

Stanford



Catherine Benedict

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICES

- **Behavior Analysis Clinic**

401 Quarry Rd

Dept of Psychiatry

Stanford, CA 94305-5795

Tel (650) 498-5566

Fax (650) 498-4960

Bio

CLINICAL FOCUS

- Psychology

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences
- Member, Stanford Cancer Institute

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Research Advisor, GRYT Health (2016 - present)
- Advisory Council Member, Alliance for Fertility Preservation (2016 - present)
- Board Member, Stupid Cancer (2017 - present)

PROFESSIONAL EDUCATION

- Internship: Rush University Medical Center Psychology Internship (2013) IL
- PhD Training: University of Miami Office of the Registrar (2013) FL
- Fellowship: Memorial Sloan Kettering Cancer Center NY
- BS, Tufts University , Psychology (2005)
- MS, University of Miami , Clinical Psychology (2010)
- PhD, University of Miami , Clinical Psychology (2013)
- Postdoctoral Fellow, Memorial Sloan Kettering Cancer Center , Psycho-Oncology (2015)

Research & Scholarship

RESEARCH INTERESTS

- Psychology

CURRENT RESEARCH AND SCHOLARLY INTERESTS

My research focuses on improving cancer survivorship through better understanding of late/long-term effects, unmet needs, and preferences for support, and through the development of theoretically driven, evidence-based behavioral interventions. The overall goal of my work is to improve adjustment, risk management, and quality of life in survivorship, particularly among young adults affected by cancer. This is an underserved patient population, identified as a health disparity group. Much of my work is guided by a self-regulation theoretical framework and rooted in decision-making science to understand how patients make decisions about health and healthcare under conditions of uncertainty and emotional distress. I have applied this framework to inform intervention development around self-management and adherence, fertility and family-building, and financial toxicity barriers to care. I lead quantitative and qualitative studies examining health outcomes and as a part of a broader research trajectory to build interventions that address the numerous, co-occurring, and long-lasting medical, psychosocial, and financial needs after cancer. This work also overlaps with research focusing on the use of digital health platforms to provide tailored, targeted support, and “real world” impact. I work closely with the developers of a cancer peer-to-peer support app to understand user engagement and both the benefit and potential for harm from peer interactions in a digital space. I collaborate with several young adult cancer patient organizations to support patient-centered research and greater research dissemination to patient communities.

Publications

PUBLICATIONS

- **The Impact of Financial Toxicity on Psychological Well-Being, Coping Self-Efficacy, and Cost-Coping Behaviors in Young Adults with Cancer.** *Journal of adolescent and young adult oncology*
Thom, B., Benedict, C.
2019
- **Family-building decision aid and planning tool for young adult women after cancer treatment: protocol for preliminary testing of a web-based decision support intervention in a single-arm pilot study.** *BMJ open*
Benedict, C., Ford, J. S., Schapira, L., Simon, P., Spiegel, D., Diefenbach, M.
2019; 9 (12): e033630
- **"Creating a family after battling cancer is exhausting and maddening": Exploring real-world experiences of young adult cancer survivors seeking financial assistance for family building after treatment** *PSYCHO-ONCOLOGY*
Benedict, C., McLeggon, J., Thom, B., Kelvin, J. F., Landwehr, M., Watson, S., Ford, J. S.
2018; 27 (12): 2829–39
- **The Audacity of Engagement: Hearing Directly from Young Adults with Cancer on Their Attitudes and Perceptions of Cancer Survivorship and Cancer Survivorship Research.** *Journal of adolescent and young adult oncology*
Benedict, C., Victorson, D., Love, B., Fuehrer, D., Lazard, A., Saffer, A. J., Linscott, T., Zachary, M.
2018; 7 (1): 103–11
- **Body image and sexual function in women after treatment for anal and rectal cancer** *PSYCHO-ONCOLOGY*
Benedict, C., Philip, E. J., Baser, R. E., Carter, J., Schuler, T. A., Jandorf, L., DuHamel, K., Nelson, C.
2016; 25 (3): 316–23
- **"Looking at future cancer survivors, give them a roadmap": addressing fertility and family-building topics in post-treatment cancer survivorship care.** *Supportive care in cancer : official journal of the Multinational Association of Supportive Care in Cancer*
Benedict, C., Nieh, J., Hahn, A. L., McCready, A., Diefenbach, M., Ford, J. S.
2020
- **FINANCIAL TOXICITY RELATES TO GREATER DISTRESS AND WORSE QUALITY OF LIFE AMONG BREAST AND GYNECOLOGIC CANCER SURVIVORS**
Benedict, C., Fisher, S., Schapira, L., Chao, S., Sackeyfio, S., Sullivan, T., Palesh, O.
OXFORD UNIV PRESS INC.2020: S549
- **DETERMINING THE TIMING AND FREQUENCY OF FINANCIAL TOXICITY ASSESSMENTS IN ONCOLOGY PATIENTS**
Thom, B., Barrow, B., Benedict, C., Korenstein, D., Tran, C., Blinder, V. S.
OXFORD UNIV PRESS INC.2020: S221

- **ROADMAP TO PARENTHOOD: DEVELOPMENT OF AN ONLINE DECISION AID AND PLANNING TOOL FOR FAMILY-BUILDING AFTER CANCER**
Benedict, C., Dauber-Decker, K. L., King, D. S., Ford, J. S., Diefenbach, M. A.
OXFORD UNIV PRESS INC.2020: S575
- **TOWARD A THEORETICAL UNDERSTANDING OF YOUNG FEMALE CANCER SURVIVORS' DECISION-MAKING ABOUT FAMILY-BUILDING POST-TREATMENT**
Benedict, C., Hahn, A. L., McCreedy, A., Kelvin, J. F., Diefenbach, M. A., Ford, J. S.
OXFORD UNIV PRESS INC.2020: S697
- **CANCER MANAGEMENT SELF-EFFICACY AND PERCEIVED SOCIAL SUPPORT AMONG YOUNG ADULT SURVIVORS OF CANCER AT A SOCIAL NETWORKING EVENT**
Ahmad, Z. N., Benedict, C., Ford, J.
OXFORD UNIV PRESS INC.2020: S12
- **DO RESEARCH PARTICIPANTS DIFFER BY RECRUITMENT SOURCE?OBSERVATIONS FROM A STUDY OF NEWLY-DIAGNOSED BREAST CANCER PATIENTS**
Agrawal, A., Benedict, C., Nouriani, B., Medina, J., Kurian, A. W., Spiegel, D.
OXFORD UNIV PRESS INC.2020: S75
- **CLINICIAN AWARENESS OF PARENTING CONCERNS IN PATIENTS WITH CANCER**
Williams, P., Artusio, D. A., Haruno, L. S., Benedict, C., Shaw, R., Ach, E. L., Rauch, P. K., Schapira, L.
OXFORD UNIV PRESS INC.2020: S29
- **A Randomized Pilot Study of Mindfulness-Based Stress Reduction in a Young Adult Cancer Sample: Feasibility, Acceptability, and Changes in Patient Reported Outcomes.** *Psycho-oncology*
Victorson, D., Murphy, K., Benedict, C., Horowitz, B., Meletich, C., Cordero, E., Salsman, J. M., Smith, K., Sanford, S.
2020
- **Toward a theoretical understanding of young female cancer survivors' decision-making about family-building post-treatment.** *Supportive care in cancer : official journal of the Multinational Association of Supportive Care in Cancer*
Benedict, C., Hahn, A. L., McCreedy, A., Kelvin, J. F., Diefenbach, M., Ford, J. S.
2020
- **Longitudinal effects of social support and adaptive coping on the emotional well-being of survivors of localized prostate cancer.** *The journal of supportive oncology*
Zhou, E. S., Penedo, F. J., Bustillo, N. E., Benedict, C., Rasheed, M., Lechner, S., Soloway, M., Kava, B. R., Schneiderman, N., Antoni, M. H.
; 8 (5): 196–201
- **Cost of survivorship care and adherence to screening-aligning the priorities of health care systems and survivors.** *Translational behavioral medicine*
Benedict, C., Wang, J., Reppucci, M., Schleien, C. L., Fish, J. D.
2020
- **Patterns of social media use and associations with psychosocial outcomes among breast and gynecologic cancer survivors.** *Journal of cancer survivorship : research and practice*
Tolby, L. T., Hofmeister, E. N., Fisher, S., Chao, S., Benedict, C., Kurian, A. W., Berek, J. S., Schapira, L., Palesh, O. G.
2020
- **FAMILY-BUILDING AFTER CANCER: UNDERSTANDING PATIENT SUPPORT NEEDS, PREFERENCES FOR SUPPORT, AND RECOMMENDATIONS FOR CARE.**
Benedict, C., Hahn, A., McCreedy, A., Diefenbach, M. A., Ford, J. S.
ELSEVIER SCIENCE INC.2019: E380
- **The Impact of Financial Toxicity on Psychological Well-Being, Coping Self-Efficacy, and Cost-Coping Behaviors in Young Adults with Cancer** *JOURNAL OF ADOLESCENT AND YOUNG ADULT ONCOLOGY*
Thom, B., Benedict, C.
2019; 8 (3): 236–42
- **Cancer fatalism and adherence to national cancer screening guidelines: Results from the Hispanic Community Health Study/Study of Latinos (HCHS/SOL).** *Cancer epidemiology*

- Moreno, P. I., Yanez, B., Schuetz, S. J., Wortman, K., Gallo, L. C., Benedict, C., Brintz, C. E., Cai, J., Castaneda, S. F., Perreira, K. M., Gonzalez, P., Gonzalez, F., Isasi, et al
2019; 60: 39–45
- **Recruitment via social media: advantages and potential biases.** *Digital health*
Benedict, C., Hahn, A. L., Diefenbach, M. A., Ford, J. S.
2019; 5: 2055207619867223
 - **Peer-To-Peer Connections: Perceptions of a Social Support App Designed for Young Adults with Cancer.** *Psycho-oncology*
Lazard, A. J., Saffer, A. J., Horrell, L., Benedict, C., Love, B.
2019
 - **The Intersection of Financial Toxicity and Family Building in Young Adult Cancer Survivors** *CANCER*
Thom, B., Benedict, C., Friedman, D. N., Kelvin, J. F.
2018; 124 (16): 3284–89
 - **Fertility information needs and concerns post-treatment contribute to lowered quality of life among young adult female cancer survivors** *SUPPORTIVE CARE IN CANCER*
Benedict, C., Thom, B., Friedman, D. N., Pottenger, E., Raghunathan, N., Kelvin, J. F.
2018; 26 (7): 2209–15
 - **Reduction in social activities mediates the relationship between diarrhea and distress in rectal/anal cancer survivors** *PSYCHO-ONCOLOGY*
Benedict, C., DuHamel, K., Nelson, C. J.
2018; 27 (2): 691–94
 - **Young Adult Female Cancer Survivors' Concerns About Future Children's Health and Genetic Risk** *JOURNAL OF ADOLESCENT AND YOUNG ADULT ONCOLOGY*
Raghunathan, N., Benedict, C., Thom, B., Friedman, D., Kelvin, J.
2018; 7 (1): 125–29
 - **Communication and comprehensive cancer control coalitions: lessons from two decades of campaigns, outreach, and training.** *Cancer causes & control : CCC*
Love, B., Benedict, C., Van Kirk Villalobos, A., Cone, J. N.
2018; 29 (12): 1239–47
 - **Young Adult Female Cancer Survivors' Concerns About Future Children's Health and Genetic Risk.** *Journal of adolescent and young adult oncology*
Raghunathan, N. J., Benedict, C., Thom, B., Friedman, D. N., Kelvin, J. F.
2018; 7 (1): 125–29
 - **Examining the impact of a multimedia intervention on treatment decision-making among newly diagnosed prostate cancer patients: results from a nationwide RCT.** *Translational behavioral medicine*
Diefenbach, M. A., Benedict, C., Miller, S. M., Stanton, A. L., Ropka, M. E., Wen, K. Y., Fleisher, L. G., Mohamed, N. E., Hall, S. J.
2018; 8 (6): 876–86
 - **Family-building After Breast Cancer: Considering the Effect on Adherence to Adjuvant Endocrine Therapy** *CLINICAL BREAST CANCER*
Benedict, C., Thom, B., Teplinsky, E., Carleton, J., Kelvin, J. F.
2017; 17 (3): 165–70
 - **Reply to "Twistin' the Night Away": Fertility Preservation in Young Adult Female Cancer Survivors** *CANCER*
Benedict, C., Thom, B., Friedman, D. N., Diotallevi, D., Pottenger, E. M., Raghunathan, N. J., Kelvin, J. F.
2017; 123 (4): 708–9
 - **Young patients and gastrointestinal (GI) tract malignancies - are we addressing the unmet needs?** *BMC CANCER*
Perl, G., Nordheimer, S., Lando, S., Benedict, C., Brenner, B., Perry, S., Shmoisman, G., Purim, O., Amit, L., Stemmer, S. M., Ben-Aharon, I.
2016; 16: 630
 - **Young adult female cancer survivors' unmet information needs and reproductive concerns contribute to decisional conflict regarding posttreatment fertility preservation** *CANCER*
Benedict, C., Thom, B., Friedman, D. N., Diotallevi, D., Pottenger, E. M., Raghunathan, N. J., Kelvin, J. F.
2016; 122 (13): 2101–9

- **Cancer and Fertility Program Improves Patient Satisfaction With Information Received** *JOURNAL OF CLINICAL ONCOLOGY*
Kelvin, J. F., Thom, B., Benedict, C., Carter, J., Corcoran, S., Dickler, M. N., Goodman, K. A., Margolies, A., Matasar, M. J., Noy, A., Goldfarb, S. B.
2016; 34 (15): 1780-+
- **Investigation of body image as a mediator of the effects of bowel and GI symptoms on psychological distress in female survivors of rectal and anal cancer** *SUPPORTIVE CARE IN CANCER*
Benedict, C., Rodriguez, V. M., Carter, J., Temple, L., Nelson, C., DuHamel, K.
2016; 24 (4): 1795-1802
- **Fertility Issues in Adolescent and Young Adult Cancer Survivors** *JOURNAL OF ADOLESCENT AND YOUNG ADULT ONCOLOGY*
Benedict, C., Shuk, E., Ford, J. S.
2016; 5 (1): 48-57
- **Fertility preservation and cancer: challenges for adolescent and young adult patients** *CURRENT OPINION IN SUPPORTIVE AND PALLIATIVE CARE*
Benedict, C., Thom, B., Kelvin, J. F.
2016; 10 (1): 87-94
- **Young Adult Female Cancer Survivors' Decision Regret About Fertility Preservation** *JOURNAL OF ADOLESCENT AND YOUNG ADULT ONCOLOGY*
Benedict, C., Thom, B., Kelvin, J. F.
2015; 4 (4): 213-18
- **Positive and negative mood in men with advanced prostate cancer undergoing androgen deprivation therapy: considering the role of social support and stress** *PSYCHO-ONCOLOGY*
Benedict, C., Dahn, J. R., Antoni, M. H., Traeger, L., Kava, B., Bustillo, N., Zhou, E. S., Penedo, F. J.
2015; 24 (8): 932-39
- **Sexual Bother in Men with Advanced Prostate Cancer Undergoing Androgen Deprivation Therapy** *JOURNAL OF SEXUAL MEDICINE*
Benedict, C., Traeger, L., Dahn, J. R., Antoni, M., Zhou, E. S., Bustillo, N., Penedo, F. J.
2014; 11 (10): 2571-80
- **SEXUAL BOTHER IN MEN WITH ADVANCED PROSTATE CANCER UNDERGOING HORMONE THERAPY**
Benedict, C., Traeger, L., Rasheed, M., Zhou, E., Bustillo, N., Kava, B., Soloway, M., Antoni, M., Penedo, F.
SPRINGER.2014: S11
- **QUALITY OF LIFE IN MEN WITH PROSTATE CANCER: LONG-TERM EFFECTS OF A PSYCHOSOCIAL INTERVENTION**
Benedict, C., Traeger, L., Rasheed, M., Zhou, E., Bustillo, N. E., Kava, B., Soloway, M., Antoni, M., Penedo, F. J.
SPRINGER.2013: S258
- **Identifying how and for whom cognitive-behavioral stress management improves emotional well-being among recent prostate cancer survivors** *PSYCHO-ONCOLOGY*
Traeger, L., Penedo, F. J., Benedict, C., Dahn, J. R., Lechner, S. C., Schneiderman, N., Antoni, M. H.
2013; 22 (2): 250-59
- **Association of stress management skills and perceived stress with physical and emotional well-being among advanced prostate cancer survivors following androgen deprivation treatment.** *Journal of clinical psychology in medical settings*
Penedo, F. J., Benedict, C., Zhou, E. S., Rasheed, M., Traeger, L., Kava, B. R., Soloway, M., Czaja, S., Antoni, M. H.
2013; 20 (1): 25-32
- **Millon Behavioral Medicine Diagnostic (MBMD) Predicts Health-Related Quality of Life (HrQoL) Over Time Among Men Treated for Localized Prostate Cancer** *JOURNAL OF PERSONALITY ASSESSMENT*
Cruess, D. G., Benedict, C., Lattie, E. G., Molton, I., Kinsinger, D., Kava, B., Manoharan, M., Soloway, M., Penedo, F. J.
2013; 95 (1): 54-61
- **Multilevel Modeling in Psychosomatic Medicine Research** *PSYCHOSOMATIC MEDICINE*
Myers, N. D., Brincks, A. M., Ames, A. J., Prado, G. J., Penedo, F. J., Benedict, C.
2012; 74 (9): 925-36
- **PSYCHOSOCIAL CORRELATES OF ANXIETY IN PROSTATE CANCER (PC) SURVIVORS UNDERGOING ACTIVE SURVEILLANCE (AS)**
Bustillo, N. E., Antoni, M., Lechner, S., Benedict, C., Zhou, E., Rasheed, M., Kava, B., Soloway, M., Penedo, F.
SPRINGER.2012: S281

- **SEXUAL DYSFUNCTION AND QUALITY OF LIFE AFTER TREATMENT FOR LOCALIZED PROSTATE CANCER: THE ROLE OF SEXUAL DESIRE AND BOTHER**
Benedict, C., Llabre, M., Penedo, F. J., Traeger, L., Soloway, M., Kava, B. R., Schneiderman, N., Antoni, M. H.
SPRINGER.2012: S280
- **Marital satisfaction of advanced prostate cancer survivors and their spousal caregivers: the dyadic effects of physical and mental health** *PSYCHO-ONCOLOGY*
Zhou, E. S., Kim, Y., Rasheed, M., Benedict, C., Bustillo, N. E., Soloway, M., Kava, B. R., Penedo, F. J.
2011; 20 (12): 1353–57
- **EMOTIONAL WELL-BEING IN MEN WITH PROSTATE CANCER: EFFECTS OF A PSYCHOSOCIAL INTERVENTION USING GROWTH MIXTURE MODELING**
Benedict, C., Penedo, F. J., Traeger, L., Rasheed, M., Zhou, E., Bustillo, N. E., Kava, B., Soloway, M., Llabre, M., Antoni, M.
SPRINGER.2011: S202
- **PHYSICAL AND PSYCHOLOGICAL EFFECTS OF AFFECTIONAL EXPRESSION BETWEEN SPOUSES IN ADVANCED PROSTATE CANCER SURVIVORS**
Zhou, E. S., Benedict, C., Bustillo, N. E., Kava, B., Soloway, M. S., Kim, Y., Czaja, S., Penedo, F. J.
SPRINGER.2011: S61
- **Perceived social support as a predictor of disease-specific quality of life in head-and-neck cancer patients.** *The journal of supportive oncology*
Penedo, F. J., Traeger, L., Benedict, C., Thomas, G., Dahn, J. R., Krause, M. H., Goodwin, W. J.
2011; 10 (3): 119–23
- **TELEPHONE BASED COGNITIVE BEHAVIORAL STRESS MANAGEMENT INTERVENTION IMPROVES COPING, QUALITY OF LIFE AND CORTISOL REGULATION IN MEN UNDERGOING HORMONAL TREATMENT (HT) FOR ADVANCED PROSTATE CANCER (APC)**
Penedo, F., Benedict, C., Zhou, E., Kava, B., Soloway, M., Antoni, M., Schneiderman, N.
SPRINGER.2010: 23
- **TELEPHONE BASED COGNITIVE BEHAVIORAL STRESS MANAGEMENT INTERVENTION IMPROVES COPING, QUALITY OF LIFE AND CORTISOL REGULATION IN MEN UNDERGOING HORMONAL TREATMENT (HT) FOR ADVANCED PROSTATE CANCER (APC)**
Penedo, F., Benedict, C., Zhou, E., Kava, B., Soloway, M., Antoni, M., Schneiderman, N.
SPRINGER.2010: 23
- **EMOTIONAL SUPPORT COPING STRATEGIES MODERATE THE RELATIONSHIP BETWEEN PERCEIVED SOCIAL SUPPORT AND LONG-TERM FUNCTIONAL WELL BEING IN PROSTATE CANCER SURVIVORS**
Rasheed, M., Zhou, E., Penedo, F., Traeger, L., Benedict, C., Bustillo, N., Antoni, M., Schneiderman, N.
SPRINGER.2010: 169
- **PRELIMINARY FINDINGS OF A TELEPHONE BASED COGNITIVE BEHAVIORAL STRESS MANAGEMENT INTERVENTION IN PROSTATE CANCER SURVIVORS UNDERGOING HORMONE THERAPY**
Penedo, F., Benedict, C., Traeger, L., Rasheed, M., Zhou, E., Bustillo, N., Kava, B., Soloway, M.
SPRINGER.2010: 10
- **COPING SKILLS MEDIATE THE EFFECTS OF A TELEPHONE-BASED COGNITIVE BEHAVIORAL STRESS MANAGEMENT INTERVENTION ON URINARY FUNCTION AMONG PC SURVIVORS TREATED WITH HORMONE THERAPY**
Benedict, C., Penedo, F. J., Traeger, L., Rasheed, M., Zhou, E., Bustillo, N., Kava, B., Soloway, M.
SPRINGER.2010: 56
- **Social support mediates the relationship between stress and quality of life in men treated for localized prostate cancer**
Zhou, E., Penedo, F., Traeger, L., Rasheed, M., Benedict, C., Schneiderman, N., Antoni, M.
JOHN WILEY & SONS LTD.2008: S303
- **Social support moderates the relationship between declines in physical well-being and increased mood disturbance in prostate cancer (PC) patients**
Zhou, E. S., Penedo, F. J., Traeger, L., Rasheed, M., Benedict, C. V., Schneiderman, N., Antoni, M. H.
SPRINGER.2008: S78
- **Cognitive adaptation buffers older prostate cancer survivors against age-related declines in subjective well being: A structural equation modeling analysis**
Traeger, L., Penedo, F., Rasheed, M., Zhou, E., Benedict, C., Antoni, M., Schneiderman, N.
SPRINGER.2008: S17