

---

## BIOGRAPHICAL SKETCH

---

NAME: **Prochaska, Judith J.**

---

eRA COMMONS USER NAME: Prochaska

---

POSITION TITLE: Professor of Medicine

---

### EDUCATION/TRAINING

INSTITUTION AND LOCATION	DEGREE	Completion Date	FIELD OF STUDY
Duke University, Durham, North Carolina	B.A.	12/1995	Psychology
San Diego State University, San Diego, California	M.S.	12/1999	Psychology
San Diego State University, San Diego, California	M.P.H.	12/2001	Public Health
University of California San Diego & San Diego State University Joint Doctoral Program	Ph.D.	06/2002	Clinical Psychology
University of California, San Francisco,	Fellowship	08/2004	Clinical Psychology

### A. Personal Statement

I am a tenured Professor of Medicine with the Stanford Prevention Research Center (SPRC), a member of the Stanford Cancer Institute and the Stanford Child Health Research Institute, and a faculty research fellow with the Stanford Clayman Institute for Gender Research. My research program is leveraging technology (e.g., web, text, telemedicine, social media) to study tobacco and other addictive behaviors. My research spans community-based epidemiologic studies, randomized controlled treatment trials, and policy analysis. With attention to health disparities, communities of interest include Alaska Native men and women, African Americans, people with mental illness or alcohol and drug problems, the unemployed, the uninsured, and the unhoused. I have conducted 11 randomized controlled tobacco treatment trials with over 3000 smokers and developed, evaluated, and am disseminating interprofessional health curricula in cardiology and psychiatry as part of the *Rx for Change* curriculum suite (<http://rxforchange.ucsf.edu>) with >10,000 registrants and 200,000 file downloads. Collaboration with the World Heart Federation extended the training materials to providers in China, the Middle East, and South America. I also developed an innovative free online CME program on e-cigarettes for health care providers that has had over 1200 registrants, granting over 900 CME units.

I am past president of the Society for Research on Nicotine and Tobacco (SRNT), the international scientific society aimed at stimulating the generation and dissemination of new knowledge concerning nicotine and tobacco from bench to bedside, through to health policy. I have published over 200 peer-reviewed articles and serve on the Editorial Boards of *JAMA Internal Medicine*, *Cochrane's Tobacco Addiction Review Group*, *Health Psychology*, and *Tobacco Regulatory Science*. I served on the advisory board for the nation's largest purveyor of tobacco quitline services (Optum) and am the editor for the Merck Manuals professional and consumer content focused on tobacco use, nicotine addiction, and tobacco cessation. I have consulted as a scientific expert with numerous federal agencies, including the Centers for Disease Control and Prevention on their TIPS from former smokers campaign, with a focus on a depressed former smoker; with the Food & Drug Administration's (FDA) Center for Tobacco Products PhenX panel for identification of best measures in tobacco regulatory research; with the National Cancer Institute, Division of Cancer Control and Population Sciences, advising on tobacco control research priorities for the next 10 years; and the Congressionally-mandated Federal Advisory Interagency Committee on Tobacco and Health with a focus on tobacco addiction, mental illness, and other addictions.

### B. Positions and Honors

#### Positions and Employment

2003-2004	NIDA-funded Postdoctoral Fellow, Department of Psychiatry, UCSF
2004-2008	Assistant Professor, Adjunct Series, Department of Psychiatry, UCSF
2004-2012	Program Member, Tobacco Control Program, UCSF Comprehensive Cancer Center
2008-2012	Associate Professor in Residence, Department of Psychiatry, UCSF
2012	Full Professor, Adjunct Series, Department of Medicine, UCSF

2012-2020 Associate Professor, Tenured, Stanford Prevention Research Center (SPRC), Department of Medicine, Stanford University,  
 2015-present Faculty Director, Stanford's Community Health & Prevention Research Master's Program  
 2017-present Co-Director, SPRC's NHLBI T32 Postdoctoral Training Program in CVD Prevention  
 2017-present Licensed Clinical Psychologist, Addiction Medicine Privileges, Stanford Hospital & Clinics  
 2020-present Professor, Tenured, SPRC, Department of Medicine, Stanford University

### **Other Experience and Professional Memberships**

2002-2008 Founder and Co-Chair, Special Interest Group: Multiple Risk Behavior Change, Society of Behavioral Medicine  
 2002-2005 Committee Member, Strategic Health Initiative on Behavioral Strategies, American College of Sports Medicine  
 2004-2008 Member, Child Technical Advisory Committee Member, California Health Interview Survey  
 2004-2016 Member, Cooper Institute FITNESSGRAM/ACTIVITYGRAM Scientific Advisory Board  
 2007 Participant, UCSF/CORO Faculty Leadership Collaborative  
 2007 Guest Editor, *Preventive Medicine*  
 2007-2015 Program Committee Member, Society for Research on Nicotine and Tobacco  
 2008-2009 Treatment Advisory Committee, Society for Research on Nicotine and Tobacco  
 2012-present Faculty Member, Stanford Cancer Institute  
 2013-2014 SRNT North America Member Delegate and 20<sup>th</sup> Annual Meeting co-Chair  
 2013-2016 Co-Chair of the FDA's PhenX Tobacco Regulatory Research Panel (TRRP)  
 2014-present Faculty Member, Stanford Research into the Impact of Tobacco Advertising (SRITA)  
 2014-2015 Program Committee Chair, Society for Research on Nicotine and Tobacco  
 2014-2015 Faculty Research Fellow, Stanford Clayman Institute for Gender Research  
 2015-present Faculty Member, Stanford Child Health Research Institute  
 2016 President-Elect, Society for Research on Nicotine and Tobacco  
 2017-2018 President, Society for Research on Nicotine and Tobacco  
 2018-2019 Immediate Past President, Society for Research on Nicotine and Tobacco  
 2018-2019 Member, American Public Health Association, Alcohol Tobacco and Other Drugs Section  
 2019-2020 Member, American Heart Association

### **Honors**

1994-1995 Human Development & Undergraduate Research Grants, Duke University  
 1995 Graduated *Summa Cum Laude*, Duke University  
 1997-1998 Harry E. Hamber Academic Scholarship, San Diego State University (SDSU)  
 1997-1998 Student Oncology Grant, American Cancer Society, California Division  
 1999 Statistical Methods in Psychology course rated #49 of 6,149 classes (<1<sup>st</sup> percentile) in a survey of the top classes at SDSU  
 1999-2000 Trowbridge Academic Scholarship, SDSU  
 1999-2000 Dissertation Research Grant, American College of Sports Medicine  
 1999-2002 Predoctoral Fellowship Awards, American Cancer Society, California Division  
 2001 Health Promotion Student of the Year, Graduate School of Public Health, SDSU  
 2002-2003 Fellow Representative of the Clinical Psychology Training Program, UCSF  
 2002 & 2003 San Francisco Treatment Research Center Pilot Study Grants  
 2002-2004 Postdoctoral Fellowship Award, Tobacco-Related Disease Research Program  
 2003 & 2004 Paper Citation Awards, Society of Behavioral Medicine 24<sup>th</sup> and 25<sup>th</sup> Annual Meetings  
 2003 Robert E. Harris Award, Department of Psychiatry, UCSF  
 2004-2008 New Investigator Award, Tobacco-Related Disease Research Program  
 2005-2011 Patient-Centered (K23) Career Development Award, National Institute on Drug Abuse  
 2007 Jarvik-Russell New Investigator Award, Society for Research on Nicotine and Tobacco  
 2007 UCSF Academy of Medical Educators Cooke Award, Scholarship of Teaching & Learning  
 2010 NIDA Clinical Neuroscience & Behavioral Research Outstanding Early Career Award  
 2011 Mentor of the Year, Bay Area Clinical Research Symposium  
 2015 Teacher of the Year, Department of Medicine, Stanford Prevention Research Center  
 2017 Fellow, Society for Research on Nicotine and Tobacco

## Contribution to Science

**1. Randomized Controlled Tobacco Treatment Trials.** I have conducted 11 tobacco treatment RCTs with over 3000 smokers, spanning adolescents to older adults. We have engaged smokers not initially motivated to quit (recruitment rates >70%; <20% ready to quit in the next 30 days) and retained participants over 18-months follow-up (>80% retention). Communities of interest include chronic smokers, Latino adults, Alaska Native men and women in rural villages, adults with mental illness, veterans in addictions treatment, the unemployed, the uninsured, and the unhoused. With a community focus, partner settings include employment development centers, residential shelters, schools, mental health settings, clinics, and VA Medical Center substance abuse services. Outcomes have included tobacco abstinence and use transitions, quality of life, and cost-outcomes.

- a. Prochaska, J.J., Hall, S.M., Tsoh, J., Eisendrath, S., Rossi, J.S., Redding, C.A., Rosen, A.B., Meisner, M., Humfleet, G., Gorecki, J. (2008). Treating tobacco dependence in clinically depressed smokers: Effect of smoking cessation on mental health functioning. Am J Public Health, 98, 446-448.
- b. Prochaska JJ, Hall SE, Delucchi K, Hall SM. (2014). Efficacy of initiating tobacco dependence treatment in inpatient psychiatry: a randomized controlled trial. Am J Public Health, 104, 1557–1565.
- c. Prochaska, J.J., Fromont, S.C., Ramo, D.E., Young-Wolff, K., Delucchi, K., Brown, R., Hall, S.M. (2015). Gender differences in a randomized controlled trial treating tobacco use in adolescents and young adults with mental health concerns. Nicotine & Tobacco Research, 17, 479-485.
- d. Hickman N, Delucchi K, Prochaska JJ. (2015). Treating tobacco dependence at the intersection of diversity, poverty, and mental illness: a randomized feasibility and replication trial. Nicotine & Tobacco Research, 17, 1012–1021.

**2. Tobacco Industry & the Evolving Tobacco/Nicotine Marketplace:** Expanding beyond investigation of the “host” features in tobacco use and addiction (i.e., user), my research has considered “vector-level” factors (i.e., industry) in driving tobacco use and transitions in use including adoption of e-cigarettes. We found greater tobacco retailer density associated with lower motivation and self-efficacy to quit and higher level of nicotine dependence. We also have documented elevated e-cigarette experimentation and use among young adults and smokers in treatment for mental illness.

- a. Prochaska JJ, Hall SM, Bero L. (2008). Tobacco use among individuals with schizophrenia: what role has the tobacco industry played? Schizophrenia Bulletin, 34, 555-567.
- b. Young-Wolff KC, Henriksen L, Delucchi K, Prochaska JJ. (2014) Tobacco retailer proximity and density and nicotine dependence among smokers with serious mental illness. American Journal of Public Health, 104, 1454-1463.
- c. Prochaska JJ, Grana RA. (2014) E-cigarette use among smokers with serious mental illness. Plos ONE, 9(11):e113013
- d. Brown-Johnson C, Burbank A, Daza EJ, Wassmann A, Chieng A, Rutledge G, Prochaska JJ. (2016). Online patient-provider e-cigarette consultations: perceptions of safety and harm. American Journal of Preventive Medicine, 51, 882-889.

**3. Media and Social Media Platforms for Promoting Behavior Change.** With a focus on technology and mobile health, my research utilizes telemedicine, interactive expert systems, and social media. We have demonstrated high efficiency and cost effectiveness of recruitment for research via social media, and our treatment research built upon a Twitter platform doubled tobacco abstinence. A collaboration with CDC found traditional media (TV/radio ads) increased quit intentions and quit attempts in smokers with mental illness.

- a. Pechmann C, Pan L, Delucchi K, Lakon CM, Prochaska JJ. (2017). A randomized controlled trial evaluation of Tweet2quit: a Twitter-based peer-to-peer quit-smoking group intervention. Tobacco Control, 26, 188-194.
- b. Prochaska JJ, Gates E, Davis K, Gutierrez, K, Beistle D, Hunt Y, Armour B, Rodes R. (2019). The 2016 *Tips From Former Smokers*® Campaign: Associations with quit intentions and quit attempts among smokers with and without mental health conditions. Nicotine & Tobacco Research, 21(5):576-583.
- c. Ramo DE, Thrul J, Delucchi KL, Hall SM, Ling, PM, Belohlavek A, Prochaska JJ. (in press). A randomized controlled evaluation of the tobacco status project, a Facebook intervention for young adults. Addiction
- d. Vogel EA, Ramo DE, Meacham M, Prochaska JJ, Delucchi K, Humfleet G. (in press). The Put it Out Project (POP) Facebook intervention for young sexual and gender minority smokers: outcomes of a pilot randomized controlled trial. Nicotine & Tobacco Research

**4. Systematic-Reviews / Meta-Analyses.** With a focus on informing evidence-based practice, I have led and collaborated on a number of highly cited meta-analyses related to tobacco use and its treatment, including abstinence outcomes and cardiovascular safety.

- a. Prochaska JJ & Hilton JF. (2012). Risk of cardiovascular serious adverse events associated with varenicline use for tobacco cessation: systematic review and meta-analysis. *BMJ*, 344, e2856.
- b. Ramo, D.E., Liu, H., & Prochaska, J.J. (2012). Tobacco and marijuana use among adolescents and young adults: A systematic review of their co-use. *Clinical Psychology Review*, 32, 105-121.
- c. David SP, Lancaster T, Stead LF, Evins AE & Prochaska JJ. (2013). Opioid antagonists for smoking cessation. *Cochrane Database of Systematic Reviews*, 5, CD003086.
- d. Mills EJ, Thorlund K, Eapen S, Wu P & Prochaska JJ. (2014). Cardiovascular events associated with smoking cessation pharmacotherapies: A network meta-analysis. *Circulation*, 129, 28-41.

**Complete List of Published Work in MyBibliography:**

<http://www.ncbi.nlm.nih.gov/sites/myncbi/judith.prochaska.1/bibliography/41153785/public/?sort=date&direction=ascending>

**C. Research Support**

**Ongoing Research Support**

1R01HL117736-05 (Prochaska/Benowitz/Schnellbaecher)                      04/15/2014 – 03/31/2020                      2.09 CM  
NIH/NHLBI

Technology Innovations for Supporting Health in Alaska Native People

This study, utilizing telemedicine, seeks to identify effective and cost-effective interventions for tobacco use and other cardiovascular risk behaviors delivered to Alaska Native men and women in rural villages.

1R01CA204356-02 (Pechmann/Prochaska)                                      03/01/2016 – 02/28/2021                      2.27 CM  
NIH/NCI/UC Irvine

Social Media Technology for Treating Tobacco Addiction

This project is assessing the efficacy of Twitter-enabled messaging for smoking relapse prevention in a randomized controlled clinical trial and testing, among women, the benefits of women-only vs. co-ed groups.

1P01CA225597 (MPI: Henriksen/Luke/Ribisl)                                      09/01/2018 – 08/30/2023                      1.20 CM  
NIH/NCI/UNC

ASPIRE: Advancing Science & Practice in the Retail Environment

This multi-site, national Program Project is building a rigorous, scientific evidence base for effective tobacco control in the retail environment to reduce tobacco use, tobacco-related disparities, and the public health burdens of tobacco including tobacco-related cancers. Project 2 is evaluating retail interventions in reducing tobacco consumption and increasing quitting in 30 large cities across the US. Role: MPI on Project 2

1R34DA046008-01 (Patten)    05/01/2018 – 03/31/2021                      0.60 CM  
NIH/NIDA/Mayo Clinic

Social Media Intervention to Promote Smoking Treatment Utilization and Cessation Among Alaska Native Smokers

This project develops and tests a Facebook-based tobacco treatment engagement intervention. Role: Site PI

1R01CA217165-01 (Henriksen)    02/01/2018 – 01/31/2023                      1.20 CM  
NIH/NCI

Retail Environment for Tobacco and Marijuana in California: Impact on College Student Use

The first comprehensive assessment of cannabis and tobacco co-marketing and longitudinal study of vape shop marketing, applying an innovative spatial clustering approach, focused on college campuses. Role: Co-I

1UH3DA041713 (Marsch/Poldrack)    09/15/2015 – 06/30/2020                      0.36 CM  
NIH/NIA/Dartmouth

Applying Novel Technologies and Methods to Inform the Ontology of Self-regulation

This project is investigating mechanisms of self-regulation across in smokers and obese individuals to inform an ontology that can ultimately inform development of effective health behavior interventions. Role: Co-I

3P30CA1244351-1S2 (Artandi)    06/01/2007 – 05/31/2021                      0.60 CM  
NIH/NCI/Stanford Cancer Institute

Moonshot Supplement Award on Integrating Tobacco Treatment in Stanford Cancer Care

This two-year NCI P30 supplement is developing treatment capacity and infrastructure to provide cessation services to all patients at Stanford's NCI designated comprehensive cancer center who use tobacco and their families. Role: Program co-Lead on Moonshot Supplement

R44DA048712 (Robinson) 09/01/2019 – 08/30/2020 0.60 CM  
NIH/NIDA/Woebot  
RCT of Woebot for Substance Use Disorders  
This SBIR-funded project is developing and evaluating a novel mHealth AI intervention for reducing problematic substance use. Role: Site PI

PR799396 (Asch) 01/01/2020 – 12/31/2020 1.20 CM  
Facebook  
Health Prevention Screening Project  
This award is supporting the development of an RCT evaluation of a novel mHealth tool. Role: co-I

26IR-0004 (Ramo) 08/01/2017 – 07/31/2020 0.38 CM  
State of California/UCSF  
Put it Out Project for Sexual and Gender Minority Smokers  
The major goals of this project are to develop and evaluate a social media-based tobacco cessation intervention with content tailored to SGM young adults. Role: Site PI

**COMPLETED (last 3 years only)**

R34DA041637 (Ramo) 05/01/2016-04/30/2019  
NIH/National Institute on Drug Abuse  
Using Facebook to Address Smoking and Heavy Drinking in Young Adults  
Piloted a social media intervention for tobacco use and heavy drinking in young adults. Role: Site PI

R21MD011765 (Ramo) 08/01/2017 – 07/30/2019  
NIH/NIMHD  
A Facebook Intervention for Young Sexual and Gender Minority Smokers  
Piloted a Facebook intervention for tobacco and heavy episodic drinking for SGM young adults. Role: Site PI

24RT-0035H (Prochaska) 07/01/2015 – 06/30/2019  
State of California/Tobacco Related Disease Res Program  
Tobacco Treatment for Employable Californians  
This project is testing in a RCT a tobacco cessation intervention for Californians seeking employment.

47605 (Prochaska) 08/01/2017 – 08/31/2019  
American Cancer Society, Inc.  
Stanford University: Assessment of Tobacco Use, Attitudes Towards Use, and Dialog on Policy Options  
This project is supporting taskforce development, campus assessment, education and dialogue in campus forums, to yield research relevant to tobacco-free policy development on Stanford campus.

14-10214 / GGS3004-4-01 78-1 (Ashe) 11/01/2017 – 06/30/2019  
California Department of Public Health/ChangeLab Solutions  
Establishing the Health Impact of Policy Changes in CA  
This project evaluated community-focused health education and promotion interventions for policy, system, and environmental changes to prevent and reduce tobacco use in California. Role: Site PI

132648 (Prochaska) 09/01/2017 – 6/30/2019  
Stanford Woods Institute for the Environment  
Tobacco Industry Pro-Environment Campaigns: Brand Perceptions & Counter-Marketing Solutions  
This research is examining Natural American Spirit pro-environment product labeling effects on consumers' tobacco-related perceptions and identifying public health counter strategies.

25IR-0032 (Prochaska) 07/01/2016 – 12/31/2019  
State of California/Tobacco Related Disease Research Program  
Toward Equity in Smokefree Worksite Policies, SHS Exposure & Retail Density  
This research is quantifying at the state and local level the impact of closing the loopholes in California's Smokefree Workplace Act (Labor Code section 6404.5).