



Julie Lutz, PhD

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **General Psychiatry Clinic**

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Bio

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

PUBLICATIONS

- **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

- **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
- **Diagnosis and conceptualization of suicide: Why suicide belongs in dimensional frameworks of psychopathology.** *Journal of psychopathology and clinical science*
Lutz, J.
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
- **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