



## Julie Lutz, PhD

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

### CLINICAL OFFICE (PRIMARY)

- **General Psychiatry Clinic**

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### Bio

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#### BIO

Dr. Julie Lutz is a licensed clinical psychologist with specialty training in geropsychology/aging and suicide prevention. She received her PhD from West Virginia University, completed her predoctoral internship with an emphasis in geropsychology at the VA Palo Alto Health Care System, and completed a T32 postdoctoral clinical research fellowship in suicide prevention at the University of Rochester Medical Center in New York. She worked in clinical research on suicide prevention among older Veterans at the VA Palo Alto Health Care System following postdoctoral fellowship. Her research and clinical work both focus on evidence-based behavioral interventions to address mental health, social connection, and coping with chronic health and functioning issues to reduce risk in later life.

#### CLINICAL FOCUS

- Clinical Psychology
- Geriatric Psychiatry
- Loneliness
- Depression
- Anxiety
- Suicide
- Social Isolation
- Aging
- Evidence-Based Practice

#### ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences

#### PROFESSIONAL EDUCATION

- Fellowship: University of Rochester GME and Postdoctoral Affairs (2021) NY

- Internship: VA Palo Alto Health Care Psychology Training (2019) CA
- PhD Training: West Virginia University Dept of Psychology (2019) WV

## Publications

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### PUBLICATIONS

- **Diagnosis and conceptualization of suicide: Why suicide belongs in dimensional frameworks of psychopathology.** *Journal of psychopathology and clinical science*  
Lutz, J.  
2026
- **Social Disconnection in Late Life Suicide: An NIMH Workshop on State of the Research in Identifying Mechanisms, Treatment Targets, and Interventions.** *The American journal of geriatric psychiatry : official journal of the American Association for Geriatric Psychiatry*  
Lutz, J., Van Orden, K. A., Bruce, M. L., Conwell, Y.  
2021; 29 (8): 731-744
- **Sadness and Worry in Older Adults: Differentiating Psychiatric Illness from Normative Distress.** *The Medical clinics of North America*  
Lutz, J., Van Orden, K. A.  
2020; 104 (5): 843-854
- **Functional disability and suicidal behavior in middle-aged and older adults: A systematic critical review.** *Journal of affective disorders*  
Lutz, J., Fiske, A.  
2018; 227: 260-271
- **Helping Older Veterans Use Mental Health Apps: Qualitative Interviews and Development of a New Program.** *JMIR formative research*  
Lutz, J., Davis, C. H., Beaudreau, S. A., Gould, C. E.  
2026; 10: e87361
- **It's not just about being queer: Intersectional risk of suicide and premature mortality in later life among LGBT veterans.** *The American psychologist*  
Beaudreau, S. A., Lutz, J. A., Otero, M. C., Warren, A. R., Imbriano, G., Rosenfeld, E. A., Goulet, J. L.  
2026
- **Problem-solving therapy for suicide prevention outcomes in the VA's suicide prevention 2.0 clinical telehealth program.** *Journal of behavioral medicine*  
Walker, J. A., Lutz, J., van Engelen, L., Beaudreau, S. A., Green, K. L., Padilla-Martinez, V., Brown, G. K., Chaison, A. D., George, J. F., Rekart, K. N., Sisco, S., Wetherell, J. L., Bekman, et al  
2026
- **'The loneliness on a daily basis is the toughest part': a qualitative exploration of older veteran men's social connection needs and barriers.** *Aging & mental health*  
Lutz, J., Davis, C. H., Gould, C. E., Beaudreau, S. A.  
2026: 1-10
- **Emotion-centered problem solving therapy for generalized anxiety disorder: a single-arm pilot study with middle-aged and older adults.** *Aging & mental health*  
Beaudreau, S. A., Otero, M. C., Lutz, J. A., Gould, C. E., Cassidy Eagle, E., Suresh, M., Kramer, A., Wetherell, J. L., Warren, S. L., Mashal, N. M.  
2025: 1-10
- **Insomnia During Late Life: Potential Pathways Toward Suicide Risk** *CURRENT SLEEP MEDICINE REPORTS*  
Bishop, T. M., Titus, C. E., Lutz, J. A., Pigeon, W. R.  
2024; 10 (4): 427-436
- **Identifying the influences of aging, generations, and cohorts on gender norms and suicide risk in late life.** *International psychogeriatrics*  
Lutz, J., Beaudreau, S. A., Rosenfeld, E. A.  
2023: 1-6
- **Beyond maintaining safety: Examining the benefit of emotion-centered problem solving therapy added to safety planning for reducing late life suicide risk.** *Contemporary clinical trials*

- Beaudreau, S. A., Lutz, J., Wetherell, J. L., Nezu, A. M., Nezu, C. M., O'Hara, R., Gould, C. E., Roelk, B., Jo, B., Hernandez, B., Samarina, V., Otero, M. C., Gallagher, et al  
2023: 107147
- **Engage coaching for caregivers: a pilot trial to reduce loneliness in dementia caregivers.** *Aging & mental health*  
Van Orden, K. A., Bower, E., Lutz, J., Silva, C.  
2023; 27 (10): 2019-2026
  - **The Geriatric Feelings of Burdensomeness Scale (GFBS).** *Clinical gerontologist*  
Lutz, J., Katz, E., Gallegos, J., Spalding, R., Edelstein, B.  
2022; 45 (3): 696-707
  - **Addressing Social Disconnection in Late Life: From Outcomes Research and Calls-To-Action to Effective Intervention Science.** *The American journal of geriatric psychiatry : official journal of the American Association for Geriatric Psychiatry*  
Lutz, J.  
2022; 30 (3): 311-313
  - **Strategies to Promote Social Connections Among Older Adults During "Social Distancing" Restrictions.** *The American journal of geriatric psychiatry : official journal of the American Association for Geriatric Psychiatry*  
Van Orden, K. A., Bower, E., Lutz, J., Silva, C., Gallegos, A. M., Podgorski, C. A., Santos, E. J., Conwell, Y.  
2021; 29 (8): 816-827
  - **Lifespan development and suicide in later life.** *International psychogeriatrics*  
Conwell, Y., Lutz, J.  
2021; 33 (2): 117-119
  - **URMC Universal Depression Screening Initiative: Patient Reported Outcome Assessments to Promote a Person-Centered Biopsychosocial Population Health Management Strategy.** *Frontiers in psychiatry*  
Van Orden, K. A., Lutz, J., Conner, K. R., Silva, C., Hasselberg, M. J., Fear, K., Leadley, A. W., Wittink, M. N., Baumhauer, J. F.  
2021; 12: 796499
  - **Neurocognitive markers of passive suicidal ideation in late-life depression.** *International psychogeriatrics*  
Jordan, J. T., Chick, C. F., Rolle, C. E., Hantke, N., Gould, C. E., Lutz, J., Kawai, M., Cotto, I., Karna, R., Pirog, S., Berk, M., Sudheimer, K., O'Hara, et al  
2020: 1-11
  - **Improvements in Functional Disability After Psychotherapy for Depression Are Associated With Reduced Suicide Ideation Among Older Adults.** *The American journal of geriatric psychiatry : official journal of the American Association for Geriatric Psychiatry*  
Lutz, J. n., Mackin, R. S., Otero, M. C., Morin, R. n., Bickford, D. n., Tosun, D. n., Satre, D. D., Gould, C. E., Nelson, J. C., Beaudreau, S. A.  
2020
  - **A Shortened Version of the Reasons for Living-Older Adults Scale for Clinical and Research Utility.** *The Gerontologist*  
Lutz, J., Edelstein, B., Katz, E., Gallegos, J. V.  
2019; 59 (4): e241-e247
  - **A Case Report of Problem Solving Therapy for Reducing Suicide Risk in Older Adults with Anxiety Disorders.** *Clinical gerontologist*  
Lutz, J., Mashal, N., Kramer, A., Suresh, M., Gould, C., Jordan, J. T., Wetherell, J. L., Beaudreau, S. A.  
2019: 1-8
  - **Difficulties in emotion regulation and chronic pain-related disability and opioid misuse.** *Addictive behaviors*  
Lutz, J., Gross, R. T., Vargovich, A. M.  
2018; 87: 200-205
  - **Perceived Burdensomeness in Older and Younger Adults: Evaluation of the Psychometric Properties of the Interpersonal Needs Questionnaire.** *Journal of clinical psychology*  
Lutz, J., Fiske, A.  
2017; 73 (9): 1179-1195
  - **Predicting Risk for Opioid Misuse in Chronic Pain with a Single-Item Measure of Catastrophic Thinking.** *Journal of the American Board of Family Medicine : JABFM*  
Lutz, J., Gross, R., Long, D., Cox, S.

2017; 30 (6): 828-831

- **Health Conditions and Passive Suicidal Ideation in the Survey of Health, Ageing, and Retirement in Europe.** *The journals of gerontology. Series B, Psychological sciences and social sciences*  
Lutz, J., Morton, K., Turiano, N. A., Fiske, A.  
2016; 71 (5): 936-46