.

2004 – 2005 Clinical trainee, University of California San Diego Veteran's Affairs Health System Sleep Disorders Clinic, San Diego, CA
Supervisor: Sonia Ancoli-Israel, Ph.D.

2003 – 2004 Clinical trainee, University of California San Diego Mission Valley Veterans Affairs Behavioral Medicine Clinic, San Diego, CA
Supervisor: Ariel Lang, Ph.D.

2002 – 2003 Student Therapist, San Diego State University Psychology Clinic, San Diego, California.
Supervisors: Rick Shulte, Ph.D. and Linda Gallo, Ph.D.

Research Experience

2007 – present Principle Investigator, Prostate Cancer Partners Study: A Study of Depression, HPA Activity, Inflammation, and Sleep in Partners of Men with Prostate Cancer

- 2008 – present Principle Investigator, Three Component Intervention for Post-Stroke Depression
- 2002 – 2007 Research Assistant, Stress Physiology Lab, UCSD Department of Psychiatry
Faculty Mentor: Joel Dimsdale, M.D.
- 2002 – 2003 Assistant to the Associate Editor, Psychology of Women Quarterly
Supervisor/Associate Editor: Hope Landrine, Ph.D.
- 2001 – 2002 Research Assistant, Behavioral Health Institute, SDSU/UCSD
Joint Doctoral Program in Clinical Psychology
Faculty Mentors: Elizabeth Klonoff, Ph.D and Hope Landrine, Ph.D.
- Summer, 2000 California Predoctoral Program Summer Research Internship, San Diego State University, San Diego, California.
Faculty Mentor: Vanessa Malcarne, Ph.D.
- 1998 – 1999 Research Assistant, Orange County Social Service Agency, Santa Ana, California.
Supervisor: Diane Halpern, Ph.D.
- Summer, 1997 McNair Scholars Program Summer Research Internship, California State University, San Bernardino.
Faculty Mentor: Michael Lewin, Ph.D.

Additional Training

- Summer, 2007 Pittsburgh Mind-Body Summer Institute
Interventions: Reducing Risk and Promoting Adjustment to Disease
- Summer, 2008 Pittsburgh Mind-Body Summer Institute
Basic Pathways Linking Behavior and Disease

Teaching Experience

- 1999 – 2000 Teaching Assistant, Experimental Psychology Lab, California State University, San Bernardino.
- 1999 Teaching Assistant, Lecturer, Psychology 115: Personal and Social Adjustment, California State University, San Bernardino.

Published Manuscripts

Thomas, K. S., Motivala, S., Olmstead, R., Irwin (in press). Relationship of Monocyte Cellular Expression of Interleukin-6 and Sleep Architecture. *Brain, Behavior, and Immunity*.

Thomas, K. S., Bower, J., Hoyt, M., Sepah, S. (in press). Disrupted sleep in breast and prostate cancer patients undergoing radiation therapy: The role of coping processes. *Psycho-Oncology*.

O'Connor, M. F., Bower, J., Cho, J., Creswell, D., Hoyt, M. A., Martin, J. L., Robles, T., Sloan, E., Thomas, K. S., Irwin, M. (in press). To assess, to control, to exclude: Investigating inflammatory markers for biobehavioral researchers. *Brain, Behavior, and Immunity*.

Thomas, K. S., Nelesen, R. A., Ziegler, M. G., Natarajan, L., Dimsdale, J. E. (2009). Influence of education and neighborhood poverty on pressor responses to phenylephrine in African Americans and Caucasian Americans. *Biological Psychology*, 82 (1), 18-24.

Hoyt, M. A., Thomas, K. S., Ernstein, D. R., Dickenson, S. R. (2009). Coping Style and sleep quality in men with cancer. *Annals of Behavioral Medicine*, 37 (1), 88-93.

Nelesen, R. A., Dar, Y., Thomas, K. S., Dimsdale, J. E. (2008). The relationship between fatigue and cardiac functioning. *Archives of Internal Medicine*, 168 (9), 943-9.

Lim, W., Thomas, K. S., Bardwell, W. A., Dimsdale, J. E. (2008). Which measures of obesity are related to depression and in whom? *Psychosomatics*, 49 (1), 23-8.

Bardwell, W. A., Burke, S. C., Thomas, K. S., Carter, C., Weingart, K., Dimsdale, J. E. (2006). Fatigue varies by social class in African-Americans, but not Caucasian-Americans. *International Journal of Behavioral Medicine* 13(2), 252-8.

Thomas, K. S., Nelesen, R. A., Malcarne, V., Ziegler, M. G., Dimsdale, J. E. (2006). Ethnicity, perceived discrimination, and alpha-adrenergic responsiveness. *Psychosomatic Medicine*, 68, 692-7.

Thomas, K. S., Bardwell, W. A., Ancoli-Israel, S., Dimsdale, J. E. (2006). The toll of ethnic discrimination on sleep architecture and fatigue. *Health Psychology*, 25 (5) 635-42.

Lim, W., Thomas, K. S., Dimsdale, J. E. (2006). *Pain Management*. William's Hematology, seventh edition.

Landrine, H., Klonoff, E. A., Fernandez, S., Kashima, K., Parekh, B., Hickman, N., Thomas, K., Brouillard, C., Zolezzi, M., Jensen, J., & Weslowski, Z. (2005). Cigarette advertising in Black, Latino, and White magazines, 1998-2002. *Ethnicity and Disease, 15*(1), 63-7.

Thomas, K. S., Nelesen, R. A., Ziegler, M. G., Bardwell, W. A., Dimsdale, J. E. (2004). Job strain, ethnicity, and sympathetic nervous system activity. *Hypertension, 44* (6), 891-6.

Thomas, K. S., Nelesen, R. A., Dimsdale, J. E. (2004). Relationships between hostility, anger expression, and nocturnal blood pressure dipping in an ethnically diverse sample. *Psychosomatic Medicine, 66*(3), 298-304.

Thomas, K. S., Bardwell, W. A., Malcarne, V., Dimsdale, J. E. (2004). Effect of demographic factors on ethnic experience. *Journal of Applied Biobehavioral Research, 9* (2) 65-79.

Klonoff, E. A., Landrine, H., Kashima, K., Parekh, B., Fernandez, S., Hickman, N., Thomas, K., Brouillard, C., Zolezzi, M., Jensen, J., & Weslowski, Z. (2004). Preliminary investigation of the advertising and availability of the new “safe” tobacco products. *Journal of Behavioral Medicine, 27*(4), 413-24.

Manuscripts in Preparation or Under Review

Thomas, K. S., Bower, J., Irwin, M. (in preparation). Depression and inflammation in normal and chronically ill populations: A meta-analysis.

Abstracts and Academic Presentations

Thomas, K. S., Wellisch, D., Freeman, R. (March, 2010). *Social Isolation mediates changes in depressive symptoms following participation in a 20-week support group*. Poster presented at the annual meeting of the American Psychosomatic Society.

Thomas, K. S., Motivala, S., Olmstead, R., Irwin (June, 2009). *Relationship of Monocyte Cellular Expression of Interleukin-6 and Sleep Architecture*. Paper presented at the annual meeting of the Psychoneuroimmunology Research Society.

Thomas, K. S. & Bower, J. (March, 2008). *Control appraisals and coping strategies predict changes in behavioral disturbances in men undergoing radiotherapy for prostate cancer*. Poster presented at the annual meeting of the American Psychosomatic Society.

Thomas, K. S., Nelesen, R. A., Dimsdale, J. E. (March 2006). *Impact of Education, Perceived Stress, and Ethnicity on Cardiovascular and Sympathetic Functioning*. Poster presented at the annual meeting of the American Psychosomatic Society.

Thomas, K. S., Nelesen, R. A., Bardwell, W. A., Dimsdale, J. E. (March, 2005). *Relationship between depression and pressor sensitivity*. Poster presented at the annual meeting of the American Psychosomatic Society.

Thomas, K. S., Nelesen, R. A., Bardwell, W. A., Dimsdale, J. E. (July, 2004). *Job demands, decisional control, and vascular reactivity in African Americans and Caucasian Americans*. Outstanding student poster presented at the annual meeting of the American Psychological Association.

Thomas, K. S., Nelesen, R. A., Dimsdale, J. E. (March, 2004). *Effects of ethnicity and discrimination on pressor sensitivity*. Poster presented at the annual meeting of American Psychosomatic Society.

Thomas, K. S., Bardwell, W. A., Dimsdale, J. E. (March, 2004). *Relationships between ethnic identity, sleep architecture, and fatigue*. Meritorious Student Paper presented at the annual meeting of the Society of Behavioral Medicine.

Thomas, K. S., Malcarne, V., Dimsdale, J. (March, 2003). *Ethnic identity differences between black and white students and non-students*. Poster presented at the annual meeting of the American Psychosomatic Society.

Thomas, K. S., Fernandez, S., Klonoff, E., & Landrine, H. (November, 2002). *Ethnic differences in cigarette smoking among college students: Examining the role of racism*. Poster presented at the 2002 National Conference on Tobacco or Health.

Landrine, H., Klonoff, E., Kashima, K., Parekh, B., Fernandez, S., Hickman, N., Thomas, K., Brouillard, C., Zolessi, M., Jensen, J., & Weslowski, Z. (2002, Invited). *Preliminary investigation of the marketing and availability of the new tobacco-related products*. Paper presented at National Conference on Tobacco or Health, San Francisco, CA, November 19, 2002.

Landrine, H., Fernandez, S., Thomas, K., Klonoff, E. A., & Parekh, B. (2001). *Experimental analysis of minors' access to tobacco*. Paper presented at the Tobacco-Related Disease Research Program AIM Conference, Los Angeles, CA, December 4-6, 2001.

Thomas, K. S. & Malcarne, V. (January, 2000). *Perceived discrimination as a predictor of depressive and anxious symptoms: Direct and moderating relationships*. Poster presented at the annual APA Multicultural Conference.

Thomas, K. S. & Lewin, M. R. (November, 1999). *Predictors of fear and worry in a sample of African-American and Caucasian-American college students*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy.

Thomas, K. S. & Lewin, M. R. (April, 1999). *Cultural conditioning and the differential report of anxiety symptoms*. Poster presented at the annual meeting of the Western Psychological Association.

Thomas, K. S. & Lewin, M. R. (April, 1998). *Differences in the report of anxiety across cultures*. Poster presented at the annual meeting of the Western Psychological Association.

Thomas, K. S. & Lewin, M. R. (November, 1997). *The assessment of fear, anxiety, and worry in a sample of African-Americans, Asian-Americans, Hispanics, and Caucasians*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy.