



## Christine E. Gould

Clinical Associate Professor, Psychiatry and Behavioral Sciences

### CLINICAL OFFICES

- **Stanford University Psychiatry and Behavioral Sciences Clinic**

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### Bio

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#### BIO

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.

#### CLINICAL FOCUS

- Psychology

#### ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences

#### PROFESSIONAL EDUCATION

- Internship: VA Palo Alto Health Care Psychology Training (2011) CA
- PhD Training: West Virginia University - Dept of Psychology (2011) WV

### Research & Scholarship

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#### CLINICAL TRIALS

- Anxiety in Older Veterans, Not Recruiting
- Meru Health Ascend Mobile Intervention for Depression in Middle Aged and Older Adults, Not Recruiting
- Relaxation Treatment for Anxiety in Adults Aged 60 or Older, Not Recruiting

## Teaching

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### GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Geriatric Medicine (Fellowship Program)
- Geriatric Psychiatry (Fellowship Program)

## Publications

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### PUBLICATIONS

- **Older Veterans' Treatment Preferences: Psychotherapy and Self-Management Treatment Modalities.** *Clinical gerontologist*  
Ma, F., Carlson, C., Gomez, R., Gould, C. E.  
2022: 1-11
- **Enhancing specialty training in geropsychology competencies: an evaluation of a VA Geriatric Scholars Program advanced topics workshop.** *Gerontology & geriatrics education*  
Gregg, J. J., Rodriguez, R. L., Mehta, P. S., Kramer, B. J., Gould, C. E.  
2022: 1-10
- **Barriers to Telemedicine Video Visits for Older Adults in Independent Living Facilities: Mixed Methods Cross-sectional Needs Assessment.** *JMIR aging*  
Mao, A., Tam, L., Xu, A., Osborn, K., Sheffrin, M., Gould, C., Schillinger, E., Martin, M., Mesias, M.  
2022; 5 (2): e34326
- **Connecting Older Veterans with Mental Health Mobile Apps: a Survey of Provider and Staff Use of Apps and Patient Education Materials.** *Journal of technology in behavioral science*  
Gould, C. E., Mehta, P. S., Carlson, C., Anderson, J. R., Alfaro, A. J., Sakai, E. Y.  
2021: 1-6
- **Distinctions between depression and anxiety with fear of being a burden in late life.** *Aging & mental health*  
Alfaro, A. J., Carlson, C., Segal, D. L., Gould, C. E.  
2021: 1-6
- **Problem Solving Training for Veterans with Complex Comorbidities: Treatment Delivery Adaptations during COVID-19.** *Clinical gerontologist*  
Beaudreau, S. A., Otero, M. C., Walker, J. A., Gould, C. E., Sisco, S., White, P., Pella, K., Wiley, E., Voorhees, K., Wetherell, J. L.  
2021: 1-14
- **Effects of Mobile App-Based Intervention for Depression in Middle-Aged and Older Adults: Mixed Methods Feasibility Study.** *JMIR formative research*  
Gould, C. E., Carlson, C., Ma, F., Forman-Hoffman, V., Ranta, K., Kuhn, E.  
2021; 5 (6): e25808
- **A school-based health and mindfulness curriculum improves children's objectively measured sleep: a prospective observational cohort study.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*  
Chick, C. F., Singh, A., Anker, L. A., Buck, C., Kawai, M., Gould, C., Cotto, I., Schneider, L., Linkovski, O., Karna, R., Pirog, S., Parker-Fong, K., Nolan, et al  
2021
- **A SCHOOL-BASED HEALTH AND MINDFULNESS CURRICULUM IMPROVES CHILDREN'S OBJECTIVELY MEASURED SLEEP**  
Chick, C., Anker, L., Singh, A., Buck, C., Kawai, M., Gould, C., Cotto, I., Schneider, L., Linkovski, O., Matlow, R., Bradley, T., Carrion, V., O'Hara, et al  
OXFORD UNIV PRESS INC.2021: A251
- **Converting a Geriatrics Clinic to Virtual Visits during COVID-19: A Case Study** *JOURNAL OF PRIMARY CARE AND COMMUNITY HEALTH*  
Iyer, S., Mehta, P., Weith, J., Hoang-Gia, D., Moore, J., Carlson, C., Choe, P., Sakai, E., Gould, C.  
2021; 12: 21501327211000235
- **Improving Geropsychology Competencies of Veterans Affairs Psychologists** *JOURNAL OF THE AMERICAN GERIATRICS SOCIETY*  
Huh, J., Rodriguez, R. L., Gregg, J. J., Scales, A. N., Kramer, B., Gould, C. E.  
2021; 69 (3): 798-805
- **Depression, health comorbidities, cognitive symptoms and their functional impact: Not just a geriatric problem.** *Journal of psychiatric research*  
Schüssler-Fiorenza Rose, S. M., Bott, N. T., Heinemeyer, E. E., Hantke, N. C., Gould, C. E., Hirst, R. B., Jordan, J. T., Beaudreau, S. A., O'Hara, R.

2021; 139: 185-192

- **Changes in Quality of Life and Loneliness Among Middle-Aged and Older Adults Participating in Therapist-Guided Digital Mental Health Intervention.** *Frontiers in public health*  
Gould, C. E., Carlson, C., Alfaro, A. J., Chick, C. F., Bruce, M. L., Forman-Hoffman, V. L.  
1800; 9: 746904
- **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
- **Satisfaction with a Vacuum Constriction Device for Erectile Dysfunction among Middle-Aged and Older Veterans** *CLINICAL GERONTOLOGIST*  
Beaudreau, S. A., Van Moorleghem, K., Dodd, S. M., Liou-Johnson, V., Suresh, M., Gould, C. E.  
2020: 1–9
- **Developing a program to increase geropsychology competencies of Veterans Health Administration (VHA) psychologists** *GERONTOLOGY & GERIATRICS EDUCATION*  
Huh, J., Rodriguez, R., Gould, C. E., R. Brunskill, S., Melendez, L., Kramer, B.  
2020; 41 (4): 463–79
- **Neurocognitive markers of passive suicidal ideation in late life depression**  
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  
CAMBRIDGE UNIV PRESS.2020: 160
- **Feasibility, Acceptance, and Initial Evaluation of a Telephone-Based Program Designed to Increase Socialization in Older Veterans.** *Journal of geriatric psychiatry and neurology*  
Juang, C., Huh, J. W., Iyer, S., Beaudreau, S. A., Gould, C. E.  
2020: 891988720944242
- **Development and Refinement of Educational Materials to Help Older Veterans Use VA Mental Health Mobile Apps** *PROFESSIONAL PSYCHOLOGY-RESEARCH AND PRACTICE*  
Gould, C. E., Loup, J. R., Scales, A. N., Juang, C., Carlson, C., Ma, F., Sakai, E. Y.  
2020; 51 (4): 414–23
- **Development and Refinement of Educational Materials to Help Older Veterans Use VA Mental Health Mobile Apps.** *Professional psychology, research and practice*  
Gould, C. E., Loup, J., Scales, A. N., Juang, C., Carlson, C., Ma, F., Sakai, E. Y.  
2020; 51 (4): 414-423
- **Promoting Technology and Virtual Visits to Improve Older Adult Mental Health in the Face of COVID-19** *AMERICAN JOURNAL OF GERIATRIC PSYCHIATRY*  
Gould, C. E., Hantke, N. C.  
2020; 28 (8): 889–90
- **The 5-HTTLPR Long, not Short, Allele Predicts Two-year Longitudinal Increases in Cortisol and Declines in Verbal Memory in Older Adults.** *International journal of geriatric psychiatry*  
Hirst, R. B., Jordan, J. T., Miryam Schussler-Fiorenza Rose, S., Schneider, L., Kawai, M., Gould, C., Anker, L., Chick, C. F., Beaudreau, S., Hallmayer, J., O'Hara, R.  
2020
- **Guided self-management targeting anxiety and activity participation in older Veterans.** *Aging & mental health*  
Gould, C. E., Carlson, C., Wetherell, J. L., O'Hara, R., Goldstein, M. K., Loup, J. R., Ma, F., Beaudreau, S. A.  
2020: 1–10
- **Examining Older Adult Cognitive Status in the Time of COVID-19** *JOURNAL OF THE AMERICAN GERIATRICS SOCIETY*  
Hantke, N. C., Gould, C.  
2020; 68 (7): 1387–89
- **Patient Satisfaction With Geriatric Psychiatry Services via Video Teleconference** *AMERICAN JOURNAL OF GERIATRIC PSYCHIATRY*  
Hantke, N., Lajoy, M., Gould, C. E., Magwene, E. M., Sordahl, J., Hirst, R., O'Hara, R.  
2020; 28 (4): 491–94

- **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
- **Technology Use and Preferences for Mental Health Self-Management Interventions among Older Veterans.** *International journal of geriatric psychiatry*  
Gould, C. E., Loup, J., Kuhn, E., Beaudreau, S. A., Ma, F., Goldstein, M. K., Wetherell, J. L., Zapata, A. M., Choe, P., O'Hara, R.  
2019
- **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
- **Application of Problem Solving Therapy for Late-Life Anxiety** *COGNITIVE AND BEHAVIORAL PRACTICE*  
Beaudreau, S. A., Gould, C. E., Mashal, N. M., Huh, J., Fairchild, J.  
2019; 26 (2): 381–94
- **Veterans Affairs and the Department of Defense Mental Health Apps: A Systematic Literature Review** *PSYCHOLOGICAL SERVICES*  
Gould, C. E., Kok, B. C., Ma, V. K., Zapata, A. L., Owen, J. E., Kuhn, E.  
2019; 16 (2): 196–207
- **Video-Delivered Relaxation Intervention Reduces Late-Life Anxiety: A Pilot Randomized Controlled Trial** *AMERICAN JOURNAL OF GERIATRIC PSYCHIATRY*  
Gould, C. E., Kok, B. C., Ma, V. K., Wetherell, J., Sudheimer, K., Beaudreau, S. A.  
2019; 27 (5): 514–25
- **Factors Associated with Supportive Care Service Use Among California Alzheimer's Disease Patients and Their Caregivers.** *Journal of Alzheimer's disease : JAD*  
Newkirk, L. A., Dao, V. L., Jordan, J. T., Alving, L. I., Davies, H. D., Hewett, L. n., Beaudreau, S. A., Schneider, L. D., Gould, C. E., Chick, C. F., Hirst, R. B., Rose, S. M., Anker, et al  
2019
- **Video-Delivered Relaxation Intervention Reduces Late-Life Anxiety: A Pilot Randomized Controlled Trial.** *The American journal of geriatric psychiatry : official journal of the American Association for Geriatric Psychiatry*  
Gould, C. E., Kok, B. C., Ma, V. K., Wetherell, J. L., Sudheimer, K., Beaudreau, S. A.  
2018
- **Validation of the Older Adult Social Evaluative Scale (OASES) as a measure of social anxiety** *INTERNATIONAL PSYCHOGERIATRICS*  
Kok, B. C., Ma, V. K., Gould, C. E.  
2018; 30 (9): 1323–32
- **Subjective but Not Objective Sleep is Associated with Subsyndromal Anxiety and Depression in Community-Dwelling Older Adults** *AMERICAN JOURNAL OF GERIATRIC PSYCHIATRY*  
Gould, C. E., Karna, R., Jordan, J., Kawai, M., Hirst, R., Hantke, N., Pirog, S., Cotto, I., Rose, S., Beaudreau, S. A., O'Hara, R.  
2018; 26 (7): 806–11
- **Subjective but Not Objective Sleep is Associated with Subsyndromal Anxiety and Depression in Community-Dwelling Older Adults.** *The American journal of geriatric psychiatry : official journal of the American Association for Geriatric Psychiatry*  
Gould, C. E., Karna, R., Jordan, J., Kawai, M., Hirst, R., Hantke, N., Pirog, S., Cotto, I., Schussler-Fiorenza Rose, S. M., Beaudreau, S. A., O'Hara, R.  
2018
- **Testing the usability of a portable DVD player and tailored photo instructions with older adult veterans** *EDUCATIONAL GERONTOLOGY*  
Gould, C. E., Zapata, A. L., Shinsky, D. N., Goldstein, M. K.  
2018; 44 (1): 64–73
- **Information-Seeking about Anxiety and Perceptions about Technology to Teach Coping Skills in Older Veterans** *CLINICAL GERONTOLOGIST*  
Zapata, A. L., Beaudreau, S. A., O'Hara, R., Merrell, S., Bruce, J., Garrison-Diehn, C., Gould, C. E.  
2018; 41 (4): 346–56
- **Unlocking Neurocognitive Substrates of Late-Life Affective Symptoms Using the Research Domain Criteria: Worry Is an Essential Dimension** *FRONTIERS IN AGING NEUROSCIENCE*

- Beaudreau, S. A., Hantke, N. C., Mashal, N., Gould, C. E., Henderson, V. W., O'Hara, R.  
2017; 9: 380
- **Development of a video-delivered relaxation treatment of late-life anxiety for veterans.** *International psychogeriatrics*  
Gould, C. E., Zapata, A. M., Bruce, J., Bereksnyei Merrell, S., Wetherell, J. L., O'Hara, R., Kuhn, E., Goldstein, M. K., Beaudreau, S. A.  
2017: 1-13
  - **Association of Anxiety Symptom Clusters with Sleep Quality and Daytime Sleepiness.** *journals of gerontology. Series B, Psychological sciences and social sciences*  
Gould, C. E., Spira, A. P., Liou-Johnson, V., Cassidy-Eagle, E., Kawai, M., Mashal, N., O'Hara, R., Beaudreau, S. A.  
2017
  - **Handling clinical comorbidity in randomized clinical trials in psychiatry.** *Journal of psychiatric research*  
O'Hara, R., Beaudreau, S. A., Gould, C. E., Froehlich, W., Kraemer, H. C.  
2017; 86: 26-33
  - **Older adults report more sadness and less jealousy than young adults in response to worry induction.** *Aging & mental health*  
Gould, C. E., Gerolimos, L. A., Beaudreau, S. A., Mashal, N., Edelstein, B. A.  
2017: 1-7
  - **RESOLV: Development of a telephone-based program designed to increase socialization in older veterans** *EDUCATIONAL GERONTOLOGY*  
Gould, C. E., Shah, S., Brunskill, S. R., Brown, K., Oliva, N. L., Hosseini, C., Bauer, E., Huh, J.  
2017; 43 (8): 379-92
  - **Longitudinal association of delta activity at sleep onset with cognitive and affective function in community-dwelling older adults.** *International journal of geriatric psychiatry*  
Kawai, M., Beaudreau, S. A., Gould, C. E., Hantke, N. C., Cotto, I., Jordan, J. T., Hirst, R. B., O'Hara, R.  
2016; 31 (10): 1124-1135
  - **Multimorbidity is associated with anxiety in older adults in the Health and Retirement Study.** *International journal of geriatric psychiatry*  
Gould, C. E., O'Hara, R., Goldstein, M. K., Beaudreau, S. A.  
2016; 31 (10): 1105-1115
  - **Delta Activity at Sleep Onset and Cognitive Performance in Community-Dwelling Older Adults** *SLEEP*  
Kawai, M., Beaudreau, S. A., Gould, C. E., Hantke, N. C., Jordan, J. T., O'Hara, R.  
2016; 39 (4): 907-914
  - **Perceived anxiety control is associated with sleep disturbance in young and older adults** *AGING & MENTAL HEALTH*  
Gould, C. E., Beaudreau, S. A., O'Hara, R., Edelstein, B. A.  
2016; 20 (8): 856-860
  - **Implementation of a brief anxiety assessment and evaluation in a Department of Veterans Affairs geriatric primary care clinic** *JOURNAL OF REHABILITATION RESEARCH AND DEVELOPMENT*  
Gould, C. E., Beaudreau, S. A., Gullickson, G., Tenover, J., Bauer, E. A., Huh, J.  
2016; 53 (3): 335-43
  - **Evaluation of a Dementia Resource Fair for Veterans, Caregivers, and Staff.** *Federal practitioner : for the health care professionals of the VA, DoD, and PHS*  
Gould, C. E., McConnell, K. n., Wexler, B. n., Scanlon, B. K.  
2016; 33 (10): 42-46
  - **Disability and Treatment Outcomes for Anxiety and Depression in Older Veterans** *CLINICAL GERONTOLOGIST*  
Gould, C. E., Huh, J., Brunskill, S. R., McConnell, K., Tenover, J.  
2015; 38 (4): 268-82
  - **Depression and anxiety symptoms in male veterans and non-veterans: the Health and Retirement Study** *INTERNATIONAL JOURNAL OF GERIATRIC PSYCHIATRY*  
Gould, C. E., Rideaux, T., Spira, A. P., Beaudreau, S. A.  
2015; 30 (6): 623-30
  - **Anxiety Symptom Clusters Predict Sleep Quality**  
Gould, C. E., O'Hara, R., Cassidy-Eagle, E. L., Liou-Johnson, V., Beaudreau, S. A.

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- **Measuring anxiety in late life: A psychometric examination of the Geriatric Anxiety Inventory and Geriatric Anxiety Scale** *JOURNAL OF ANXIETY DISORDERS*  
Gould, C. E., Segal, D. L., Yochim, B. P., Pachana, N. A., Byrne, G. J., Beaudreau, S. A.  
2014; 28 (8): 804–11
- **Association between depression and anxiety on blood pressure dysregulation and pulse in the Health and Retirement Study** *INTERNATIONAL JOURNAL OF GERIATRIC PSYCHIATRY*  
Gould, C. E., Beaudreau, S. A.  
2013; 28 (10): 1045-1053
- **Diabetes is associated with cognitive impairment no dementia in the aging, demographics, and memory study (ADAMS)** *INTERNATIONAL PSYCHOGERIATRICS*  
Gould, C. E., Beaudreau, S. A., Salman, H.  
2013; 25 (1): 167-168