



Christine Elizabeth Gould

- Clinical Assistant Professor (Affiliated) [Vapahcs], Psychiatry VA Research
- Staff, Psychiatry and Behavioral Sciences - Child and Adolescent Psychiatry and Child Development

Bio

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Dr. Gould received her Ph.D in psychology from West Virginia University. She completed her internship at VA Palo Alto Health Care System and an Advanced Fellowship in Geriatrics at the GRECC. Dr. Gould is board certified in geropsychology. Her research program develops and tests tailored, self-directed mental health interventions in older adults. Her current funded studies are testing the efficacy of a video-delivered progressive muscle relaxation program with telephone coaching support in reducing anxiety and improving functioning and examining the use of technology by older Veterans. She is also examining a mobile app-based intervention for depression in middle age and older adults. Dr. Gould has an active interest in training future geriatric mental health clinicians and researchers. She provides mentorship in the following areas: geriatric mental health interventions, technology-delivered interventions for older adults, program evaluation/quality improvement, and qualitative research methods.