

UNIVERSITY OF PENNSYLVANIA – SCHOOL OF MEDICINE  
Curriculum Vitae

Date: September 15, 2023

Steven L. Sayers, Ph.D.

Office Address: MIRECC/116  
Corporal Michael J. Crescenz (CMC) VA Medical Center  
3900 Woodland Avenue  
Philadelphia, PA 19104  
215-823-5800 (ext 5196)  
215-823-4123 (fax); ssayers@pennmedicine.upenn.edu

If you are not a U.S. Citizen or holder of a permanent visa, please indicate the kind of visa you have:  
Not applicable

Education:

9/78 – 6/82	BA	University of South Florida, Tampa (Psychology)
9/82 – 12/85	MA	University of North Carolina, Chapel Hill (Clinical Psychology)
7/87 – 6/88		Clinical Psychology Internship, Department of Psychiatry Temple University Health Science Center
9/86 – 6/90	PhD	University of North Carolina, Chapel Hill (Clinical Psychology, minor emphasis in Quantitative Psychology)

Postgraduate Training and Fellowship Appointments:

7/2003	Summer Research Institute in Geriatric Psychiatry, Los Angeles, CA Sponsored by National Institute of Mental Health
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Military Service: None

Faculty Appointments:

3/89 – 6/90	Instructor of Psychiatry, Department of Psychiatry MCP Hahnemann University Philadelphia, PA
7/90 – 1/2000	Assistant Professor of Psychiatry, Department of Psychiatry MCP Hahnemann University (later part of Allegheny University of the Health Sciences) Philadelphia, PA
8/98 – 1/2000	Adjunct Assistant Professor of Psychology, Department of Clinical and Health Psychology MCP Hahnemann University Philadelphia, PA
7/2001 – 6/2010	Assistant Professor of Psychology in Psychiatry at the CMC Veterans Affairs Medical Center Department of Psychiatry University of Pennsylvania School of Medicine Philadelphia, PA
7/2004–6/2007	Assistant Professor of Psychology in Medicine Department of Medicine University of Pennsylvania School of Medicine Philadelphia, PA

7/2010 – present Associate Professor of Psychology in Psychiatry at  
the Corporal Michael Crescenz Veterans Affairs Medical Center  
Department of Psychiatry  
University of Pennsylvania School of Medicine  
Philadelphia, PA

Hospital and Administrative Appointments:

3/89 – 7/95 Coordinator of Psychological Testing, Department of Psychiatry  
Eastern Pennsylvania Psychiatric Institute, MCP Hahnemann  
University  
Philadelphia, PA

7/88 – 3/89 Research Associate and Staff Psychologist  
David D. Burns, M.D. and Associates  
Behavioral Sciences Research Foundation, Presbyterian Hospital  
Philadelphia, PA

7/92 – 8/99 Director of the Marital and Family Therapy Program  
Department of Psychiatry  
Eastern Pennsylvania Psychiatric Institute  
MCP Hahnemann University  
Philadelphia, PA

7/95 – 8/99 Director of the Clinical Psychology Pre-Doctoral Internship  
Department of Psychiatry  
Eastern Pennsylvania Psychiatric Institute  
MCP Hahnemann University  
Philadelphia, PA

6/2000 – 7/2001 Senior Research Investigator  
Department of Psychiatry  
University of Pennsylvania  
Philadelphia, PA

6/2000 – 12/2008 Investigator and Senior Research Coordinator,  
Mental Illness Research, Education, and Clinical Center  
CMC Veterans Affairs Medical Center  
Philadelphia, PA

10/2000 - present Clinical Psychologist, credentialed  
Behavioral Health Service  
CMC Veterans Affairs Medical Center  
Philadelphia, PA

12/2008–12/2014 Co-Associate Director for Education,  
Mental Illness Research, Education, and Clinical Center  
CMC Veterans Affairs Medical Center  
Philadelphia, PA

8/2008 – present Director, Advanced Fellowship Program in Mental Illness Research  
and Treatment (Psychology)  
Mental Illness Research, Education, and Clinical Center of VISN 4  
CMC Veterans Affairs Medical Center  
Philadelphia, PA

Other Appointments:

None

Specialty Certifications:

None

Licensure:Psychologist - PS-005882-L  
Pennsylvania, December 1990Awards, Honors and Membership in Honorary Societies:

1981	National Honor Society in Psychology
1982	Phi Kappa Phi
2015	Finalist, 19th Annual Books for a Better Life Awards (Relationships category), The National MS Society for: Coming back together: A Guide to Successful Reintegration After Your Partner Returns from Military Deployment. by S. L. Sayers. Oakland, CA: New Harbinger Publications.
2023	Psychologist of the Year Award, Society for Couple and Family Psychology, Division 43 of the American Psychological Association

Membership in Professional & Scientific Societies and Other Professional Activities:

International: Association for Behavioral and Cognitive Therapies (formerly known as the Association for the Advancement of Behavior Therapy, AABT), 11/1994 – present  
AABT Couples Research and Therapy Special Interest Group (Co-President, 11/1996 – 11/1998)

National: American Psychological Association, Member 1996 – present  
Society for Behavioral Medicine, member 2/2003 – 12/2008  
Liaison for APA Division 43 (Society for Family Psychology) and the Couples Research and Therapy Special Interest Group of the Association for Behavioral and Cognitive Therapies, 1/2004 – 1/2008  
Relational Processes in the DSM-V Committee Member, 9/2005 – 2009  
Invited Federal testimony to the Senate Veterans Affairs Committee Hearing “Caring for the Families of Wounded Warriors”, March 11, 2008, Washington, DC. Senator Daniel Akaka, D-Hawaii, Chair. (<http://veterans.senate.gov>)  
Standing member, HSR&D Scientific Merit Review Board HSR 7, 6/2014 – 6/2018  
Ad hoc review member, HSR&D Scientific Merit Review Board HSR 1, 3/2017  
Vice-President for Science, American Psychological Association, Division 43 (Society for Couple and Family Psychology) 8/2017 – 8/2020  
Member, Joint Veterans Affairs/Department of Defense workgroup: Integrated Mental Health Strategy, Strategic Action #17: Family Members’ Roles. Workgroup focused on the development of clinical services for military service members participating in the conflicts in Iraq and Afghanistan, 2011 – 2015

Local: Philadelphia Behavior Therapy Association (Treasurer, 6/1994 – 9/1999)

Editorial Positions:

Editorial Board, Journal of Family Psychology, 2016 – current  
Editorial Advisory Board, Clinical Psychology Review, 1997 – 2011  
Editorial Board, Couple and Family Therapy: Research and Practice, 2020 – current  
Special Issue Editor, Clinical Psychology Review, Vol. 18, #6, 1998  
Special Issue Co-editor, Family Systems and Health, Vol. 28, #2, 2010  
Special Section Co-editor, Journal of Family Psychology, 2016-2017  
Special Issue Editor, Couple and Family Therapy: Research and Practice, 2021-2022

Ad Hoc reviewership:

Clinical Psychology Review, 1995 – present

Journal of Family Psychology, 2000 – present  
 Cognitive Therapy and Review, 2003 – present  
 Journal of Marital and Family Therapy, 2003 – present  
 International Journal of Geriatric Psychiatry, 2004, 2006  
 Cardiac Nursing: A Companion to Baunwald's Heart Disease, 2005  
 Family Practice, 2006  
 Journal of Cardiovascular Nursing, 2006 – present  
 Psychological Assessment, 2007  
 Journal of Consulting and Clinical Psychology, 2007 – present  
 Journal of Cardiac Failure, 2009  
 Psychological Trauma: Theory, Research, Practice, and Policy, 2013-present  
 American Psychologist, 2017  
 Couple and Family Psychology: Research and Practice, 2017-present  
 Journal of Relationships Research, 2017-present  
 Psychological Bulletin, 2020 – present

Academic and Institutional Committees:

1/2008 – present Veterans Affairs Behavioral Health Grand Rounds Committee  
 (Director), CMC Veterans Affairs Medical Center, Philadelphia, PA  
 9/2008 – 9/2010 Member, Research Advisory Committee, VISN (Network) 4, Veterans  
 Health Administration, Department of Veterans Affairs, Philadelphia, PA  
 1/2009 – 2010 Member, Outreach Oversight Committee, VISN (Network) 4, Veterans  
 Health Administration, Department of Veterans Affairs, Philadelphia, PA  
 7/2012 – 12/2020 Member, Institutional Review Board #2, CMC Veterans Affairs  
 Medical Center, Philadelphia, PA

Major Teaching and Clinical Teaching Responsibilities:

1. Psychiatric Interviewing and the Mental Status Exam, 5 hours, group leader and preceptor, Department of Psychiatry, University of Pennsylvania, Spring (2001, 2002).
2. Psychology of Close Relationships– Course Instructor for PSYC 270-302, Department of Psychology, University of Pennsylvania, Fall semester 5 hours/week, 13 weeks (2002).
3. Research mentor – 2-3 hours per week, 1 student in the NIDA Summer Research Program, Department of Psychiatry, University of Pennsylvania, (June – Aug, 2002)
4. Research Mentorship of Post-doctoral Fellow (Dr. Tomcho) in the VA Special Fellowship for Advanced Psychology, CMC VA Medical Center, Philadelphia, PA (September 2004 – August 2006).
5. Health Psychology II (Course # PS803) Instructor, Department of Social Sciences, University of the Sciences of Philadelphia, Philadelphia, PA (September 2004 – December 2004; September 2005 – December 2005).
6. Research mentor – 2 hours per month, students conducting senior theses, masters' theses, or doctoral dissertations, Department of Psychology, University of Pennsylvania. Current student: Rachel Simmons, MA. (Fall, 2005 – present).
7. Graduate student couple therapy clinical practicum supervisor 4 hours/ week, Behavioral Health, CMC VA Medical Center, Philadelphia, PA (Fall, 2006-present).
8. Brain and Behavior (MOD200B), Supervisor for Substance Abuse Interviews at the CMC VA Medical Center, Department of Psychiatry, University of Pennsylvania, Philadelphia, PA (April 5, 2006).
9. Course Director, VA Psychiatry CME Grand Rounds; 10 hours/month (December 2006 – present).
10. Brain and Behavior (MOD200B), Supervisor for Substance Abuse Interviews at the CMC VA Medical Center, Department of Psychiatry, University of

- Pennsylvania, Philadelphia, PA (April 6, 2007).
11. Coordinator, Couple Therapy Program, CMC VA Medical Center, Philadelphia, PA (2007 – 2022).
  12. Brain and Behavior (MOD200B), Supervisor for Substance Abuse Interviews at the Philadelphia VA Medical Center, Department of Psychiatry, University of Pennsylvania, Philadelphia, PA (April 11, 2008).
  13. Brain and Behavior (MOD200B), Supervisor for Substance Abuse Interviews at the CMC VA Medical Center, Department of Psychiatry, University of Pennsylvania, Philadelphia, PA (April 15, 2009).
  14. Research Advisory Committee member – 4 hours per year, Department of Psychology, University of Pennsylvania. Current student: Eliora Porter, MA. (May 2013 – May 2015).
  15. Center for Couples and Adult Families, University of Pennsylvania Health System. Training faculty. (September 2015 – June 2017).
  16. Cohen Center for Military Families, University of Pennsylvania Health System. Training faculty. (March 2017 – present).
  17. Mental Health Clinic, Philadelphia, VA Medical Center, Philadelphia, PA. 2 afternoons per week, Couple and Family Therapy (2001-present).
  18. Couple Therapy in-service course, CMC VA Medical Center, Philadelphia, PA. Mental Illness, Research, and Clinical Center: 16 hours each fall and winter (September – January, 2007 – present).

Lectures by Invitation (Past 5 years):

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| February 1, 2018  | “Engaging Relatives in Supporting Veteran Mental Health Recovery.” Invited national webinar co-presented with Shirley Glynn, Ph.D., for Employee Education Services, Veterans Health Administration, Department of Veterans Affairs, St. Louis, MO. |
| March 9, 2018     | “Expanding Telephone-based Coaching for Family Members Encouraging a Military Veteran to Seek Mental Health Care”. Invited presentation to the Psychology Services at the Ralph H. Johnson VA Medical Center, Charleston, SC.                       |
| August 10, 2019   | “Telephone-based coaching for CRAFT with family members of military Veterans.” Invited symposium presentation at the Annual Convention of the American Psychological Association, Chicago, IL.  |
| November 23, 2019 | “Telephone-based coaching using CRAFT for intimate partners of military Veterans.” Invited symposium presentation at the Annual Convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.                                  |
| November 24, 2019 | “Emerging research among military couples: Novel investigations and unique considerations.” Invited symposium discussant presentation at the Annual Convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.              |
| November 22, 2020 | “A feasibility pilot study of an intervention to encourage Veterans with PTSD to initiate treatment” Invited symposium presentation at the Annual Convention of the Association for Behavioral and Cognitive Therapies, virtual conference.         |
| May 14, 2021      | “Veteran Mental Health” Q&A presentation recorded for “A Little Health For Our Friends Podcast.” <a href="https://www.alittlehelpforourfriends.com/episode-29.html">https://www.alittlehelpforourfriends.com/episode-29.html</a>                    |
| May 19, 2021      | “Coaching Into Care (CIC): The role of CIC and family members in suicide prevention for Veterans not engaged in care” Invited remote presentation for the   |

2021 DOD/VA Suicide Prevention Conference. Department of Defense Suicide Prevention Office and Office of Mental Health and Suicide Prevention. Washington, DC.

- August 23, 2021 “Coaching Into Care: A VA service to help family members encourage Veterans in their family to seek mental health care” Invited national presentation to the National Mental Health & Suicide Prevention ECHO: Mental Health Series, Department of Veterans Affairs.
- February 8, 2022 “High Conflict and Disengaged Couples; Empathic Joining with Challenging Cases.” Invited lecture for the Family Mental Health Program, VA San Diego Health Care System, Department of Veterans Affairs.
- May 18, 2022 Breakout session presenter for the national VA (remote) training, Measurement-Based Care (MBC): Using Patient Reported Outcome Measures (PROMs) to Enhance Mental Health Care. Presentation: “Couples Psychotherapy.” Training program was a collaborative effort of the VISN 4 Mental Illness Research, Education, and Clinical Center (MIRECC), VA Employee Education System (EES), and OMHSP Measurement-Based Care in Mental Health Initiative, Northeast Program Evaluation Center (NEPEC).
- June 11, 2022 “PTSD Resources for Family Members.” Podcast recorded presentation on “PTSD Bytes” a VA National Podcast. Developed by the National Center for PTSD, Educational Division (Palo Alto, CA), Department of Veterans Affairs.
- July 25, 2022 “Coaching Into Care: A VA Resource to Encourage Veterans to Seek Mental Health Care and Prevention” Invited online, national presentation to the Advanced Family Topics seminar, Family Program, Office of Mental Health Services and Suicide Prevention, Department of Veterans Affairs, Washington, DC.
- May 9, 2023 “Coaching Into Care: A National CA Call Center for Family and Friends of Veterans.” National, remote invited presentation for the monthly webinar series of the Psychosocial Rehabilitation and Recovery Services Section, Office of Mental Health & Suicide Prevention and the VISN 5 Mental Illness Research Education and Clinical Center (MIRECC), Department of Veterans Affairs.
- June 14, 2023 “Coaching Into Care: A VA Resource for Family, Friends and Supporters of Veterans Needing Mental Health Care.” Online, remote presentation to The Battle Within (Veterans service organization).
- June 14, 2023 “Measurement-based care with couples: Measures, Strategies, and Special issues.” National invited lecture for the MBC Monthly check-in series, Measurement Based Care Initiative, Office of Mental Health and Suicide Prevention, Department of Veterans Affairs.
- June 16, 2023 “Coaching Into Care: A VA Resource for Family, Friends and Supporters of Veterans Needing Mental Health Care.” Online, remote presentation to WoVeN (Women Veterans service organization).
- July 20, 2023 “Coaching Into Care: A VA Resource for Family, Friends and Supporters of Veterans Needing Mental Health Care.” Online, remote presentation to Caregivers on the Homefront (Veterans service organization).

- August 16, 2023 “Coaching Into Care: A National VA Call Center for Family and Friends of Veterans.” Webinar provided to the 10<sup>th</sup> Annual VA Mental Health Summit of the Central Texas Veterans Health Care System, Department of Veterans Affairs.
- August 23, 2023 “Coaching Into Care: Current Evidence and New Initiatives.” Ground Rounds (presented as a webinar), Behavioral Health Service, Corporal Michael Crescenz VA Medical Center, Philadelphia, Department of Veterans Affairs.
- August 24, 2023 “Coaching Into Care Suicide Prevention Initiative.” A remote presentation to the Office of Mental Health Services and Suicide Prevention’s Family Services Strategic Planning Meeting, Department of Veterans Affairs.

#### Organizing Roles in Scientific Meetings:

- November 15-18, 2001 Annual Meeting of the Association for the Advancement of Behavior Therapy (Member, Program Committee), Philadelphia, PA.
- November 14-17, 2002 Annual Meeting of the Association for the Advancement of Behavior Therapy (Symposium Chair), Reno, NV.
- November 20-23, 2003 Annual Meeting of the Association for the Advancement of Behavior Therapy (Member, Program Committee), Boston, MA.
- November 18-21, 2004 Annual Meeting of the Association for the Advancement of Behavior Therapy (Member, Program Committee), New Orleans, LA.
- November 17-20, 2005 Annual Meeting of the Association for Behavioral and Cognitive Therapies (formerly known as the Association for the Advancement of Behavior Therapy), (Member, Program Committee), Washington, DC.
- November 16-19, 2006 Annual Meeting of the Association for Behavioral and Cognitive Therapies, (Member, Program Committee), Chicago, Ill.
- March 23, 2007 Society for Behavioral Medicine Annual Meeting, (Member, Program Committee), Washington, DC.
- November 15-18, 2007 Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- November 13-16, 2008 Annual Meeting of the Association for Behavioral and Cognitive Therapies, (Member, Program Committee), Orlando, FL.
- November 19-22, 2009 Annual Meeting of the Association for Behavioral and Cognitive Therapies, (Member, Program Committee), New York, NY.
- November 18-21, 2010 Annual Meeting of the Association for Behavioral and Cognitive Therapies, (Member, Program Committee), San Francisco, CA.
- November 10-13, 2011 Annual Meeting of the Association for Behavioral and Cognitive Therapies, (Member, Program Committee), Toronto, Canada.
- November 15-18, 2012 Annual Meeting of the Association for Behavioral and Cognitive Therapies, (Member, Program Committee), National Harbor, MD.
- November 21-24, 2013 Annual Meeting of the Association for Behavioral and Cognitive Therapies, (Member, Program Committee), Nashville, TN.
- November 20-23, 2014 Annual Meeting of the Association for Behavioral and Cognitive Therapies, (Member, Program Committee), Philadelphia, PA.
- November 12-15, 2015 Annual Meeting of the Association for Behavioral and Cognitive Therapies, (Member, Program Committee), Chicago, IL.
- October 27-30, 2016 Annual Meeting of the Association for Behavioral and Cognitive Therapies, (Member, Program Committee), New York, NY.
- November 17-21, 2022 Annual Meeting of the Association for Behavioral and Cognitive Therapies, (Member, Program Committee), New York, NY.

#### Bibliography

##### Research Publications, peer reviewed:

1. Jacobs, G. A., Jerome, A., Sayers, S. L., Spielberger, C. D.: Family smoking patterns and smoking among eighth and tenth grade students. *Applied Psychology - An International Review* 37:289-

- 299, 1988.
2. Jacobs, G. A., Neufeld, V. A., Sayers, S. L., Spielberger, C. D.: Personality and smokeless tobacco use. *Addictive Behaviors* 13:311-318, 1988.
3. Baucom, D. H., Sayers, S. L.: The behavioral observation of couples and families: Where have we lagged and what is the next step in the sequence? *Behavioral Assessment* 2:149-159, 1989.
4. Baucom, D. H., Sayers, S. L., Duhe, A.: Marital Attributions: Issues concerning attributional pattern and attributional style. *Journal of Personality and Social Psychology* 56: 596-607, 1989.
5. Baucom, D. H., Epstein, N., Sayers, S. L., Sher, T. G.: The role of cognitions in marital relationships: Definitional, methodological and conceptual issues. *Journal of Clinical and Consulting Psychology* 57:31-38, 1989.
6. Bellack, A. S., Morrison, R. L., Mueser, K. T., Wade, J. H., Sayers, S. L.: Role-play for assessing the social competence of psychiatric patients. *Psychological Assessment: A Journal of Consulting and Clinical Psychology* 2:248-255, 1990.
7. Baucom, D. H., Sayers, S. L., Sher, T. G.: Supplementing behavioral marital therapy with cognitive restructuring and emotional expressiveness training: An outcome investigation. *Journal of Consulting and Clinical Psychology* 58:636-645, 1990.
8. Sayers, S. L., Baucom, D. H.: The role of femininity and masculinity in distressed couples' communication. *Journal of Personality and Social Psychology* 61:641-647, 1991.
9. Sayers, S. L., Baucom, D. H., Sher, T. G., Weiss, R. L., Heyman, R. E.: Constructive engagement, behavioral marital therapy, and changes in marital satisfaction. *Behavioral Assessment* 13:25-49, 1991.
10. Bellack, A. S., Mueser, K. T., Wade, J. H., Sayers, S. L., Morrison, R. L.: The ability of schizophrenics to perceive and cope with negative affect. *British Journal of Psychiatry* 160:473-480, 1992.
11. Mueser, K. T., Bellack, A. S., Wade, J. H., Sayers, S. L., Rosenthal, C. K.: An assessment of the educational needs of chronic psychiatric patients and their relatives. *British Journal of Psychiatry* 160: 674-680, 1992.
12. Mueser, K. T., Bellack, A. S., Wade, J. H., Sayers, S. L., Tierney, A. M., Haas, G.: Expressed emotion, social skill, and response to negative affect in schizophrenia and schizoaffective disorder. *Journal of Abnormal Psychology* 102:338-351, 1993.
13. Sayers, S. L., Baucom, D. H., Tierney, A. M.: Sex roles, interpersonal control, and depression: Who can get their way? *Journal of Research in Personality* 27:377-395, 1993.
14. Walsh, V. L., Baucom, D. H., Tyler, S., Sayers, S. L.: The impact of message valence, focus, expressive style and gender on communication patterns among maritally distressed couples. *Journal of Family Psychology* 7:163-175, 1993.
15. Burns, D. D., Sayers, S. L., Moras, K.: Intimate relationships and depression: Is there a causal connection? *Journal of Consulting and Clinical Psychology* 62:1033-1043, 1994.
16. Heyman, R. E., Sayers, S. L., Bellack, A. S.: Global marital satisfaction vs. marital adjustment: Empirical comparison of three measures. *Journal of Family Psychology* 8: 432-436, 1994.
17. Mueser, K. T., Sayers, S., Schooler, N. R., Mance, R. M., Haas, G. L.: A multi-site investigation of the reliability of the scale for the assessment of negative symptoms. *American Journal of Psychiatry* 151:1453-1462, 1994.
18. Sayers, S. L., Bellack, A. S., Mueser, K. T., Tierney, A. M., Wade, J. H., Morrison, R. L.: Family interactions of schizophrenia and schizoaffective patients: Determinants of relatives' interactional negativity. *Psychiatry Research* 56: 121-134, 1995.
19. Sayers, S. L., Baucom, D. H.: Multidimensional scaling of spouses' attributions for marital conflicts. *Cognitive Therapy and Research* 19: 667-693, 1995.
20. Mueser, K. T., Sayers, S. L., Schooler, N. R., Mance, R. M., Haas, G. L.: "A multisite investigation of the reliability of the Scale for the Assessment of Negative Symptoms": Reply. *American Journal of Psychiatry* 153:138-139, 1996.
21. Sayers, S. L., Curran P. J., Mueser, K. T.: Factor structure and construct validity of the Scale for the Assessment of Negative Symptoms. *Psychological Assessment* 8:269-280, 1996.
22. Sayers, S. L., Kohn, C. S., Fresco, D., Bellack, A. S., Sarwer, D.: Marital cognitions and depression in the context of marital discord. *Cognitive Therapy and Research* 25:713-732, 2001.
23. Thompson, R., Katz, I. R., Kane, V. R., & Sayers, S. L.: Cause of death in veterans receiving



- general medical and mental health care. *Journal of Nervous and Mental Disease*. 190: 789-792, 2002.
24. Thompson, R., Kane, V., Sayers, S.L., Brown, G.K., Coyne, J.C., & Katz, I.R.: An assessment of suicide in an urban VA medical center. *Psychiatry: Interpersonal and Biological Processes*. 65: 326-337, 2002.
  25. Oslin, D.W., Sayers, S.L., Ross, J., Kane, V., Ten Have, T., Conigliaro, J., Cornelius, J.: Primary Care Based Telephone Disease Management for Depression and At-Risk Drinking. *Psychosomatic Medicine*. 65: 931-937, 2003.
  26. Rosenfarb, I. S., Bellack, A. S., Aziz, N., Kratz, K. M., Sayers, S. L.: Race, family interactions, and patient stabilization in schizophrenia. *Journal of Abnormal Psychology*. 113 (1): 109-115, 2004.
  27. Blanchard, J. J., Sayers, S. L., Collins, L. M., Bellack, A. S.: Affectivity in the problem-solving interactions of schizophrenia patients. *Schizophrenia Research*. *Schizophrenia Research*. 69 (1) 105-117, 2004.
  28. Sayers, S. L., Campbell, C., Kondrich, J., Mann, S. C., Cornish, J., O'Brien, C., Caroff, S. N. Cocaine abuse in schizophrenic patients treated with olanzapine versus haloperidol. *Journal of Nervous and Mental Disease*. 193 (6): 379-386, 2005.
  29. Kohn, C.S., Sayers, S.L.: Extreme relationship standards in the context of discordant and nondiscordant couples. *Cognitive and behavioral practice* 12(3): 319-323, 2005.
  30. Oslin, D.W., Ross, J., Sayers, S.L., Murphy, J., Kane, V., Katz, I.R. Screening, Assessment, and Management of Depression in VA Primary Care Clinics: The Behavioral Health Laboratory. *Journal of General Internal Medicine*. 21: 46-50, 2006.
  31. Sayers, S.L., White, T., Zubritsky, C., Oslin, D.: Family Involvement in the Care of Healthy Medical Outpatients. *Family Practice*. 21: 317-324, 2006.
  32. Riegel, B., Vaughan Dickson, V., Hoke, L., McMahon, J. P., Reis, B. F., & Sayers, S. L.: A Motivational Counseling Approach to Improving Heart Failure Self-Care: Mechanisms of Effectiveness. *Journal of Cardiovascular Nursing*. 21(3): 232-241, 2006.
  33. Baucom, B., Eldridge, K., Jones, J., Sevier, M., Clements, M., Markman, H., Stanley, S., Sayers, S. L., Sher, T., & Christensen, A.: Relative contributions of relationship distress and depression to communication patterns in couples. *Journal of Social and Clinical Psychology*. 26(6): 689-707, 2007.
  34. Sayers, S.L., Hanrahan, N., Kutney, A., Clarke, S.P., Reis, B.F., & Riegel, B. Psychiatric Comorbidity and Increased Hospitalization Risk in Older Adults with Heart Failure. *Journal of the American Geriatric Society*. 55(10), 1585-1591, 2007.
  35. Sayers, S.L., Riegel, B., Goldberg L.R., Coyne, J.C., & Samaha, F.F.: Clinical Exacerbations as a Surrogate Endpoint in Heart Failure Research. *Heart & Lung*. 37(1): 28-35.2008.
  36. Sayers, S.L., Riegel, B., Pawlowski, S., Coyne, J.C., & Samaha, F. Social support and self-care of patients with heart failure. *Annals of Behavioral Medicine*. 35(1): 70-79.2008.
  37. Sayers, S.L., Farrow, V., Ross, J., & Oslin, D. W. Family problems among recently returned military veterans referred for a mental health evaluation. *Journal of Clinical Psychiatry*. 70(2): 163-70. 2009.
  38. Sayers, S. L. Family reintegration difficulties and couples therapy for military veterans and their spouses. *Cognitive and Behavioral Practice*. 18(1):108-119. 2011  
<http://dx.doi.org/10.1016/j.cbpra.2010.03.002>
  39. Riegel, B., Glaser, D., Richards. K., Sayers, S.L., Marzolf, A., Weintraub, W.S., & Goldberg, L. R., Modifiable factors associated with sleep dysfunction in adults with heart failure. *European Journal of Cardiovascular Nursing*. 2011. doi:10.1016/j.ejcnurse.2011.02.001.
  40. Riegel, B., Ratcliffe, S. J.; Weintraub, W.S., Sayers, S.L., Goldberg, L.R., Potashnik, S., Weaver, T.E., & Pressler, S.J. Double jeopardy: the influence of excessive daytime sleepiness and impaired cognition on health-related quality of life in adults with heart failure. *European Journal of Heart Failure*, 14(7), 730-736. 2012; doi: 10.1093/eurjhf/hfs054
  41. Riegel, B., Ratcliffe, S. J., Sayers, S. L., Potashnik, S, Buck, H. G., Jurkovitz, C., Fontana, S., Weaver, T. E., Weintraub, W.S., & Goldberg, L.R. Determinants of Excessive Daytime Sleepiness and Fatigue in Adults With Heart Failure. *Clin Nurs Res*, 21(3). 2012 pp. 271-293. DOI: 10.1177/1054773811419842

42. Riegel, B., Lee, C. S., Ratcliffe, S. J., De Geest, S., Potashnik, S., Patey, M., Sayers, S.L., Goldberg, L. R., Weintraub, W. S. Predictors of objectively measured medication nonadherence in adults with heart failure. *Circulation. Heart failure*, 5(4), 430-436, 2012  
<http://dx.doi.org/10.1161/CIRCHEARTFAILURE.111.965152>
43. Riegel, B., Hanlon, A. L., Zhang, X., Fleck, D., Sayers, S. L., Goldberg, L. R., & Weintraub, W. S. What is the Best Measure of Daytime Sleepiness in Adults with Heart Failure? *J Am Assoc Nurse Pract* Vol. 25 (5), pp. 272-9, 2013. <http://dx.doi.org/10.1111/j.1745-7599.2012.00784.x>
44. Tang, H-Y, Sayers, S. L., Weissinger, G., & Riegel, B. The Role of Depression in Medication Adherence among Heart Failure Patients. *Journal of Clinical Nursing Research*. 2014 Jun; Vol. 23 (3), pp. 231-44. <http://dx.doi.org/10.1177/1054773813481801>
45. Mavandadi, S., Dobkin, R., Mamikonyan, E., Sayers, S. L., Have, T. T., & Weintraub, D.. Benefit Finding and Relationship Quality in Parkinson's Disease: A Pilot Dyadic Analysis of Husbands and Wives. *Journal of Family Psychology*. Vol 28(5), pp. 728-734. Oct, 2014.  
<http://dx.doi.org/10.1037/a0037847>
46. Hershenberg, R., Mavandadi, S., Klaus, J. R., Oslin, D. W., & Sayers, S. L. Veteran preferences for romantic partner involvement in depression treatment. *General Hospital Psychiatry*, Vol. 36(6), pp 757-759. 2014. <http://dx.doi.org/10.1016/j.genhosppsych.2014.08.001>
47. Mavandadi, S., Jacques, N., Sayers, S. L., & Oslin, D. W. Health-related social control among older men with depressive symptomatology. *Aging & Mental Health*, Vol 19(11), Nov, 2015 pp. 997-1004. <http://dx.doi.org/10.1080/13607863.2014.986646>.
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2. Cohen, A.N., Glynn, S.M., Murray-Swank, A.B., Barrio, C., Fischer, E.P., McCutcheon, S.J., Perlick, D.A., Rotondi, A.J., Sayers, S.L., Sherman, M.D., & Dixon, L.B. The family forum: Directions for the implementation of family psychoeducation for severe mental illness. *Psychiatric Services*. 59(1): 40-48, 2008.
3. Dausch, B.M., Cohen, A.N., Glynn, S.M., McCutcheon, S., Perlick, D. A., Rotondi, A., Sautter, F. J., Sayers, S. L., Sherman, M.D., & Dixon, K. An Intervention Framework for Family Involvement in the Care of Persons with Psychiatric Illness: Further Guidance from Family Forum II. *American Journal of Psychiatric Rehabilitation*. 15: 5–25, 2012.  
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Contributions to peer-reviewed clinical research publications, participation cited but not by authorship:

1. Bellack, A.S., Haas, G.L., Schooler, N.R., & Flory, J.D. Effects of behavioural family management on family communication and patient outcomes in schizophrenia. *British Journal of Psychiatry* 177:434-439, 2000.

Research Publications, non-peer reviewed:

None

Abstracts (last 5 years only):

1. Sayers, S.L., Barg, F., Mavandadi, S., & Hess, T. Couple Reintegration and Resilience of Military Veterans of the Iraq and Afghanistan Wars. Symposium presentation at the International Society for Traumatic Stress Studies Annual Meeting, November 7-10, 2013, Philadelphia PA.
2. Turchan, P., DeVincent, J., Hudson, C., Hess, T. H., Haith, R., Wong, M., & Sayers, S. L. Outreach to Family Member of Veterans Not Engaged in Mental Health Care: Adventures in Public Health Messaging. Poster presentation at the 47<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, November, 22, 2013, Nashville, TN.
3. Sayers, S.L., Barg, F., Mavandadi, S., & Hess, T. Communication During Deployment, PTSD and Couple Functioning of Military Veterans of the Iraq and Afghanistan Wars. Symposium presentation at the 48<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, November, 22, 2014, Philadelphia PA.
4. Sayers, S.L., Barg, F., Mavandadi, S., & Hess, T. Functional Deployment Communication of Veterans and their partners Iraq and Afghanistan Wars. Symposium presentation at the 49<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, November, 12, 2015, Chicago, IL.
5. Sayers, S.L., Glynn, S., Heyman, R., & Snyder, D.K. The Future of Research on Couples and Families in Military and Veteran Populations. Panel Discussion at the 49<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, November, 15, 2015, Chicago, IL.
6. Sayers, S.L., Barg, F., Mavandadi, S., Hess, T., & Crauciuc, A. Functional Deployment Communication of Veterans and Their Partners of the Iraq and Afghanistan Wars. Poster presentation at the Annual Convention of the American Psychological Association, August 6, 2016.
7. Sayers, S.L., Erbes, C., Kuhn, E., Ruzek, J. Mavandadi, S., & McKay, J. Expanding telephone-based coaching for family members encouraging a military Veteran to seek mental health care. Symposium presentation at the Annual Convention of the American Psychological Association, August 4, 2017.
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9. Sayers, S.L., Hughes, J., & Fivecoat, H. Factors in predicting engagement and continuing in treatment in a VA couple therapy clinic. Symposium presentation at the Annual Convention of the American Psychological Association, August 4, 2017.
10. Sayers, S.L. & Fivecoat, H. Clinic-based research on Treatment Engagement in VA Couple Therapy Clinic. Symposium presentation at the Annual Convention of the American Psychological Association, August 9, 2018.
11. Sayers, S.L., Kuhn, E., Erbes, C., Mavandadi, S., & McKay, J. Telephone-based coaching of CRAFT for family members of military Veterans. Symposium presentation at the Annual Convention of the American Psychological Association, August 10, 2019.

12. Sayers, S. L. Interpersonal Factors Among Military Personnel and Veteran Survivors of Trauma (Discussant). Symposium presentation at the Annual Convention of the American Psychological Association, August 10, 2019.
13. Sayers, S.L., Kuhn, E., Erbes, C., Mavandadi, S., McKay, J., Telephone-based coaching using CRAFT for intimate partners of military Veterans (Presenter, Symposium Chair). Symposium presentation at the Annual Convention of the Association for Behavioral and Cognitive Therapies, November 23, 2019.
14. Sayers, S. L. Emerging Research Among Military Couples: Novel Investigations and Unique Considerations (Symposium Discussant). Symposium presentation at the Annual Convention of the Association for Behavioral and Cognitive Therapies, November 24, 2019.

Editorials, Reviews, Chapters, including participation in committee reports (print or other media):

1. Sayers, S. L.: Divorce mediation: An emerging field. *Contemporary Psychology* 36:764-765, 1991.
2. Sayers, S. L., Baucom, D.H., Rankin, L.: Marital distress. In A.S. Bellack & M. Hersen (Eds.) *Handbook of Behavior Therapy in the Psychiatric Setting*, New York: Plenum Press, 1993, pp. 575-594.
3. Morrison, R. L., Sayers, S. L. Schizophrenia in adults. In R.T. Ammerman & M. Hersen (Eds.) *Handbook of Behavior Therapy with Children and Adults: A Developmental and Longitudinal Perspective*, Boston, MA: Allyn and Bacon, 1993, pp.295-309.
4. Sayers, S. L., Mueser, K. T.: Schizophrenia. In M. Hersen & S. Turner (Eds.) *Diagnostic Interviewing*, 2<sup>nd</sup> Edition. New York: Plenum, 1994, pp. 109-128.
5. Kohn, C. S., Sayers, S. L.: Crazy therapies: What are they? Do they work? *Clinical Psychology Review* 17: 580-582, 1997.
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7. Sarwer, D., Sayers, S. L.: Behavioral Interviewing. In M. Hersen and A. S. Bellack (Eds.), *Behavioral Assessment: A Practical Handbook*, 4th Edition, Boston: Allyn & Bacon, 1998, pp. 63-78.
8. Sayers, S. L.: Behavioral Couples Therapy: Current status and new directions. *Clinical Psychology Review (Special Issue Editor)* 18:609-611, 1998.
9. Sayers, S. L., Rankin-Esquer, L., Cohan, C., Cordova, J.: Couples research and therapy special interest group. *The Behavior Therapist* 22:9, 1999.
10. Sayers, S. L., Heyman, R. E.: Behavioral couples therapy. In P. Sholevar (Ed.), *Textbook of Family and Couples Therapy: Clinical applications*. Arlington, VA: American Psychiatric Press, Inc., 2002.
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12. Sayers, S. L., Carsia, K, Mueser, K. T.: Schizophrenia. In M. Hersen & S. Turner (Eds.) *Diagnostic Interviewing*, 3<sup>rd</sup> Edition. New York: Springer-Verlag, 2003.
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14. Sayers, S. L.: Marital dysfunction. In M. Hersen (Ed.) *Psychological Assessment in Clinical Practice: A Pragmatic Guide*. New York: Brunner-Routledge, 2004, 243-266.
15. Sayers, S. L., McGrath, K.: Data analytic strategies for couple observational coding systems. In P. K. Kerig & D. H. Baucom (Eds.), *Couple observational coding systems*. Mahwah, NJ: Lawrence Erlbaum Associates, 2004, 43-63.
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17. Sayers, S.L.: Assessment of Couples. In Harry T. Reis & Susan Sprecher (Eds.), *Encyclopedia of Human Relationships*. Thousand Oaks, CA: Sage, 2009, 117-120.
18. Pomerantz, A. S., & Sayers, S. L. Primary care-mental health integration in healthcare in the Department of Veterans Affairs. *Families, Systems, & Health (Special Issue Editors)*, 2010, 28(2), 78-82. 1037/a0020341

19. Whisman, M. A., & Sayers, S. L. Depression. In D. K. Snyder & C. M. Monson (Eds.), *Couple-based interventions for military and veteran families: Promoting individual and relationship well-being*. New York: Guilford, 2012, 175-200.
20. Sayers, S. L., Rhoades, G. K. Recent Advances in the Understanding of Relationship Communication During Military Deployment. *Journal of Family Psychology* (Special Issue Editors). Vol 32(1), Feb 2018, 1-2. <http://dx.doi.org/10.1037/fam0000417>.
21. Sayers SL. An introduction to a special issue: Interventions for military service members, veterans, and their families. *Couple and Family Psychology: Research and Practice*
22. (special issue editor). 2022;11(1):1-3. <http://dx.doi.org/10.1037/cfp0000215>

#### Books

1. PMI Profile - Premarital counseling handbook, by C. K. Burnett, S. L. Sayers, Intercommunications Publishing, Inc., Chapel Hill, NC, 1988.
2. PMI Profile - Couple's premarital counseling workbook, by S. L. Sayers, C. K. Burnett, Intercommunications Publishing, Inc., Chapel Hill, NC, 1988.
3. *Coming Back Together: A Guide to Successful Reintegration After Your Partner Returns from Military Deployment*. by S. L. Sayers. Oakland, CA: New Harbinger Publications, July, 2014.

#### Alternative Media:

1. Sayers, S. L.: Marital problems and depression. Delaware Valley Parents' Guide, July issue, 1992.
2. Sayers, S. L., Cordova, J.: Rates of marital success and failure. *Couples Research and Therapy Newsletter*, 7 (2), 4-7, 2001.
3. Sayers, S. L.: Social skills training (SST) groups: A training DVD for group leaders. January, 2007. Produced and supported by the VISN 4 Mental Illness Research, Education, and Clinical Center, Philadelphia, PA.
4. Sayers, S. L., The Couples Research and Therapy Special Interest Group of the Association for Behavioral and Cognitive Therapies. *The Family Psychologist: Bulletin of the Division of Family Psychology*, 23 (3), 27-29, 2007.
5. Sayers, S. L.: Couples and Wartime Deployment: A History and Recent Developments. *Couples Research and Therapy Newsletter*, 14 (2), 1-8, 2008.
6. Barron, A., McCabe, A., Schmitz, T., Sayers, S. L. New Initiatives to assist Military Veterans returning from combat duty in Iraq and Afghanistan, *Couples Research and Therapy Newsletter*, 16 (1), 1-6, 2010.
7. Sayers, S. L. : Coaching Into Care: A New Telephone-Based Service to Support Family Members Concerned About a Veteran Reluctant to Seek Mental Health Care, *The Family Psychologist*, 33 (1), 15-17, 2017.
8. Sayers, S.L.: Live Interview on FOX29, TV morning show, Monday, February 15, 2021, on couples, singles, and Valentines Day.
9. Sayers, S.L.: Interview on Podcast, Little Help From Our Friends (<http://www.littlehelpforourfriends.com/>), episode "Veteran Mental Health" on talking to a Veteran about mental health care.

#### Patents:

None