

BIOGRAPHICAL SKETCH

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NAME Spiegel, David M.D.	POSITION TITLE Willson Professor in the School of Medicine Associate Chair of Psychiatry & Behavioral Sciences, Stanford University
eRA COMMONS USER NAME (credential, e.g., agency login) SPIEGEL.DAVID	

EDUCATION/TRAINING (Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable.)

INSTITUTION AND LOCATION	DEGREE (if applicable)	MM/YY	FIELD OF STUDY
Yale College	B.A.	1967	Philosophy
Harvard Medical School	M.D.	1971	Medicine
Mass. Mental Health Center, Harvard Medical School		1971-74	Residency in Psychiatry
Laboratory of Community Psychiatry, Harvard		1973-74	Fellowship

A. Personal Statement

Dr. Spiegel has 35 years of clinical and research experience studying psycho-oncology, stress and health, pain control, psychoneuroendocrinology, and conducting randomized clinical trials involving psychotherapy for cancer patients. He is Director of the Stanford Center on Stress and Health, and is Co-Director of the Cancer Prevention and Control Program at the Stanford Cancer Center. He has established long-term collaborative relationships with colleagues in psychiatry, psychology, and oncology.

B. Positions and Honors

Positions and Employment

- 1972-1974 Resident Tutor and Premedical Advisor Winthrop House, Harvard College
- 1975-2005 Assistant through tenured Professor of Psychiatry & Behavioral Sciences, Stanford University School of Medicine
- 1986-1987 Medical Director, Stanford University Clinic
- 1980-1989 Director, Psychiatry Clinic, Stanford University Medical Center
- 1990- Director, Psychosocial Treatment Laboratory, Stanford University School of Medicine
- 1986-1991 Associate Research Psychiatrist, (Univ. of California at San Francisco)
- 1998- Medical Director, Center for Integrative Medicine, Stanford University
- 2000- Associate Chair, Psychiatry & Behavioral Sciences, Stanford University
- 2001- Director, Stanford Center on Stress and Health
- 2002- Jack, Lulu & Sam Willson Professor in the Stanford University School of Medicine
- 2010-2011 Chair, Stanford University Faculty Senate

Other Experience and Professional Memberships

- 1995-1997 President, Society for Clinical and Experimental Hypnosis
- 2005-2006 President, American College of Psychiatrists

Honors

- 1986 Kaiser Award for Excellence in Preclinical Teaching, Stanford University School of Medicine
- 1995 The Edward A. Strecker, M.D. Award, The Institute of Pennsylvania Hospital for "outstanding contribution to psychiatric care and treatment" in the United States
- 1997 Burroughs Wellcome Visiting Professor, Royal Society of Medicine, United Kingdom
- 1997 Rockefeller Foundation Visiting Scholar, Bellagio Study and Conference Center, Bellagio, Italy
- 1997 Special Keynote Address Award, American Society for Therapeutic Radiology and Oncology
- 1997 Meritorious Service Award, Northern California Psychiatric Society
- 2002 Ernest R. Hilgard Award for Scientific Excellence, International Society of Hypnosis

- 2003 Distinguished Fellow, American Psychiatric Association
- 2003 Division 30 Award for Distinguished Contributions to Professional Hypnosis, The American Psychological Association
- 2004 Marmor Award for Advancement of the Biopsychosocial Model in Psychiatry. American Psychiatric Association
- 2005 Division 30 Award for Distinguished Contributions to Hypnosis Research, The American Psychological Association
- 2005 Fellow, American College of Neuropsychopharmacology
- 2011 Arthur Sutherland Award for Lifetime Achievement, International Society for Psycho-Oncology

C. Selected Peer-reviewed Publications (Selected from 362 journal articles, 156 chapters, 12 books)

1. Spiegel D, Bloom JR, Kraemer HC, Gotthel E: Effect of psychosocial treatment on survival of patients with metastatic breast cancer. *The Lancet*: 1989; 2:888-891, October 14. PMID: 2571815
2. Spiegel D. Psychosocial Intervention in Cancer. *Jnl of the National Cancer Institute* 1993; 85:5, 1198-1205. PMID: 8331680
3. Spiegel D. A 43-Year Old woman Coping With Cancer, *JAMA* 1999; 282(4):371-378. PMID: 10432035
4. Sephton S, Sapolsky R, Kraemer H, Spiegel D: Diurnal Cortisol rhythm as a Predictor of Breast Cancer Survival. *JNCI* 2000; 92(12):994-1000. PMID: 1086131
5. Turner-Cobb J, Sephton S, Koopman C, Blake-Mortimer J, Spiegel D: Social Support and Salivary Cortisol in Women with Metastatic Breast Cancer. *Psychosomatic Medicine* 2000; 62:337-346, 337-345. PMID: 10845347
6. Spiegel D: Mind Matters --Group Therapy and Survival in Breast Cancer. *NEJM*; 2001; 345:1767-68. PMID: 11742052
7. Classen C, Butler L, Koopman C, Miller E, DiMiceli S, Giese-Davis J, Fobair P, Carlson R, Kraemer H, Spiegel D: Supportive-expressive group therapy and distress in patients with metastatic breast cancer. *Arch Gen Psychiatry* 58:494-501, 2001.
8. Spiegel D: Effects of psychotherapy on Cancer Survival. *Nature Reviews: Cancer* 2002; 2:338-389.
9. Spiegel, D, Giese-Davis, J., Depression and Cancer: Mechanisms and disease progression. *Biological Psychiatry* 2003; 54 (3) 269-282. PMID: 12893103
10. Sephton, S., Spiegel, D, Circadian disruption in cancer: A neuroendocrine-immune pathway from stress to disease? *Brain, Behavior and Immunity* 2003; 17(5) 321-328. PMID: 12946654
11. Abercrombie HC, Giese-Davis J, Sephton SE, Epel ES, Turner-Cobb JM, Spiegel D. Flattened cortisol rhythms in metastatic breast cancer patients. *Psychoneuroendocrinology*, 2004; 29 (8) 1082-92. PMID: 15219660 [
12. Giese-Davis, J., Wilhelm, F. H., Conrad, A., Abercrombie, H. C., Sephton, S., Yutsis, M., Neri, E., Taylor, C.B., Kraemer, H.C., Spiegel, D. (2006). Depression and stress reactivity in metastatic breast cancer. *Psychosomatic Medicine*, 2006 68(5), 675-683. PMID: 17012520
13. Spiegel, D., Butler, L., Giese-Davis, J., Koopman, C., Miller, E., DiMiceli, S., Classen, C., Fobair, P., Carlson, R., Kraemer, H. Effects of Supportive-Expressive Group Therapy on Survival of Patients with Metastatic Breast Cancer. A Randomized Prospective Trial. *Cancer* (2007) 110 (5) 1130-1138.
14. Giese-Davis, J., Collie, K., Rancourt, K., Neri, E., Kraemer, H., Spiegel, D. Decrease in Depression Symptoms is Associated with Longer Survival in Metastatic Breast Cancer Patients: A Secondary Analysis. *Journal of Clinical Oncology*. 2011; 29 (4), 413-420
15. Spiegel, D. Mind Matters in Cancer Survival. *JAMA* 2011; 305 (5) 502-503.

D. Research Support

Ongoing Research Support

1-R01-MH072386 (Gore-Felton)

08/01/2006 – 07/31/2012

NIH/NIMH

Efficacy of Group Intervention to Reduce Stress Symptoms

The major goals of this project are to examine the efficacy of a skills-based, trauma-focused and HIV prevention intervention in reducing PTSD symptoms and behaviors associated with HIV transmission among HIV-positive adults.

Role:Co-PI

R01 MH074849-06 (PI: Gotlib)

04/01/2011 - 01/31/2016

NIH/NIMH

“Risk for Depression: Identifying and Altering Psychobiological Mechanisms”

The major goals of this project are to examine the ability of stress reactivity, neuroendocrine functioning, emotion regulation, cognitive process and patterns of neural reactivity and neural structure to predict onset of depression in high-risk girls, and to assess the potential of neurofeedback and attentional bias training to reduce the onset of depression.

Role: PI

1RCAT005733-01

09/20/2009-09/29/2011

NCCAM

Resting State of Functional MRI Investigation of Hypnotic Trance and Mindfulness Med

Our goal is to determine the functional brain networks that define and distinguish two induced states of sustained attention -- hypnosis and mindfulness -- that may be of substantial relevance to medicine. Defining the neural underpinnings of these states would have broad implications for understanding how cognitive states emerge from functional networks, how they affect peripheral autonomic nervous system activity, and how their therapeutic efficacy can be optimized.

Role P.I.

RFA OD-09-005

09/30/2009-09/30/2013

NCCAM

CAM Approaches to Management of Sleep and Disease Progression in Cancer.

Supporting new Faculty Recruitment to enhance research resources through Biomedical Research Core Centers (P30)

We propose to recruit a bright and productive young clinical investigator from the University of Rochester to a tenure-track Assistant Professorship and mentor her development as a researcher in mind/body medical interventions.

Role P.I.

Completed Research Support

R01 (Spiegel)

09/01/2006-08/31/2011

NIH/NCI

Sleep, Circadian Hormonal Dysregulation, and Breast Cancer Survival

The Breast Cancer, Biorhythms and Stress project explores sleep disruption as a possible prognostic factor in the progression of metastatic breast cancer, and also examines sleep patterns in association with disrupted circadian rhythms of cortisol, CRF, ACTH, and melatonin as well as measures of immune function known to be salient to breast cancer progression.

Role: PI

R01 MH074849-01 (Gotlib)

04/01/2006-03/31/2011

Emotion Dysregulation in Girls at Risk for Depression.

The major goal of this project is to examine the relations among stress reactivity, neuroendocrine functioning, emotion regulation, cognitive process and patterns of neural reactivity in placing children of depressed mothers at elevated risk for affective disorder.

Role:Co-PI

1 P01 AG18784-01A1 (Spiegel)

09/01/2001-11/30/2010

NIH/NIA

Stress, the HPA, and Health in Aging

A program of research proposed to systematically examine the effects of and interactions among stress, endocrine function, and social support on health and aging. Currently supported with bridge funding.

Role: PI

OVERLAP

NONE