

## Curriculum Vitae

**Anjana Muralidharan, Ph.D.**

Clinical Research Psychologist

Veterans Affairs Capitol Healthcare Network (VISN 5)

Mental Illness Research, Education, and Clinical Center (MIRECC)

**Date:** August 16, 2016

### **Contact Information:**

Mailing Address: VISN 5 MIRECC  
Baltimore Veterans Affairs (VA) Medical Center  
Attn: MIRECC (Annex Bldg.)  
10 N. Greene St.  
Baltimore, MD 21201

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E-mail Address: [anjana.muralidharan2@va.gov](mailto:anjana.muralidharan2@va.gov)

Research Expertise: Social/family support and recovery in serious mental illness (SMI)  
Functional rehabilitation in older adults with SMI

### **Education:**

2013 Ph.D., Clinical Psychology, Emory University  
2009 M.A., Clinical Psychology, Emory University  
2005 B.A., Behavioral Biology, Johns Hopkins University

### **Post Graduate Education and Training:**

2013-2016 VA Advanced Fellowship Program in Mental Illness Research and Treatment,  
VISN 5 MIRECC

2012-2013 Boston Consortium in Clinical Psychology Internship Program  
Specialization: SMI, Inpatient Mental Health and Therapeutic Recovery  
VA Boston Healthcare System

### **Licensure:**

Active Licensed Psychologist, State of Maryland | Board of Examiners of Psychologists

### **Employment History:**

2016-present Clinical Research Psychologist, VISN 5 MIRECC

Assistant Director, Clinical Core, VISN 5 MIRECC  
National Trainer/Consultant, Social Skills Training Program, VISN 5 MIRECC

**Professional Society Memberships:**

2014-present General member, American Psychological Association  
Division 18: Psychologists in Public Service, SMI/Severe Emotional Disturbance  
2012-present General member, Association for Behavioral and Cognitive Therapies

**Honors and Awards:**

2014 Elsie Ramos Memorial First Author Poster Presenter Award, Association for Behavioral and Cognitive Therapies  
2012 Jay Knopf Award for Outstanding Presentation in Psychology, Emory University  
2011 Alfred B. Heilbrun Award for Research Publication in Psychology, Emory University  
2007-2012 George W. Woodruff Fellowship, Emory University  
2005 Curt P. Richter Award for Behavioral Biology Research, Johns Hopkins University

**Administrative Service:**

**Local Service:**

2015-present Committee member, Family Initiatives Workgroup, VA Maryland Healthcare System (VAMHCS)  
2014-present Intern applicant rater/interviewer  
VAMHCS/University of Maryland Baltimore Psychology Internship Consortium  
2014 Committee member, Mental Health Awareness Month, VAMHCS

**National Service:**

2015-2016 Ad Hoc Reviewer, *Psychiatry Research*  
2016 Ad Hoc Reviewer, *Psychological Services*

**Grant Support:**

**Pending Grants:**

6/15/16 Peer Support for Exercise in Older Veterans with Psychotic Disorders  
(submitted) Veterans Affairs Rehabilitation Research and Development Career Development Award (RR&D CDA-2)  
Principal Investigator (75% for 5 years)  
Total Direct Costs: \$772,695

**Completed Grants:**

- 2/2/16-8/2/16      Mobility Function in Older Veterans with Psychotic Disorders  
VISN 5 MIRECC Pilot Study Program  
Principal Investigator (0%)  
Total Direct Costs: \$6,966
- 7/1/14-2/28/16      Using the Cultural Formulation Interview (CFI) with Veterans with  
Psychotic Disorders and Their Family Members: A Feasibility  
Demonstration  
VISN 5 MIRECC Pilot Study Program  
Principal Investigator (0%)  
Total Direct Costs: \$29,051
- 2/1/14-9/30/14      Family Engagement in Veterans' Mental Health Treatment – Development  
of a Shared Decision Making Instrument  
Veterans Affairs Mental Health QUERI – Recovery Workgroup  
Principal Investigator (0%)  
Total Direct Costs: \$5,000

**Teaching Service:****Presentations to Clinical Staff:**

- 2015              Invited Speaker  
VAMHCS Mental Health Diversity Committee  
Presentation title: *An Introduction to the Cultural Formulation Interview*. 15-20  
clinical staff members; 2 contact hours.

**Intern, Resident, and Fellow Teaching:**

- 2016-present    SST Trainer  
SST Workshop for Trainees  
Annual co-facilitation of an interactive didactic workshop on SST for psychology  
trainees. 7-10 trainees, 8 contact hours/year.
- 2016-present    Research Mentor  
VAMHCS/University of Maryland Baltimore Psychology Internship Consortium  
Working with psychology intern on data analyses in support of co-authored  
manuscripts/presentations. 1 intern, 4 contact hours/month.
- 2016-present    Invited Speaker  
VAMHCS/University of Maryland Baltimore Psychology Internship Consortium  
Annual presentation entitled *An Introduction to the Cultural Formulation  
Interview*. 19 interns, 2 contact hours/year.

- 2015           Invited Speaker  
University of Maryland/Sheppard Pratt Residency Program  
Presentation title: *Involving the Family in the Treatment of SMI*. 6 residents, 2 contact hours.
- 2014-2016     Co-Director, SMI Seminar Series  
VAMHCS/University of Maryland Baltimore Psychology Internship Consortium  
Planned and implemented a monthly didactic seminar for SMI track interns. 3 interns, 2 contact hours/month.
- 2014-2015     Research Mentor  
VAMHCS/University of Maryland Baltimore Psychology Internship Consortium  
Worked with psychology intern on literature review in support of a co-authored manuscript. 1 intern, 2 contact hours/month.

### **Undergraduate Teaching:**

- 2011           Teaching Assistant/Guest Lecturer  
Introductory-level undergraduate class (*Cognition*)  
Emory University, Department of Psychology, Atlanta, GA
- 2010-2011     Undergraduate Mentor  
Emory Student Government Association Mentoring Program  
Emory University, Atlanta, GA
- 2009           Teaching Associate  
Advanced-level undergraduate class (*Research Methods in Psychology*)  
Emory University, Department of Psychology, Atlanta, GA
- 2009           Teaching Assistant  
Introductory level undergraduate class (*Applied Statistics for Psychology*)  
Emory University, Department of Psychology, Atlanta, GA

### **Clinical Activities:**

**Clinical Expertise:** Evidence-based treatments (EBT's) for adults with SMI and severe emotional disturbance, delivered within a multidisciplinary psychiatric rehabilitation and recovery model. Includes psychoeducation, skills training, and cognitive-behavioral approaches in individual, family, and group-based formats.

### **Proficient in the following EBT's:**

Cognitive-behavioral therapy (CBT) for mood/anxiety disorders and psychosis  
Dialectical behavior therapy (DBT) for severe emotion dysregulation  
Cognitive processing therapy (CPT) for post-traumatic stress disorder (PTSD)  
Social skills training (SST) for SMI – VA certified as of June 2016  
Behavioral family therapy (BFT) for SMI – VA certified as of August 2015

**Clinical experience:**

- 2016 SST trainee  
VA Maryland Healthcare System, Baltimore, MD  
SST groups with Veterans with SMI with intensive consultation from the VA SST Clinician Training Program. 1 contact hr/wk.
- 2014-present Interventionist  
VISN 5 MIRECC, Baltimore, MD  
Multifamily group-based skills training for Veterans with mild traumatic brain injury / post-deployment stress and their partners delivered as part of a randomized clinical trial. 1 contact hr/wk.
- 2014-2015 BFT trainee  
VA Maryland Healthcare System, Baltimore, MD  
BFT with Veterans with SMI and their family members with intensive consultation from the VA BFT Clinician Training Program. 1 contact hr/wk.
- 2013-2014 Interventionist  
VISN 5 MIRECC, Baltimore, MD  
Group-based skills training for Veterans with SMI delivered as part of a randomized clinical trial. 1 contact hr/wk.
- 2012-2013 Psychology intern  
VA Boston Healthcare System, Boston, MA  
Individual and group therapy and psychodiagnostic / personality assessment with Veterans with SMI, PTSD, and post-deployment stress across the continuum of care (inpatient, intensive outpatient, and outpatient). 20-30 contact hrs/wk.
- 2011 Practicum student  
Skyland Trail, Atlanta, GA  
Individual and group therapy with adults with severe mood and anxiety disorders in a residential / intensive outpatient setting. 8 contact hrs/wk.
- 2009-2012 Practicum student  
Child and Adolescent Mood Program, Atlanta, GA.  
Outpatient individual and group therapy, complex psychodiagnostic assessment, and intensive DBT with adolescents / young adults with severe emotion dysregulation. 10 contact hrs/wk.
- 2009 Practicum student  
Grady NIA Project, Grady Hospital, Atlanta, GA  
Outpatient individual and group therapy and diagnostic assessment with African-American female survivors of interpersonal violence / sexual assault. 4 contact hrs/wk.

2008-2011 Practicum student  
Emory Psychological Center, Atlanta, GA  
Outpatient individual, couples, and family therapy and psychoeducational  
assessment with children, adolescents, and adults. 10 contact hrs/wk.

### **Publications:**

#### **Peer-reviewed journal articles:**

- 1.) **Muralidharan, A.**, Klingaman, E., Prior, S., Molinari, V., Goldberg, R. (2016). Medical and Psychosocial Barriers to Weight Management in Older Veterans with and without Serious Mental Illness. *Psychological Services*. July 21. DOI: 10.1037/ser0000088. [Epub ahead of print]
- 2.) Thomas, E., **Muralidharan, A.**, Medoff, D., Drapalski, A. (2016). Self-Efficacy as a Mediator of the Relationship between Social Support and Recovery in Serious Mental Illness. *Psychiatric Rehabilitation Journal*. June 16. <http://dx.doi.org/10.1037/prj0000199> [Epub ahead of print]
- 3.) **Muralidharan, A.**, Austern, D., Hack, S., & Vogt, D. (2016). Deployment Experiences, Social Support, and Post-Deployment Mental Health: A Comparison of Black, White, and Hispanic American Veterans Deployed to Iraq and Afghanistan. *Journal of Traumatic Stress*. May 18. doi: 10.1002/jts.22104. [Epub ahead of print]
- 4.) Toohey, M., **Muralidharan, A.**, Lucksted, A. Dixon, L. (2016) Caregiver Positive and Negative Appraisals: Effects of the National Alliance on Mental Illness Family-to-Family Intervention. *Journal of Nervous and Mental Disease*, 204(2), 156-159.
- 5.) **Muralidharan, A.**, Kotwicki, R., Cowperthwait, C., Craighead, W.E. (2015). Parental Relationships and Behavioral Approach System Dysregulation in Young Adults with Bipolar Disorder. *Journal of Clinical Psychology*, 71(4), 387-401.
- 6.) **Muralidharan, A.**, Lucksted, A., Medoff, D., Fang, L.J., Dixon, L. (2014) Stigma: A Unique Source of Distress for Family Members of Individuals with Mental Illness. *Journal of Behavioral Health Services & Research*. Online publication. doi: 10.1007/s11414-014-9437
- 7.) Saricicek, A., Esterlis, I., Maloney, K.H., Mineur, Y.S., Ruf, B.M., **Muralidharan, A.**, Chen, J.I., Cosgrove, K.P., Kerestes, R., Ghose, S., Tamming, C.A., Pittman, B., Bois, F., Tamagnan, G., Seibyl, J., Picciotto, M.R., Staley, J., & Bhagwagar, Z. (2012). Persistent  $\beta 2^*$ -Nicotinic Acetylcholinergic Receptor Dysfunction in Major Depressive Disorder. *American Journal of Psychiatry*, 169(8), 851-9.
- 8.) Lowthert, L., Leffert, J., Lin, A., Umlauf, S., Maloney, K., **Muralidharan, A.**, Lorberg, B., Mane, S., Zhao, H., Sinha, R., Bhagwagar, Z., & Beech, R. (2012). Increased ratio of anti-apoptotic to pro-apoptotic Bcl2 gene-family members in lithium-responders one month after treatment initiation. *Biology of Mood & Anxiety Disorders*, 2(1), 15.

- 9.) **Muralidharan, A.**, Sheets, E., Madsen, J., Craighead, L., & Craighead, W.E. (2011). Interpersonal Competence Across Domains: Relevance to Personality Pathology. *Journal of Personality Disorders*, 25(1), 16-27.
- 10.) Saricicek, A., Maloney, K., Lorberg, B., **Muralidharan, A.**, Ruf, B., Hu, J., Pittman, B., & Bhagwagar, Z. (2011). Levetiracetam in the Management of Bipolar Depression: A Randomized, Double-Blind, Placebo Controlled Trial. *Journal of Clinical Psychiatry*, 72(6), 744-50.
- 11.) **Muralidharan, A.**, Yoo, D.J., Ritschel, L.A., Simeonova, D.I., & Craighead, W.E. (2010). Development of emotion regulation in children of bipolar parents: Putative contributions of socioemotional and familial risk factors. *Clinical Psychology: Science and Practice*, 17(3), 169-186.
- 12.) Beech, R.D., Lowthert, L., Leffert, J.J., Mason, P.N., Taylor, M.M., Umlauf, S., Lin, A., Lee, J.Y., Maloney, K., **Muralidharan, A.**, Lorberg, B., Zhao, H., Newton, S.S., Mane, S., Epperson, C.N., Sinha, R., Blumberg, H., & Bhagwagar, Z. (2010). Increased peripheral blood expression of electron transport chain genes in bipolar depression. *Bipolar Disorders*, 12(8), 813-24.
- 13.) **Muralidharan, A.**, & Bhagwagar, Z. (2006). Potential of levetiracetam in mood disorders: A preliminary review. *CNS Drugs* 20(12), 969-79.

#### **Book chapters:**

- 1.) Harvey, P. & **Muralidharan, A.** (in press). Schizophrenia in Late Life. *To appear in Elsevier Reference Module in Neuroscience and Biobehavioral Psychology*.
- 2.) **Muralidharan, A.**, Miklowitz, D., Craighead, W.E. (2015). Psychosocial Treatments for Bipolar Disorder. To appear in P.E. Nathan & J.M. Gorman (Eds.), *A Guide To Treatments that Work* (pp. 307-326). New York, NY: Oxford University Press.

#### **Other brief communications:**

- 1.) Craighead, W.E., & **Muralidharan, A.** (2013). Commentary on Psychiatric Treatment of Bipolar Disorder. In W. O'Donohue & S.O. Lilienfeld (Eds.), *Case Studies in Clinical Psychological Science*. New York, NY: Oxford University Press.
- 2.) Craighead, W.E., **Muralidharan, A.**, & Yoo, D.J. (2011). Bipolar disorder and the family. In M. Craft-Rosenberg & S-R Pehler (Eds.), *Encyclopedia of Family Health*. Thousand Oaks, CA: Sage.
- 3.) **Muralidharan, A.** (2010). Neuroimaging in Pediatric Bipolar Disorder. [In] I. Weiner and W.E. Craighead (Eds.), *Corsini Encyclopedia of Psychology (4th Edition)*. Hoboken, NJ: John Wiley and Sons.

**Conference Presentations:**

- 1.) **Muralidharan, A.** & Klingaman, E. (2016, November 20). Barriers to Weight Management in Older Veterans with Serious Mental Illness. In **A. Muralidharan** (Chair), *Addressing the Unique Needs of Older Adults with Serious Mental Illness*. To be presented at the Gerontological Society of American conference, New Orleans, LA.
- 2.) **Muralidharan, A.** (2015, February 19). Adaptation, Implementation, and Adoption; Next Steps for the Ending Self-Stigma Intervention. In A. Drapalski (Chair), *Ending Self-Stigma: A Skills Building Approach to Reducing the Impact of Self-Stigma*. Presented at the 7<sup>th</sup> International Together Against Stigma: Each Mind Matters conference, San Francisco, CA.
- 3.) **Muralidharan, A.**, Cowperthwait, C., Kotwicki, R., & Craighead, W.E. (2014, November 21). Goal-Directed Processing With Emotional Distracters in Recently Stabilized Young Adults With Bipolar Disorder. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- 4.) **Muralidharan, A.** (2014, August 9). Implementation, Sustainability, and Fidelity Among Early Adopters of the Free, Manualized, Ending Self-Stigma Intervention. In A. Lucksted (Chair), *Internalized Stigma Regarding Mental Illness: Multiple Approaches*. Symposium presented at the annual meeting of the American Psychological Association, Washington, D.C.
- 5.) **Muralidharan, A.**, Lucksted, A., Medoff, D., Fang, L.J., Dixon, L. (2014, May 1). Stigma: A Unique Source of Distress for Family Members of Individuals with Serious Mental Illness. Presented at the Department of Psychiatry Annual Research Day, University of Maryland School of Medicine, Baltimore, MD.
- 6.) **Muralidharan, A.**, Vogt, D. (2013, November 22). Impact of Ethnic Minority Status on Risk for Post-Traumatic Stress Disorder in a National Sample of Male and Female Veterans. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- 7.) Cowperthwait, C., **Muralidharan, A.**, Kotwicki, R., Craighead, W.E. (2013, November 22). Differential Patterns of Association Between the Behavioral Approach System and an Emotion Regulation Task in Patients Diagnosed with Bipolar Disorder and Healthy Controls. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- 8.) **Muralidharan, A.**, Kotwicki, R., Cowperthwait, C., & Craighead, W.E. (2012, April 27). Expressed Emotion and Behavioral Activation System Dysregulation in Bipolar Disorder. Presented at the Clinical Psychology Departmental "Research Day," Emory University, Atlanta, GA.

- 9.) **Muralidharan, A.**, Anderson-Zose, A., Kilts, C., & Craighead, W.E. (2011, Sept 1). Diagnostic Assessment of At-Risk Children of Depressed Mothers, Aged 4-6. In *Clinical Assessment and fMRI in Pediatric Populations*. Presented at the annual meeting of the European Association of Behavioral and Cognitive Therapies, Reykjavik, Iceland.
- 10.) **Muralidharan, A.**, Sheets, E., Madsen, J., Craighead, L., & Craighead, W.E. (2010, August). Interpersonal Competence Across Domains: Relevance to Personality Pathology. Presented at the annual meeting of the American Psychological Association, San Diego, CA.
- 11.) Anderson, A., **Muralidharan, A.**, Ousley, O., Ely, T., & Kilts, C. (2009, April). Effect of Prenatal Maternal Depression on Offspring Neurodevelopment. Presented at the Wisconsin Symposium on Emotion, Madison, WI.
- 12.) Bhagwagar, Z., Esterlis, I., Saricicek, A., Ruf, B., **Muralidharan, A.**, Lorberg, B., Maloney, K., Hu, J., Sanacora, G., Bois, F., Tamagnan, G., Seibyl, J., & Staley, J. (2008, December). Nicotinic Receptor Dysfunction in Major Depressive Disorder: A Trait Vulnerability Marker of Depression. Presented at the annual meeting of the American College of Neuropsychopharmacology, Scottsdale, AZ.
- 13.) Saricicek, A., Maloney, K., Lorberg, B., **Muralidharan, A.**, Ruf, B., Pittman, B., Hu, J., & Bhagwagar, Z. (2008, May). Comorbid Anxiety as a Marker of Burden of Illness in Bipolar Disorder. Presented at the annual meeting of the Society of Biological Psychiatry, Washington, D.C.
- 14.) Maloney, K., Saricicek, A., Lorberg, B., **Muralidharan, A.**, Ruf, B., Hu, J., Pittman, B., & Bhagwagar, Z. (2008, May). Body Mass Index as an Indicator of Burden of Illness in Bipolar Disorder. Presented at the annual meeting of the Society of Biological Psychiatry, Washington, D.C.
- 15.) Beech, R.D., Leffert, J.L., Taylor, M.M., Westman, S.S., Lin, A., Lee, J.Y., **Muralidharan, A.**, Lorberg, B., Zhao, H., Newton, S.S., Mane, S., Epperson, C.N., Blumberg, H., & Bhagwagar, Z. (2008, May). Differences in Peripheral Blood Gene-Expression as Predictors of Response to Treatment with Lithium in Subjects with Bipolar Depression. Presented at the annual meeting of the Society of Biological Psychiatry, Washington, D.C.
- 16.) **Muralidharan, A.**, & Bhagwagar, Z. (2006, October). A Systematic Review of Treatment Algorithms for Bipolar Depression. Presented at the annual meeting of the Society for Neuroscience, Atlanta, GA.
- 17.) Galarce, E.M., Sutton, J.M., **Muralidharan, A.**, Holland, P.C., & Crombag, H.S. (2005, November). Effects of Dopamine Receptor Manipulations on Stimulus-Reward Learning. Presented at the annual meeting of the Society for Neuroscience, Washington, D.C.

- 18.) Holland, P.C., Sutton, J.M., **Muralidharan, A.**, Haganir, R.L., Takamiya, K., Crombag, H.S. (2005, November). *The Role of GLUR1 in Reward Learning I: Phosphorylation at S845 does not modulate Pavlovian influences on instrumental behavior*. Presented at the annual meeting of the Society for Neuroscience, Washington, D.C.
- 19.) Crombag, H.S., Sutton, J.M., **Muralidharan, A.**, Haganir, R.L., Takamiya, K., & Holland, P.C. (2005, November). The Role of GLUR1 in Reward Learning II: Phosphorylation at S845 and S831 modulates Pavlovian influences on instrumental behavior. Presented at the annual meeting of the Society for Neuroscience, Washington, D.C.