Stanford



Peter Bayley, PhD

Clinical Associate Professor, Psychiatry and Behavioral Sciences

Bio

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences
- Member, Wu Tsai Human Performance Alliance

Research & Scholarship

CLINICAL TRIALS

- Online Yoga vs Acceptance and Commitment Therapy for Treating Chronic Musculoskeletal Pain, Recruiting
- Breathing Meditation Intervention for Post Traumatic Stress Disorder, Not Recruiting
- Feasibility of Teleyoga for Treatment of Lyme Disease, Not Recruiting

Teaching

COURSES

2025-26

- Human Memory: A Lens Through the Extremes: BIOS 405 (Aut)

Publications

PUBLICATIONS

- **Randomized feasibility trial of tele-yoga versus in-person yoga for treating chronic musculoskeletal pain in veterans.** *BMC complementary medicine and therapies*
  Mahoney, L., Pahade, S., Mahoney, H., Fitz, K., Keaney, A., Parker-Bridges, K., Francisco, J. M., Lau, A., Hitching, R., Walker, B., Gupta, A., Jo, B., Lohnberg, et al
  2026

- **Feasibility and preliminary efficacy of an online yoga program for managing symptoms of post-treatment lyme disease syndrome.** *Complementary therapies in medicine*
  Brown, A., Mamat, Z., Mahoney, L. A., Bayley, P. J.
  2026; 98: 103347

- **Dreams of the deceased: A scoping and mixed-methods systematic review.** *Sleep medicine*
  Mamat, Z., Owaisi, R. B., Alrai, S., Goktepe, A. K., White, J., Bayley, P. J., Elzamzamy, K.
  2026; 140: 108787

- **Health Care Journeys of Veterans With Gulf War Illness.** *Medical care*

Bloeser, K., Hyde, J. K., Helmer, D. A., Bolton, R. E., Lesnewich, L. M., Phillips, L. A., Bayley, P. J., Chandler, H. K., Santos, S. L., McFarlin, M. L., Reinhard, M. J., Stewart, R. S., McAndrew, et al

2026; 64 (2S Suppl 2): S130-S136

- **Cognition improvement in U.S. veterans undergoing treatment for posttraumatic stress disorder: Secondary analyses from a randomized controlled trial.** *Journal of traumatic stress*

  Mamat, Z., Mathersul, D. C., Bayley, P. J.

  2025

- **Actual concordance between veterans' with Gulf War Illness and their providers' illness perceptions is not related to patient satisfaction nor treatment adherence.** *Patient education and counseling*

  Boska, R. L., Phillips, L. A., Lesnewich, L. M., Bloeser, K. J., Lin, Y., Bayley, P. J., Helmer, D. A., McAndrew, L. M.

  2025; 141: 109329

- **Yoga versus transdiagnostic cognitive behavioural therapy for emotional disorders in community-dwelling adults: Study protocol for a non-inferiority randomised controlled trial** *ADVANCES IN INTEGRATIVE MEDICINE*

  Mathersul, D. C., Byrne, J. M., Lau, J. J. Y., Schutze, R. M., Learmonth, Y. C., Fujiyama, H., Naragon-Gainey, K., McEvoy, P. M., Bayley, P. J.

  2025; 12 (3)

- **VetDash: a clinical dashboard for enhancing measurement-based care in veteran health** *JAMIA OPEN*

  Allende, S., Sullivan, H. S., Bayley, P. J.

  2025; 8 (4): ooaf075

- **DTI-Derived Evaluation of Glymphatic System Function in Veterans with Chronic Multisymptom Illness.** *AJNR. American journal of neuroradiology*

  Zhang, Y., Moore, M. S., Rahimpour, Y., Clark, J. D., Bayley, P. J., Ashford, J. W., Furst, A. J.

  2025

- **Randomized Feasibility Trial of Teleyoga versus In-Person Yoga for Treating Chronic Musculoskeletal Pain in Veterans.** *Research square*

  Mahoney, L., Pahade, S., Mahoney, H., Fitz, K., Keaney, A., Parker-Bridges, K., Francisco, J. M., Lau, A., Hitching, R., Walker, B., Gupta, A., Jo, B., Lohnberg, et al

  2025

- **US military veterans' perceived concordance with their providers regarding persistent physical symptoms prospectively predicts satisfaction with care and adherence to care plans** *ANNALS OF BEHAVIORAL MEDICINE*

  Phillips, L., Lesnewich, L. M., Bloeser, K., Lin, Y., Boska, R. L., Hyde, J. K., Bayley, P. J., Chandler, H. K., Reinhard, M. J., Santos, S. L., Stewart, R., Helmer, D. A., McAndrew, et al

  2025; 59 (1)

- **Reconsidering thought suppression and ironic processing: implications for clinical treatment of traumatic memories.** *Frontiers in psychology*

  Mamat, Z., Levy, D. A., Bayley, P. J.

  2024; 15: 1496134

- **Estimating survival in data-driven phenotypes of mental health symptoms and peripheral biomarkers: A prospective study** *BRAIN BEHAVIOR & IMMUNITY-HEALTH*

  Allende, S., Bayley, P. J.

  2024; 39: 100815

- **Editorial: Online data collection for human neuroscience: challenges and opportunities.** *Frontiers in human neuroscience*

  Mills-Finnerty, C., Bayley, P. J., Clifford, J. O., Ashford, J. W.

  2024; 18: 1440711

- **Episodic memory assessment: effects of sex and age on performance and response time during a continuous recognition task** *FRONTIERS IN HUMAN NEUROSCIENCE*

  Clifford Jr, J. O., Anand, S., Tarpin-Bernard, F., Bergeron, M. F., Ashford, C. B., Bayley, P. J., Ashford, J.

  2024; 18: 1304221

- **Teleyoga for Patients With Alzheimer's Disease and Chronic Musculoskeletal Pain and Their Caregivers: A Feasibility Study.** *Global advances in integrative medicine and health*

  Allende, S., Mahoney, L., Francisco, J. M., Fitz, K., Keaney, A., Parker-Bridges, K., Mahoney, H., Jo, B., Greenberg, J., Bayley, P. J.

2024; 13: 27536130241240405

- **The Therapeutic Potential of Yoga for Alzheimer's Disease: A Critical Review.** *Journal of Alzheimer's disease : JAD*
  Brown, A., Bayley, P. J.
  2024; 101 (s1): S521-S535

- **New tablet-based screening tool for assessment of cognitive decline in Nigeria** *JOURNAL OF ALZHEIMERS DISEASE*
  Anand, S., Bayley, P. J., Clifford Jr, J. O., Ashford, J.
  2024; 102 (1): 33-34

- **Distance-Based Lifestyle Medicine for Veterans with Chronic Multi-symptom Illness (CMI): Health Coaching as Behavioral Health Intervention for Clinical Adherence**
  Summers, A. C., McCullers, R., Jachimowicz, W., Breneman, C. B., Samuel, I., Bayley, P. J., Proctor, L., Eizadi, L., Chester, J., Barrett, J., Reinhard, M. J., Costanzo, M. E.
  edited by Schmorrow, D. D., Fidopiastis, C. M.
  SPRINGER INTERNATIONAL PUBLISHING AG.2024: 236-249

- **Emotion regulation and heart rate variability may identify the optimal posttraumatic stress disorder treatment: analyses from a randomized controlled trial.** *Frontiers in psychiatry*
  Mathersul, D. C., Zeitzer, J. M., Schulz-Heik, R. J., Avery, T. J., Bayley, P. J.
  2024; 15: 1331569

- **Yoga is effective for treating chronic pain in veterans with Gulf War Illness at long-term follow-up.** *BMC complementary medicine and therapies*
  Allende, S., Mathersul, D. C., Schulz-Heik, J. R., Avery, T. J., Mahoney, L., Bayley, P. J.
  2023; 23 (1): 319

- **US Veterans Show Improvements in Subjective but Not Objective Sleep following Treatment for Posttraumatic Stress Disorder: Secondary Analyses from a Randomised Controlled Trial** *DEPRESSION AND ANXIETY*
  Mathersul, D. C., Schulz-Heik, R., Avery, T. J., Allende, S., Zeitzer, J. M., Bayley, P. J.
  2023; 2023

- ***'She thought the same way I that I thought:' a qualitative study of patient-provider concordance among Gulf War Veterans with Gulf War Illness*** *PSYCHOLOGY & HEALTH*
  Lesnewich, L. M., Hyde, J. K., McFarlin, M. L., Bolton, R. E., Bayley, P. J., Chandler, H. K., Helmer, D. A., Phillips, L., Reinhard, M. J., Santos, S. L., Stewart, R. S., McAndrew, L. M.
  2025; 40 (4): 616-634

- **US Veterans Show Improvements in Subjective but Not Objective Sleep following Treatment for Posttraumatic Stress Disorder: Secondary Analyses from a Randomised Controlled Trial.** *Depression and anxiety*
  Mathersul, D. C., Schulz-Heik, R. J., Avery, T. J., Allende, S., Zeitzer, J. M., Bayley, P. J.
  2023; 2023: 7001667

- **The role of the brainstem in sleep disturbances and chronic pain of Gulf War and Iraq/Afghanistan veterans.** *Frontiers in molecular neuroscience*
  Zhang, Y., Moore, M., Jennings, J. S., Clark, J. D., Bayley, P. J., Ashford, J. W., Furst, A. J.
  2023; 16: 1266408

- **Correctness and response time distributions in the MemTrax continuous recognition task: Analysis of strategies and a reverse-exponential model.** *Frontiers in aging neuroscience*
  Ashford, J. W., Clifford, J. O., Anand, S., Bergeron, M. F., Ashford, C. B., Bayley, P. J.
  2022; 14: 1005298

- **Randomised clinical non-inferiority trial of breathing-based meditation and cognitive processing therapy for symptoms of post-traumatic stress disorder in military veterans.** *BMJ open*
  Bayley, P. J., Schulz-Heik, R. J., Tang, J. S., Mathersul, D. C., Avery, T., Wong, M., Zeitzer, J. M., Rosen, C. S., Burn, A. S., Hernandez, B., Lazzeroni, L. C., Seppala, E. M.
  2022; 12 (8): e056609

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  Schulz-Heik, R. J., Lazzeroni, L. C., Hernandez, B., Avery, T. J., Mathersul, D. C., Tang, J. S., Hugo, E., Bayley, P. J.

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- **Now is the Time to Improve Cognitive Screening and Assessment for Clinical and Research Advancement.** *Journal of Alzheimer's disease : JAD*
  Ashford, J. W., Schmitt, F. A., Bergeron, M. F., Bayley, P. J., Clifford, J. O., Xu, Q., Liu, X., Zhou, X., Kumar, V., Buschke, H., Dean, M., Finkel, S. I., Hyer, et al
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- **Emotion dysregulation and heart rate variability improve in US veterans undergoing treatment for posttraumatic stress disorder: Secondary exploratory analyses from a randomised controlled trial.** *BMC psychiatry*
  Mathersul, D. C., Dixit, K., Schulz-Heik, R. J., Avery, T. J., Zeitzer, J. M., Bayley, P. J.
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- **Posttraumatic Stress Disorder Does Not Compromise Behavioral Pain Treatment: Secondary Analysis of a Randomized Clinical Trial Among Veterans.** *Global advances in health and medicine*
  Schulz-Heik, R. J., Avery, T. J., Jo, B., Mahoney, L., Bayley, P. J.
  2022; 11: 21649561221075578

- **Self-Reported Autonomic Dysregulation in Gulf War Illness.** *Military medicine*
  Avery, T. J., Mathersul, D. C., Schulz-Heik, R. J., Mahoney, L., Bayley, P. J.
  1800

- **Rapid neural reorganization during retrieval practice predicts subsequent long-term retention and false memory.** *Nature human behaviour*
  Zhuang, L., Wang, J., Xiong, B., Bian, C., Hao, L., Bayley, P. J., Qin, S.
  2021

- **Clinical Yoga Program Utilization in a Large Health Care System** *PSYCHOLOGICAL SERVICES*
  Avery, T. J., Schulz-Heik, R., Friedman, M., Mahoney, L., Ahmed, N., Bayley, P. J.
  2021; 18 (3): 389-397

- **Brainstem damage is associated with poorer sleep quality and increased pain in gulf war illness veterans.** *Life sciences*
  Zhang, Y., Vakhtin, A. A., Dietch, J., Jennings, J. S., Yesavage, J. A., Clark, J. D., Bayley, P. J., Ashford, J. W., Furst, A. J.
  2021: 119724

- **Heart rate and heart rate variability as outcomes and longitudinal moderators of treatment for pain across follow-up in Veterans with Gulf War illness.** *Life sciences*
  Mathersul, D. C., Dixit, K., Avery, T. J., Schulz-Heik, R. J., Zeitzer, J. M., Mahoney, L. A., Cho, R. H., Bayley, P. J.
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- **Yoga is effective in treating symptoms of Gulf War illness: A randomized clinical trial.** *Journal of psychiatric research*
  Bayley, P. J., Schulz-Heik, R. J., Cho, R., Mathersul, D., Collery, L., Shankar, K., Ashford, J. W., Jennings, J. S., Tang, J., Wong, M. S., Avery, T. J., Stanton, M. V., Meyer, et al
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- **Evaluation of adding the CANTAB computerized neuropsychological assessment battery to a traditional battery in a tertiary care center for veterans** *APPLIED NEUROPSYCHOLOGY-ADULT*
  Schulz-Heik, R., Fahimi, A., Durazzo, T. C., Friedman, M., Bayley, P. J.
  2020; 27 (3): 256–66

- **Brainstem Atrophy in Gulf War Illness.** *Neurotoxicology*
  Zhang, Y., Avery, T., Vakhtin, A. A., Mathersul, D. C., Tranvinh, E., Wintermark, M., Massaband, P., Ashford, J. W., Bayley, P. J., Furst, A. J.
  2020

- **Brain and Physiological Markers of Autonomic Function Are Associated With Treatment-Related Improvements in Self-Reported Autonomic Dysfunction in Veterans With Gulf War Illness: An Exploratory Pilot Study.** *Global advances in health and medicine*
  Mathersul, D. C., Eising, C. M., DeSouza, D. D., Spiegel, D., Bayley, P. J.
  2020; 9: 2164956120922812

- **Study protocol for a non-inferiority randomised controlled trial of SKY breathing meditation versus cognitive processing therapy for PTSD among veterans** *BMJ OPEN*
  Mathersul, D. C., Tang, J. S., Schulz-Heik, R., Avery, T. J., Seppala, E. M., Bayley, P. J.

2019; 9 (4)

- **Evaluation of adding the CANTAB computerized neuropsychological assessment battery to a traditional battery in a tertiary care center for veterans.** *Applied neuropsychology. Adult*
  Schulz-Heik, R. J., Fahimi, A., Durazzo, T. C., Friedman, M., Bayley, P. J.
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- **Study protocol for a non-inferiority randomised controlled trial of SKY breathing meditation versus cognitive processing therapy for PTSD among veterans.** *BMJ open*
  Mathersul, D. C., Tang, J. S., Schulz-Heik, R. J., Avery, T. J., Seppälä, E. M., Bayley, P. J.
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- **Genetic Risk of Alzheimer's Disease: Three Wishes Now That the Genie is Out of the Bottle.** *Journal of Alzheimer's disease : JAD*
  Frank, L., Wesson Ashford, J., Bayley, P. J., Borson, S., Buschke, H., Cohen, D., Cummings, J. L., Davies, P., Dean, M., Finkel, S. I., Hyer, L., Perry, G., Powers, et al
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- **Genetic Risk of Alzheimer's Disease: Three Wishes Now That the Genie is Out of the Bottle** *JOURNAL OF ALZHEIMERS DISEASE*
  Frank, L., Ashford, J., Bayley, P. J., Borson, S., Buschke, H., Cohen, D., Cummings, J. L., Davies, P., Dean, M., Finkel, S. I., Hyer, L., Perry, G., Powers, et al
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- **Tele-yoga for Chronic Pain: Current Status and Future Directions.** *Global advances in health and medicine*
  Mathersul, D. C., Mahoney, L. A., Bayley, P. J.
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- **Psychological Flexibility and Set-Shifting Among Veterans Participating in a Yoga Program: A Pilot Study.** *Military medicine*
  Avery, T. n., Blasey, C. n., Rosen, C. n., Bayley, P. n.
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- **OBESITY IS ASSOCIATED WITH AGE-RELATED HIPPOCAMPAL VOLUME REDUCTION**
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- **Results from a clinical yoga program for veterans: yoga via telehealth provides comparable satisfaction and health improvements to in-person yoga** *BMC COMPLEMENTARY AND ALTERNATIVE MEDICINE*
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- **Memory consolidation reconfigures neural pathways involved in the suppression of emotional memories** *NATURE COMMUNICATIONS*
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- **Mindfulness as a Weight Loss treatment for veterans** *FRONTIERS IN NUTRITION*
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- **The impact of depression on Veterans with PTSD and traumatic brain injury: A diffusion tensor imaging study.** *Biological psychology*
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  Bayley, P. J., Kong, J. Y., Mendiondo, M., Lazzeroni, L. C., Borson, S., Buschke, H., Dean, M., Fillit, H., Frank, L., Schmitt, F. A., Peschin, S., Finkel, S., Austen, et al
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  Adamson, M., Main, K., Kong, J., Noda, A., Hernandez, B., Taylor, J., Lazzeroni, L., Ashford, J., Bayley, P.
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- **Pilot Expertise and Hippocampal Size: Associations with Longitudinal Flight Simulator Performance** *AVIATION SPACE AND ENVIRONMENTAL MEDICINE*
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