

BIOGRAPHICAL SKETCH

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NAME: Kwan, Bethany Matthews

eRA COMMONS USER NAME (credential, e.g., agency login): BETHANYMATTHEWS

POSITION TITLE: Assistant Professor

EDUCATION/TRAINING (*Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable.*)

INSTITUTION AND LOCATION	DEGREE (if applicable)	Completion Date MM/YYYY	FIELD OF STUDY
Carnegie Mellon University	BS	05/2001	Chemistry and Psychology
University of Colorado Health Sciences Center	MS	05/2005	Public Health
University of Colorado at Boulder	MA	12/2007	Social Psychology
University of Colorado at Boulder	PHD	05/2010	Social Psychology

A. Personal Statement

I am a social health psychologist and an Assistant Professor in the Department of Family Medicine at the University of Colorado School of Medicine. I serve as the Assistant Director of the Scalable Architecture for Federated Translational Inquires Network (SAFTINet), one of our Practice-Based Research Networks. My research and evaluation focus is on mixed methods approaches to assessing implementation of evidence chronic disease management and prevention interventions in health care settings. My expertise is in the application of theoretical and conceptual frameworks on behavior change, stakeholder engagement, and evaluation to the design and testing of interventions. I am current leading a project involving engaging patients and practices in the design and implementation of a HIT-based patient-centered diabetes and distress self-management support intervention.

1. Kwan BM, Sills MR, Graham D, Hamer MK, Fairclough DL, Hammermeister KE, Kaiser A, de Jesus Diaz-Perez M, Schilling LM. Stakeholder Engagement in a Patient-Reported Outcomes (PRO) Measure Implementation: A Report from the SAFTINet Practice-based Research Network (PBRN). J Am Board Fam Med. 2016 Jan-Feb;29(1):102-15. PubMed PMID: [26769882](https://pubmed.ncbi.nlm.nih.gov/26769882/).

B. Positions and Honors**Positions and Employment**

2001 - 2002	Research Assistant, Center for Research on Health Care, University of Pittsburgh, Pittsburgh, PA
2002 - 2005	Practice-based Research Coordinator, Community Health Services, Denver Health & Hospital Authority, Department of Family Medicine, University of Colorado Health Sciences Center, Denver, CO
2005 - 2007	Graduate Research Assistant, Department of Psychology, University of Colorado Boulder, Boulder, CO
2006 - 2009	Teaching Assistant/Graduate Part-Time Instructor, Department of Psychology & Neuroscience, University of Colorado Boulder, Boulder, CO
2007 - 2010	NIMH Predoctoral Fellow, Department of Psychology & Neuroscience, University of Colorado Boulder, Boulder, CO
2010 - 2011	Research Associate, Colorado Health Outcomes Program, School of Medicine, University of Colorado Denver, Aurora, CO
2010 - 2012	Online Faculty Mentor, Northcentral University, Prescott Valley, AZ
2011 - 2012	Senior Instructor, Department of Family Medicine, University of Colorado School of Medicine, Aurora, CO
2013 -	Assistant Professor, Department of Family Medicine, University of Colorado School of

Other Experience and Professional Memberships

2005 - 2007	Member, American College of Sports Medicine
2006 - 2012	Member, Society of Personality & Social Psychology
2006 - 2014	Member, Society of Behavioral Medicine
2014 -	Member, North American Primary Care Research Group

Honors

1998	Collegiate Scholar, National Society of Collegiate Scholars
1998	Warner Prize for Sophomores, Department of Chemistry, Carnegie Mellon University
2001	University Honors, Carnegie Mellon University
2001	Presidential Scholar, Carnegie Mellon University
2004	Colorado Graduate Fellowship, University of Colorado Health Sciences Center
2007	NIMH NRSA Predoctoral Fellowship Awardee, National Institutes of Health
2009	Heyer Award for Applied/Organizational Psychology, University of Colorado, Boulder
2014	Rising Star of the Year in Research, Department of Family Medicine, University of Colorado School of Medicine

C. Contribution to Science

1. As a social health psychologist, my principal contribution to science concerns the application of psychology and behavioral theory to health and health behavior. Most notably, my well-cited research on the relationship between the affective response to exercise and exercise motivation and self-regulation has informed the literature on theory-based physical activity interventions. This work has helped advance the field beyond rational cognitive approaches to exercise behavior change (e.g., convincing people of the long-term health benefits) to include consideration of hedonic and affective factors (e.g., bringing attention to the short-term improvements in mood). Through the lens of theoretical frameworks such as the Theory of Planned Behavior and Self-Determination Theory, I regularly contribute to the development, implementation, and evaluation of interventions in health care settings. As both a principal investigator and co-investigator on current grants, my expertise has been applied to a wide range of interventions, including medication adherence, diabetes self-management, depression treatment, vaccination, health care utilization, and practice transformation.
 - a. Kwan BM. What to Expect When You're Exercising: An Experimental Test of the Anticipated Affect-Exercise Relationship. *Health psychology : official journal of the Division of Health Psychology, American Psychological Association*. Forthcoming;
 - b. Schneider ML, Kwan BM. Psychological need satisfaction, intrinsic motivation and affective response to exercise in adolescents. *Psychol Sport Exerc*. 2013 Sep;14(5):776-785. PubMed PMID: [24015110](#); PubMed Central PMCID: [PMC3760482](#).
 - c. Kwan BM, Hooper AEC, Magnan RE, Bryan AD. A longitudinal diary study of the effects of causality orientations on exercise-related affect. *Self and Identity*. 2011 January 10; 10(3):363-374.
 - d. Kwan BM, Bryan A. In-task and post-task affective response to exercise: translating exercise intentions into behaviour. *Br J Health Psychol*. 2010 Feb;15(Pt 1):115-31. PubMed PMID: [19397847](#).
2. I have contributed to the field of health services research and evaluation by advancing practice-based research, stakeholder engagement, health information technology, dissemination and implementation science, and patient-centered outcomes research methods. As a co-investigator on practice-based research network projects (and earlier in my career, as a practice-based research coordinator and project manager), I have co-led efforts to engage patients, practices, and community organizations in the design and implementation of investigations into health service delivery models such as the patient-centered medical home, and early incarnations of registries and advanced access. By engaging multiple stakeholders in this work, I helped develop feasible and sustainable approaches to secondary use of clinical data and large scale collection of patient-reported outcomes (PRO) data for health services research and quality improvement.

- a. Kwan BM, Sills MR, Graham D, Hamer MK, Fairclough DL, Hammermeister KE, Kaiser A, de Jesus Diaz-Perez M, Schilling LM. Stakeholder Engagement in a Patient-Reported Outcomes (PRO) Measure Implementation: A Report from the SAFTINet Practice-based Research Network (PBRN). *J Am Board Fam Med*. 2016 Jan-Feb;29(1):102-15. PubMed PMID: [26769882](#).
 - b. Sills MR, Kwan BM, Yawn BP, Sauer BC, Fairclough DL, Federico MJ, Juarez-Colunga E, Schilling LM. Medical home characteristics and asthma control: a prospective, observational cohort study protocol. *EGEMS (Wash DC)*. 2013 Dec 18;1(3):1032. PubMed PMID: [25848577](#); PubMed Central PMCID: [PMC4371502](#).
 - c. Schilling LM, Kwan BM, Drolshagen CT, Hosokawa PW, Brandt E, Pace WD, Uhrich C, Kamerick M, Bunting A, Payne PR, Stephens WE, George JM, Vance M, Giacomini K, Braddy J, Green MK, Kahn MG. Scalable Architecture for Federated Translational Inquiries Network (SAFTINet) Technology Infrastructure for a Distributed Data Network. *EGEMS (Wash DC)*. 2013 Oct 7;1(1):1027. PubMed PMID: [25848567](#); PubMed Central PMCID: [PMC4371513](#).
 - d. Bock GW, Kwan BM. Encouragement of patient self-management and adherence through use of a computerized tracking system for cervical and colon cancer screening. *J Am Board Fam Med*. 2007 May-Jun;20(3):316-9. PubMed PMID: [17478667](#).
3. My research, evaluation, and synthesis of the evidence on mental and behavioral health services and interventions has advanced how diverse patient needs and treatment preferences are considered in the context of service delivery and treatment planning. Notably, I have found that many patients prefer to avoid medications in the treatment of depression, and have trouble accessing mental health services in the community, often preferring the convenience and continuity of relationships offered within the primary care setting. Through research and dissemination of the evidence for integrated behavioral health in primary care, I have helped promote non-pharmacologic approaches to mental and behavioral health care and improved access.
- a. Miller BF, Brown Levey SM, Payne-Murphy JC, Kwan BM. Outlining the scope of behavioral health practice in integrated primary care: dispelling the myth of the one-trick mental health pony. *Fam Syst Health*. 2014 Sep;32(3):338-43. PubMed PMID: [25020071](#).
 - b. Kwan BM, Nease D. Essentials of Integrated Care: Connecting Systems of Care, Clinical Practice and Evidence-based Approaches . Talen MR, Valeras AB, editors. New York: Springer Science+Business Media; 2013. The state of the evidence for integrated behavioral health; p.65-98.
 - c. Kwan BM, Dimidjian S, Rizvi SL. Treatment preference, engagement, and clinical improvement in pharmacotherapy versus psychotherapy for depression. *Behav Res Ther*. 2010 Aug;48(8):799-804. PubMed PMID: [20462569](#); PubMed Central PMCID: [PMC2918721](#).
 - d. Keeley RD, Davidson AJ, Crane LA, Matthews B, Pace W. An association between negatively biased response to neutral stimuli and antidepressant nonadherence. *J Psychosom Res*. 2007 May;62(5):535-44. PubMed PMID: [17467408](#).

Complete List of Published Work in My Bibliography:

<http://bit.ly/2eK39zp>

D. Additional Information: Research Support and/or Scholastic Performance

Ongoing Research Support

1R01HD079457-01, NIH

Dempsey, Amanda F. (PI)

05/05/14-03/31/19

The REDIVAC Study - Reducing Delay In Vaccination of Children Study

Interventions to reduce infant under-vaccination are needed to counteract the increasing number of vaccine-preventable disease outbreaks. Our intervention is designed to be delivered to mothers during the most critical time in their vaccination decision-making, without placing an increased burden on clinicians or the clinical encounter. Because of this, and the fact that our intervention is web-based, it has the capacity to be

implemented on a large scale for relatively little cost, and could therefore become an important public health tool with a substantial potential to reduce the incidence of vaccine-preventable diseases.

Role: Co-Investigator

NA, Bristol-Myers Squibb Foundation

Kwan, Bethany Matthews (PI)

11/01/13-11/30/16

Enhancing Patient, Practice, and Community Capacity for Collaborative Diabetes, Depression, and Diabetes Distress Management

University of Colorado will develop and implement a program to enhance the ability of Federally Qualified Health Centers and primary care practices in the Denver area to provide coordinated, patient-centered care for patients with diabetes and additional mental and behavioral health needs through both clinic- and community-based services

Role: PI

GA#973, The Community Health Foundation of Western and Central New York

Kwan, Bethany Matthews (PI)

08/01/14-11/30/16

Evaluation of the Get Well Stay Well Integrated Behavioral Health Care Program

This is a mixed-methods evaluation of the reach, implementation and effectiveness of an integrated behavioral health care model in primary care.

Role: PI

CDRN-1306-04819, PCORI

Ohno-Machado, Lucila (PI)

10/01/15-09/30/18

Patient-centered Scalable National Network for Effectiveness Research (pSCANNER)

Sustain and optimize a PCORNet Clinical Data Research Network to support observational and prospective comparative effectiveness research and other high value data uses.

Role: Co-Investigator

Contract # HHSP233201500025I: Task Order # HHSP23337004T, AHRQ

Westfall, Jack (PI)

09/30/16-09/29/17

Adapting and Implementing Patient Safety Practices in Ambulatory Care: Workflows to Improve Safety and Efficiency in Laboratory Testing (WISE-LT)

The goal of this project is to improve standardization and systemization of laboratory testing processes using a quality improvement-based toolkit to assure patients undergoing laboratory testing in the ambulatory setting do so safely and without harm from laboratory testing mistakes. The primary objectives of this project are:

Optimize the practicality and relevance of existing toolkits through iterative review and revisions from patient safety experts, primary care clinicians, staff, and patients; and Implement and evaluate the improved, practical toolkit in two medium and/or large primary care practices focusing the efforts on the most common diagnostic tests—primarily blood and urine tests.

Role: Co-Investigator

POGG1 2016-0464, State of Colorado Office of Economic Development and International Trade with the Regents of the University of Colorado

Kwan, Bethany Matthews (PI)

10/05/15-05/01/17

Filament

Filament is a web/mobile-based digital health system that connects patients to community-based resources. The aims of this project are to develop a minimal viable product (MVP) prototype based upon learning from prior research, evaluate the prototype with various stakeholders to establish value, inform go-to-market strategy, understand product gaps, and find initial partners and customer, and develop a business plan to support the commercialization of the product.

Role: PI

Completed Research Support

GA#877, The Community Health Foundation of Western and Central New York

Kwan, Bethany Matthews (PI)

06/01/13-07/31/16

Evaluation of the HealthiER (Better Health through Social and Health Care Linkages) Program

This multi-component evaluation of the CMMI-funded HealthiER emergency department-based care management program is designed to identify and describe the key factors that contribute to or restrict the success of the HealthiER program, describe the quality case and business case for sustaining the program to key stakeholders, and provide data to support adoption of successful aspects of the program by other health care systems.

Role: PI

R01 HS022956-01, AHRQ

Schilling, Lisa (PI)

09/30/13-03/31/15

SAFTINet: Optimizing Value and Achieving Sustainability

This project seeks to enhance the capabilities of an existing data network, the Scalable Architecture for Federated Translational Inquiries Network (SAFTINet), by improving its ability to answer impactful questions about the best health care treatments and the best way to provide health care, with special emphasis on the poor and disadvantaged. For this project, we will bring together a diverse set of stakeholders with different perspectives regarding health care (e.g., providers, patients, payer, policy experts, etc.) to inform enhancements to the data network and plan for sustainability.

Role: Co-Investigator