



Victoria Eileen Cosgrove

Clinical Assistant Professor, Psychiatry and Behavioral Sciences - Child and Adolescent Psychiatry

CLINICAL OFFICES

- **Child and Adolescent Psychiatry Clinic**

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Bio

BIO

Dr. Victoria Cosgrove is a Clinical Assistant Professor in the Division of Child and Adolescent Psychiatry at the Stanford University School of Medicine. She directs the Prevention and Intervention (PI) Laboratory, focused on studying stress and its involvement in the emergence of mood symptoms in adolescents and teens as well as developing clinical interventions that may help minimize negative responses to stress. She also directs the Family Clinic, which trains graduate students in psychology as well as psychiatry fellows in the specifics of family therapy. Dr. Cosgrove grew up on the East Coast and received her BA at Yale University in 1998. When she was a sophomore at Yale, she became a peer counselor and quickly made an easy decision to devote her career to supporting mental health. After receiving a Ph.D. in Clinical Psychology and Behavioral Genetics from the University of Colorado at Boulder in 2009, she completed a Research Fellowship in child psychiatry at Stanford before joining the Faculty. She lives in Redwood City with her husband Brian and their three children, Zander, Aila, and Declan.

CLINICAL FOCUS

- Psychology
- Psychiatry

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences - Child and Adolescent Psychiatry

HONORS AND AWARDS

- New Investigator Award, NIMH-NCDEU (6/2010)
- Awardee, NIMH Career Development Institute for Bipolar Disorder (5/2010)

PROFESSIONAL EDUCATION

- Fellowship: Stanford University Medical Center (2011) CA
- Internship: VA Medical Center Palo Alto (2009) CA
- PhD Training: University of Colorado at Boulder (2009) CO
- Master of Arts, University of Colorado at Boulder, Clinical Psychology (2005)

- Bachelor of Arts, Yale University (1998)

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Dr. Victoria Cosgrove directs the Prevention and Intervention (PI) Laboratory, housed in the Division of Child and Adolescent Psychiatry, which investigates the etiology and treatment of affective psychopathology across the life span. Our mission is focused on two overarching aims: (1) to examine, using multilevel analysis (i.e., behavioral, genetic, immunological, etc.), stress-related etiological phenomena involved in the emergence of affective psychopathology in youth and adults within a diathesis-stress framework, and; (2) to develop and test the efficacy of evidence-based psychosocial and pharmacological interventions that promote arousal regulation and decreased inflammation. Our lab is comprised of ten doctoral candidates at the PGSP-Stanford Psy.D. Consortium, post-baccalaureate scholars, and Stanford undergraduates. Lab members routinely conduct sub-studies exploring important questions about roles for biological markers of inflammation, expressed emotion, personality factors, and neurocognitive functioning. The PI Lab has recently presented data at the Association for Behavioral and Cognitive Therapies (ABCT), Society for Personality Assessment (SPA), and Society for Affective Science Annual Meetings. We collaborate with Drs. Trisha Suppes and Michael Berk on a joint international project (R34 MH091284) with the University of Melbourne involving development and refinement of an internet-based intervention (MoodSwings) for adults with bipolar disorder (www.moodswings.net.au). The PI Lab also collaborates with Dr. Roger McIntyre at the University of Toronto on a joint international project, funded by the Stanley Medical Research Institute, investigating the efficacy of intravenous infliximab in the treatment of bipolar depression in adults.

Publications

PUBLICATIONS

- **Overhauling technology-based interventions for young people with bipolar disorder: lessons learned from adults.** *Bipolar disorders*
Van Meter, A., Cosgrove, V. E.
2018
- **Online ethics: where will the interface of mental health and the internet lead us?** *International journal of bipolar disorders*
Cosgrove, V., Gliddon, E., Berk, L., Grimm, D., Lauder, S., Dodd, S., Berk, M., Suppes, T.
2017; 5 (1): 26-?
- **Progressing MoodSwings. The upgrade and evaluation of MoodSwings 2.0: An online intervention for bipolar disorder.** *Contemporary clinical trials*
Lauder, S., Cosgrove, V. E., Gliddon, E., Grimm, D., Dodd, S., Berk, L., Castle, D., Suppes, T. S., Berk, M.
2017
- **Toward a Valid Animal Model of Bipolar Disorder: How the Research Domain Criteria Help Bridge the Clinical-Basic Science Divide.** *Biological psychiatry*
Cosgrove, V. E., Kelsoe, J. R., Suppes, T.
2016; 79 (1): 62-70
- **Evaluating discussion board engagement in the MoodSwings online self-help program for bipolar disorder: protocol for an observational prospective cohort study** *BMC PSYCHIATRY*
Gliddon, E., Lauder, S., Berk, L., Cosgrove, V., Grimm, D., Dodd, S., Suppes, T., Berk, M.
2015; 15
- **Evaluating discussion board engagement in the MoodSwings online self-help program for bipolar disorder: protocol for an observational prospective cohort study.** *BMC psychiatry*
Gliddon, E., Lauder, S., Berk, L., Cosgrove, V., Grimm, D., Dodd, S., Suppes, T., Berk, M.
2015; 15: 243-?
- **A randomized, double-blind, placebo-controlled study of ziprasidone monotherapy in bipolar disorder with co-occurring lifetime panic or generalized anxiety disorder.** *Journal of clinical psychiatry*
Suppes, T., McElroy, S. L., Sheehan, D. V., Hidalgo, R. B., Cosgrove, V. E., Gwizdowski, I. S., Feldman, N. S.
2014; 75 (1): 77-84
- **First controlled treatment trial of bipolar II hypomania with mixed symptoms: Quetiapine versus placebo.** *Journal of affective disorders*

- Suppes, T., Ketter, T. A., Gwizdowski, I. S., Dennehy, E. B., Hill, S. J., Fischer, E. G., Snow, D. E., Gonzalez, R., Sureddi, S., Shivakumar, G., Cosgrove, V. E.
2013; 150 (1): 37-43
- **Bipolar depression in pediatric populations : epidemiology and management.** *Paediatric drugs*
Cosgrove, V. E., Roybal, D., Chang, K. D.
2013; 15 (2): 83-91
 - **Characteristics of responders and non-responders to risperidone monotherapy or placebo in co-occurring bipolar disorder and anxiety disorder** *EUROPEAN PSYCHIATRY*
Seo, J. S., Jamieson, K., Cosgrove, V., Gwizdowski, I. S., Yang, H., Sheehan, D. V., McElroy, S. L., Suppes, T.
2013; 28 (3): 190-196
 - **Early Intervention for Symptomatic Youth at Risk for Bipolar Disorder: A Randomized Trial of Family-Focused Therapy** *JOURNAL OF THE AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY*
Miklowitz, D. J., Schneck, C. D., Singh, M. K., Taylor, D. O., George, E. L., Cosgrove, V. E., Howe, M. E., Dickinson, L. M., Garber, J., Chang, K. D.
2013; 52 (2): 121-131
 - **Informing DSM-5: biological boundaries between bipolar I disorder, schizoaffective disorder, and schizophrenia.** *BMC medicine*
Cosgrove, V. E., Suppes, T.
2013; 11: 127-?
 - **Association between 5HTT, DAT1, and DRD4 and bipolar disorder in youth** *PSYCHIATRIC GENETICS*
Cosgrove, V. E., Miklowitz, D. J., Rhee, S. H., Hawkey, C., Corley, R., Haberstick, B., Smolen, A.
2012; 22 (6): 304-304
 - **Biological Evidence for a Neurodevelopmental Model of Pediatric Bipolar Disorder** *ISRAEL JOURNAL OF PSYCHIATRY AND RELATED SCIENCES*
Roybal, D. J., Singh, M. K., Cosgrove, V. E., Howe, M., Kelley, R., Barnea-Goraly, N., Chang, K. D.
2012; 49 (1): 28-43
 - **Family Support and Depressive Symptoms: A 23-Year Follow-Up** *JOURNAL OF CLINICAL PSYCHOLOGY*
Kamen, C., Cosgrove, V., McKellar, J., Cronkite, R., Moos, R.
2011; 67 (3): 215-223
 - **Structure and Etiology of Co-occurring Internalizing and Externalizing Disorders in Adolescents** *JOURNAL OF ABNORMAL CHILD PSYCHOLOGY*
Cosgrove, V. E., Rhee, S. H., Gelhorn, H. L., Boeldt, D., Corley, R. C., Ehringer, M. A., Young, S. E., Hewitt, J. K.
2011; 39 (1): 109-123
 - **Suicidal ideation and depressive symptoms among bipolar patients as predictors of the health and well-being of caregivers** *BIPOLAR DISORDERS*
Chessick, C. A., Perlick, D. A., Miklowitz, D. J., Dickinson, L. M., Allen, M. H., Morris, C. D., Gonzalez, J. M., Marangell, L. B., Cosgrove, V., Ostacher, M.
2009; 11 (8): 876-884
 - **Early childhood temperament and the covariation between internalizing and externalizing behavior in school-aged children** *TWIN RESEARCH AND HUMAN GENETICS*
Rhee, S. H., Cosgrove, V. E., Schmitz, S., Haberstick, B. C., Corley, R. C., Hewitt, J. K.
2007; 10 (1): 33-44
 - **Bipolar disorder: current treatments and new strategies.** *Cleveland Clinic journal of medicine*
Sachs, G. S., Cosgrove, V. E.
1998; 65: S131-7