
BIOGRAPHICAL SKETCH

NAME: Phimphasone-Brady, Phoutdavone

eRA COMMONS USER NAME: p.phimphasone

POSITION TITLE: Postdoctoral Research Fellow

EDUCATION/TRAINING

| INSTITUTION AND LOCATION | DEGREE | Completion Date | FIELD OF STUDY |
|--|-------------------------|-----------------|-------------------------------------|
| University of Kansas, Lawrence, KS | B.A | 05/2009 | Psychology |
| California State University, Los Angeles | M.A. | 06/2011 | Psychology |
| VA Connecticut Healthcare System, West Haven, CT | Internship | 06/2017 | Clinical Health Psychology |
| University of North Carolina, Charlotte, NC | PhD | 08/2017 | Health Psychology, clinical program |
| University of Colorado Denver School of Medicine | Postdoctoral fellowship | Current | Implementation Science |

A. Personal Statement

I currently serve as a post-doctoral fellow at the University of Colorado Denver School of Medicine in the area of Dissemination and Implementation (D & I) research. My career goal is to become an independent behavioral scientist in the field of D & I science, with a focus on exploring the implementation of evidence-based interventions to address health disparities and promote health equity. I earned my PhD in health psychology, with an emphasis in clinical psychology. This program adhered to a scientist-practitioner model that includes both extensive research and clinical training. My program of research involves understanding the dynamic relationship between socio-cultural, system level, and individual factors related to obesity and associated medical and psychological comorbidities. In particular, I learned skills in qualitative grounded theory methodology, facilitating and analyzing focus groups and interviews data, RCT methodological designs, and building research collaborations, mentorship, and supervision of junior colleagues, individual and group intervention of health behaviors, and specialized training in community engagement. My previous research experiences in cultural adaptations of EBI led to additional training in an emerging program of research in implementation science, as D & I methods frequently adapt interventions to enhance uptake and sustainability. As a postdoctoral research fellow, I have already developed skills in intensive training in 'designing for dissemination' research and unique training in community engagement and partnerships (i.e., boot camp translation) to advance translation research. Complementing my research area, I completed a clinical health psychology residency, where I gained a nuanced understanding of chronic illness development and management. This clinical experience informed my future research investigations in obesity management, including behavioral management of sleep disorders and sleep apnea, by providing a unique perspective of the patient experience.

B. Positions and Honors

Positions and Employment

2008-2009 Undergraduate Research Assistant, Cognitive Clinical Lab, University of Kansas, Lawrence, KS
2009-2009 Mental Health Specialist, Psychosocial Rehabilitation Programs, Family Services & Guidance Center, Topeka, KS

2009-2011 Graduate Research Assistant, Learning Lab, California State University, Los Angeles, CA
 2009-2011 Graduate Research Assistant, Women's Health Project Lab, California State University, Los Angeles, CA
 2011-2014 Teaching Assistant, Department of Psychology, University of North Carolina, Charlotte, NC
 2011-2017 Graduate Project Coordinator/Research Associate, Women's Health Project Lab, University of North Carolina, Charlotte, NC
 2013-2014 Clinical Student Trainee, Cancer Patient Support Program, Wake Forest Medical Center, Winston-Salem, NC
 2016-2017 Pre-doctoral Intern, Veterans Initiative for Eating and Weight, The VIEW at VA Connecticut Health Care System, West Haven, CT
 2016-2017 Pre-doctoral Clinical Health Psychology Intern, VA Connecticut Health Care System, West Haven, CT
 Present Postdoctoral Fellow, Implementation Science, Department of Family Medicine, Center on Aging, Adult and Child Consortium for Outcomes Research and Delivery Science (ACCORDS) at the University of Colorado, Anschutz Medical Campus.

Other Experiences and Professional Memberships

2008 Undergraduate Guest Lecturer, Upward Bound TRIO Program, University of Kansas, Lawrence, KS
 2009-2017 American Psychology Association
 2011-2017 Association for Psychological Science
 2012-Present Society of Behavioral Medicine
 2012-2013 Social Coordinator, Health Psychology PhD Graduate Student Association, University of North Carolina, Charlotte, NC
 2013-2014 Vice President, Health Psychology PhD Graduate Student Association, University of North Carolina, Charlotte, NC
 Present Academy Health Dissemination and Implementation Science

Honors

2005 Mercedes-Benz Scholarship Recipient
 2005-2009 College Assistance Migrant Program, University of Kansas, Lawrence, KS
 2008-2009 Ronald E. McNair Scholars Program, University of Kansas, Lawrence, KS
 2009 Research Experience Program, University of Kansas, Lawrence, KS
 2009-2010 Jean and Bernard Phinney Psychology Scholarship Recipient, California State University, Los Angeles, CA
 2010-2011 William Hobson and Evelyn Troup Fund Scholarship Recipient, California State University, Los Angeles, CA
 2011-2014 Graduate Assistant Support Plan, UNCC Graduate School, University of North Carolina, Charlotte, NC
 2012 Health Psychology PhD Summer Research Fellowship, University of North Carolina, Charlotte, NC
 2013 Health Psychology PhD Summer Research Fellowship, University of North Carolina, Charlotte, NC
 2018 Training in Dissemination and Implementation Research for Cancer (TIDIRC) Recipient, National Cancer Institute
 2019 Scholar, Health Equity Leadership Institute, Collaborative Center for Health Equity Institute for Clinical and Translational Research, UW School of Medicine and Public Health, Health Sciences Learning Center, Madison, WI
 2019 Scholar, Cultural Immersion Training in Community Engagement, Colorado Clinical and Translational Sciences Institute (CCTSI), University of Colorado, Anschutz Medical Campus.

C. Contribution to Science

1. Cultural adaptations of evidence-based interventions

My program of research has focused on understanding the dynamic relationship between individual and system level factors that influence obesity and associated medical and psychological comorbidities, including

my dissertation that explored cultural adaptations of a healthy lifestyle manual for overweight or obese Latina women with binge eating disorder. My early publications have examined the role of cultural factors on the development of disordered eating behaviors for ethnic minority women as well as to identify facilitators and barriers to receiving evidence-based treatment. I completed a pilot study that found that Latina women with binge eating disorder reduced their frequency in binge eating episodes when cognitive-behavioral therapy in guided self-help (i.e., CBTgsh) form was culturally adapted to address their unique experiences with binge eating. We conducted a randomized controlled wait-list trial of this intervention. Results demonstrated that treatment with the CBTgsh program resulted in significant reductions in binge eating frequency, depression, and psychological distress and 47.6% of the intention-to-treat CBTgsh group were abstinent from binge eating at follow-up. In addition to these publications listed, I have conducted 22 conference presentations and posters at both local and national level conferences related to my research in obesity and associated medical and psychological comorbidities

- a. Cachelin FM, Shea M, **Phimphasone P**, Wilson GT, Thompson DR, Striegel RH. Culturally adapted cognitive behavioral guided self-help for binge eating: a feasibility study with Mexican Americans. *Cultur Divers Ethnic Minor Psychol*. 2014 Jul; 20(3): 449–457. doi: 10.1037/a0035345 PMID: PMC4107360.
- b. Shea M, Cachelin FM, Wang S, Guadalupe G, **Phimphasone P**. Mexican American women's perspectives on a culturally adapted cognitive-behavioral therapy guided self-help program for binge eating. *Psychol Serv*. 2016 Feb; 13(1): 31–41. doi: 10.1037/ser0000055. PMID: PMC4742431.
- c. **Phimphasone-Brady P**, Vela AM, Palmer BE, Minnick A, Cachelin FM. Need for a culturally-relevant adaptation for Latinas with binge eating disorder. *Community Psychology*. 2018
- d. Cachelin FM, Gil-Rivas V, Palmer B, Vela A, **Phimphasone P**, Urquieta de Hernandez B, Tapp, H. Randomized controlled trial of a culturally-adapted program for Latinas with binge eating. *Psychol Serv*. In press.

2. **Biopsychosocial-cultural determinants of obesity in other populations and programs**

My ongoing interest and experience with obesity and disordered eating behaviors have led to collaborations with other researchers that have explored other factors that influence obesity and weight management, including including the relationship between weight and chronic pain and the effectiveness of the National Diabetes Prevention Program among low-income non-Hispanic White participants. My experiences with cultural adaptations of evidence-based interventions led me to the field of implementation science, where I am currently involved in studies that focus on developing and implementing interventions that help patients in primary care settings learn about and effectively practice health-promoting behaviors as well as explorations of successful community engagement strategies for D & I research.

- a. **Phimphasone-Brady P**, Vela A, Palmer BE, Cachelin F. Cultural adaptations of a behavioral weight loss program to improve implementation for obese Latina women with binge eating disorder. *Poster presentation. Poster presentation at the Academy Health Annual Conference on the Science of Dissemination and Implementation Health, December 2017.*
- b. Masheb R, Dorflinger L., **Phimphasone P**, Godfrey K., Afari N. Measuring and tailoring weight management treatment for the unique needs of Veterans. *Annals of behavioral medicine* 2017; 51, p.S1471
- c. Ritchie N, Sauder K, **Phimphasone-Brady P**, Amura C. Income, race/ethnicity, and weight loss in the National Diabetes Prevention Program. *Diabetes Care*; 2018;41:e56-e7.
- d. **Phimphasone-Brady P**, Vela A, Palmer BE, Cachelin, F. Making it count twice: Stakeholder engagement to inform cultural adaptations and identify implementation strategies. *Symposium presentation at the 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine 2018.*

Complete List of Published Work in [MyBibliography](#)

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

Ongoing Research Support

50% protected research time supported by the Center on Aging with additional practical support from the Adult and Child Consortium for Outcomes Research and Delivery Science (ACCORDS) at the University of Colorado, Anschutz Medical Campus.

2018/01/01-2021/12/31

IHI-1609-36322 PCORI

Kwan, Bethany (Co-PI) and Waxmonsky, Jeanette (Co-PI)

Comparing Patient-Centered Outcomes of Standardized vs Patient-Driven Diabetes Shared Medical Appointments

To compare effectiveness of standardized vs patient-driven diabetes SMAs, in terms of patient-centered outcomes (diabetes distress, autonomy support, quality of life, self-management behaviors, out of pocket cost), clinical outcomes (HbA1c, body mass index, blood pressure), and practice-level quality, perceived value and sustainability. Role: Postdoctoral Research Fellow

2016/09/30-2019/09/29

1R01 HS024943, AHRQ

Holtrop, JS (PI)

Why is the use of the Medicare Intensive Behavioral Therapy for Obesity Benefit so low? Finding what works to promote wider dissemination

In November 2011, the Centers for Medicare and Medicaid Services (CMS) approved the use of a new Healthcare Common Procedure Coding System (HCPCS) code for payment in primary care for Intensive Behavioral Therapy (IBT) treatment for obese patients. Despite the widespread prevalence of obesity in primary care, the benefit has been underutilized. This study will add to the field by determining the use of this benefit, reasons for use or non-use, and identify potential strategies for effective implementation of IBT for obesity in primary care. Role: Postdoctoral Research Fellow

2018/09/01-2022/08/31

5R01DK115434-02 NIDDK

Dabela, Dana (PI)

Reducing Risk Factors for Type 2 Diabetes in American Indian Youth: Tribal Turning Point

Project Summary American Indian (Native) youth have the highest incidence and prevalence of pediatric type 2 diabetes of all racial/ethnic groups in the United States. Lifestyle modification has been shown to prevent type 2 diabetes among high-risk adults by up to 58%, including among Native populations, but similar efforts in Native youth have been largely unsuccessful. We recently developed a behavioral intervention for Native youth-parent dyads called Tribal Turning Point (TTP). In a randomized pilot study, we demonstrated feasibility of program delivery, acceptability by Native stakeholders, and significant treatment effects for multiple obesity measures. We now propose to conduct a randomized controlled trial to rigorously evaluate the effect of TTP on diabetes risk factors in 300 overweight/obese Native youth aged 7-10 years who are living in urban or rural communities served by the Indian Health Services. Within each community, youth will be randomized to the TTP program or a general health and safety control program. The multi-component TTP intervention is a youth-centered adaptation of the Diabetes Prevention Program designed to reduce diabetes risk factors by improving activity and dietary behaviors. The 12-month intervention includes 12 active learning group classes, 7 individual youth/parent motivational interviewing counseling sessions, and community-specific resource toolboxes. In this trial, we will assess the effect of TTP on anthropometric, metabolic, and behavioral risk factors for type 2 diabetes at the end of the intervention (12mo) and after 1 year of follow-up (24mo). With an eye toward widespread dissemination of the program, we will also collect qualitative data on factors related to participant engagement, program delivery, and potential for sustainability throughout the award period, which will guide future implementation efforts.

Completed Research Support

2015/10/01-2017/10/30

AWD-153223, State of Colorado

Holtrop, JS (PI)

CM Connector

CM Connector consists of two core technologies: 1) the “backbone,” which is represented through a simple API data interface available to any app and 2) a data analytics tool which collects these disparate data elements and present them in a cohesive manner alongside electronic medical record data for use both in visit and, more often, monitoring outside a visit by nurse caregivers. Role: Postdoctoral Research Fellow

2014/07/01-2015/06/30

UNC, Charlotte Chancellor’s Diversity Challenge Fund

Cachelin, Fary (PI)

A Self-Help Program to Treat Overeating and Obesity in Latinas.

Role: Project Coordinator