

## BIOGRAPHICAL SKETCH

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NAME <p style="text-align: center;"><b>Bruce Arnow, Ph.D.</b></p>	POSITION TITLE <p style="text-align: center;">Professor of Psychiatry</p>		
eRA COMMONS USER NAME <p style="text-align: center;">barnow</p>			
EDUCATION/TRAINING <i>(Begin with baccalaureate or other initial professional education, such as nursing, and include postdoctoral training.)</i>			
INSTITUTION AND LOCATION	DEGREE <i>(if applicable)</i>	YEAR(s)	FIELD OF STUDY
Queens College, Flushing, NY	B.A.	1964	Psychology
CA State University, Hayward, CA	M.S.	1976	Counseling
Stanford University, Stanford, CA	Ph.D.	1984	Counseling Psychology
Stanford University School of Medicine, Stanford, CA	Fellow	1984-1985	Psychology

### A. Positions and Honors

- 1984-1985 Post-doctoral Research Fellow, Department of Psychiatry, Stanford University School of Medicine
- 1985- Director, Behavioral Medicine Clinic, Department of Psychiatry, Stanford University Medical Center
- 1992- Chief, Psychology Service, Department of Psychiatry, Stanford University Medical Center
- 1992- Director, Psychology Training, Department of Psychiatry, Stanford University Medical Center
- 1994-2000 Assistant Professor of Psychiatry, Department of Psychiatry, Stanford University Medical Center
- 1995- Chief, Behavioral Psychiatry Section, Dept of Psychiatry, Stanford University Medical Center
- 2000-2006 Associate Professor of Psychiatry, Department of Psychiatry, Stanford University Medical Center
- 2000-2006 Chief, Adult Outpatient Clinics, Department of Psychiatry, Stanford University Medical Center
- 2002-2005 Co-Chair and Co-Director, PGSP-Stanford Psy.D. Consortium
- 2006 Co-Director of Training, PGSP-Stanford Psy.D. Consortium
- 2006- Professor, Department of Psychiatry, Stanford University Medical Center

### B. Selected Peer-Reviewed Publications:

- Arnow, B.A., Hart, S., Hayward, C., Dea, R., & Taylor, C.B.** (2000). Severity of child maltreatment history, pain complaints and medical utilization among women. *Journal of Psychiatric Research, 34*, 413-421.
- Arnow, B.A., Desmond, J.E., Banner, L.L., Glover, G.H., Polan, M.L., Lue, T.F., & Atlas, S.W.** (2002). Brain activation and sexual arousal in young, heterosexual males. *Brain, 125*, 1014-1023.
- Kasch, K.L., Rottenberg, J., **Arnow, B.A.,** Gotlib, I.H. (2002). Behavioral activation and inhibition systems and the severity and course of depression. *Journal of Abnormal Psychology, 111*, 589-597.
- Manber, R., **Arnow, B.,** Blasey, C., Vivian, D., McCullough, J.P., Blalock, J.A., Klein, D.N., Markowitz, J.C., Riso, L.P., Rothbaum, B., Rush, A.J., Thase, M.E., & Keller, M.B. (2003). Patients' therapeutic skill acquisition and response to psychotherapy, alone or in combination with medication. *Psychological Medicine, 33*, 693-702.
- Solomon, A., **Arnow, B.A.,** Gotlib, I. & Wind, B. (2003). Individualized measurement of irrational beliefs in remitted depressives. *Journal of Clinical Psychology, 59*, 439-455.
- Klein, D.N., Schwartz, J.E., Santiago, N.J., Vivian, D., Vocisano, C., Castonguay, L.C., **Arnow, B.A.,** Blalock, J.A., Manber, R., Markowitz, J.C., Riso, L.P., Rothbaum, B., McCullough, J.P., Thase, M.E., Borian, F., Miller, I., & Keller, M.B. (2003). The therapeutic alliance in chronic depression: Prediction of treatment response after controlling for prior change and patient characteristics. *Journal of Consulting and Clinical Psychology, 71*, 997-1006.
- Arnow, B.A., & Constantino, M.J.** (2003). Effectiveness of psychotherapy and combination treatment for chronic depression. *Journal of Clinical Psychology, 59*, 893-905.
- Arnow, B.A., Manber, R., Blasey, C., Klein, D.N., Blalock, J.A., Markowitz, J.C., Rothbaum, B., Rush, A.J., Thase, M.E., Riso, L.P., Vivian, D., McCullough, J.P., & Keller, M.B.** (2003). Therapeutic reactance as a

- predictor of outcome in the treatment of chronic depression. *Journal of Consulting & Clinical Psychology*, 71, 1025-1035.
- Polan, M.L., Desmond, J.E., Pryor, M.R., Banner, L.L., McCallum, S.W., Atlas, S.W., Glover, G.H., & **Arnow**, B.A. (2003). Female sexual arousal: Behavioral analysis. *Fertility & Sterility*, 80, 1480-1487.
- Arnow**, B.A., Spangler, D., Klein, D.N., Burns, D.D. (2004). Rumination and distraction among chronic depressives in treatment: A structural equation analysis. *Cognitive Therapy and Research*, 28, 67-83.
- Arnow**, B.A. (2004). Relationships between child maltreatment, adult health and psychiatric outcomes and medical utilization. *Journal of Clinical Psychiatry*, 65, (Supplement 12), 10-15.
- Klein, D.N., Santiago, N.J., Vivian, D., **Arnow**, B.A., Blalock, J.A., Dunner, D.L., et al. (2004). Cognitive behavioral analysis system of psychotherapy as a maintenance treatment for chronic depression. *Journal of Consulting and Clinical Psychology*, 72, 681-688.
- Sachs-Ericsson, N., Blazer, D., Plant, E.A., **Arnow**, B. (2005). Childhood sexual and physical abuse and the one-year prevalence of medical problems in the National Comorbidity Study. *Health Psychol*, 24(1), 32-40.
- Gotlib, I.H., Kasch, K.L., Traill, S., Joormann, J., **Arnow**, B.A., & Johnson, S.L. (2004). Coherence and specificity of information-processing biases in depression and social phobia. *Journal of Abnormal Psychology*, 113, 386-398
- Arnow**, B.A. (2005). Cognitive behavioral analysis system of psychotherapy for chronic depression. *Cognitive and Behavioral Practice*, 12, 6-16.
- Constantino, M.J., **Arnow**, B.A., Blasey, C., & Agras, W.S. (2005). Patient characteristics as predictors of the therapeutic alliance in cognitive-behavioral and interpersonal therapy for bulimia nervosa. *Journal of Consulting and Clinical Psychology*, 73(2), 203-211.
- Schatzberg, A.F., Rush, A.J., **Arnow**, B.A., Banks, P., Blalock, J.A., Borian, F.E., Howland, R., Klein, D.N., Kocsis, J.H., Kornstein, S.G., Manber, R., Markowitz, J.C., Miller, I., Ninan, P.T., Rothbaum, B.O., Thase, M.E., Trivedi, M.H., & Keller, M.B. (2005). Chronic Depression: Medication (Nefazadone) or psychotherapy (CBASP) is effective when the other is not. *Archives of General Psychiatry*, 62, 513-520
- Manber, R., Blasey, C., **Arnow**, B., Markowitz, J.C., Thase, M.E., Rush, A.J., Dowling, F., Kocsis, J., Trivedi, M., Keller, M.B. (2005). Assessing insomnia severity in depression: Comparison of depression rating scales and sleep diaries. *Journal of Psychiatric Research*, 39(5), 481-488.
- DeBattista, C., Solomon, A., **Arnow**, B., Kendrick, E., Tilston, J., & Schatzberg, A.F. (2005). The efficacy of divalproex sodium in the treatment of agitation associated with major depression. *Journal of Clinical Psychopharmacology*, 25, 476-479.
- Ginzburg, K., **Arnow**, B., Hart, S., Gardner, W., Koopman, C., Butler, L.D., Classen, C., Giese-Davis, J., & Spiegel, D. (2006). The Abuse-Related Beliefs Questionnaire for survivors of childhood sexual abuse. *Child Abuse & Neglect*, 30, 929-943.
- Arnow**, B.A., Hunkeler, E.M., Blasey, C., Lee, J., Constantino, M.J., Fireman, B., Kraemer, H.C., Dea, R., Robinson, R., & Hayward, C. (2006). Comorbid depression, chronic pain and disability in primary care. *Psychosomatic Medicine*, 68, 262-268.
- Arnow**, B.A., Blasey, C., Manber, R., Constantino, M.J., Markowitz, J.C., Klein, D.N., Thase, M.E., Kocsis, J.H., & Rush, A.J. (2007). Dropouts versus completers among chronically depressed outpatients. *Journal of Affective Disorders*, 97, 197-202.
- Culver, J.L., **Arnow**, B., & Ketter, T.A. (2007). Bipolar disorder: Improving diagnosis and optimizing integrated care. *Journal of Clinical Psychology*, 63, 73-92.
- Constantino, M.J., Manber, R., Kuo, T.F., Ong, J., Huang, J., & **Arnow**, B.A. (2007). Patient expectations and therapeutic alliance as predictors of outcome in group cognitive-behavioral therapy for insomnia. *Behavioral Sleep Medicine*, 5, 210-228.
- Blalock, J.A., Fouladi, R.T., Cinciripini, P.M., Markowitz, J.C., **Arnow**, B.A., Manber, R., Klein, D.N., Riso, L. P., Rothbaum, B.O., & McCullough, J.P. (2008). Cognitive and behavioral mediators of combined pharmacotherapy and psychotherapy in the treatment of chronic depression. *Cognitive Therapy & Research*, 32, 197-211.
- Constantino, M.J., Marnell, M.E., Haile, A.J., Kanther-Sista, S. N., Wolman, K., Zappert, L., & **Arnow**, B.A. (in press). Integrative cognitive therapy for depression: A randomized pilot comparison. *Psychotherapy Theory, Research, Practice, Training*, 45, 122-134.
- Manber, R., Kraemer, H.C., **Arnow**, B.A., Trivedi, M.H., Rush, A.J., Thase, M.E., Rothbaum, B.O., Klein, D.N., Kocsis, J.H., Gelenberg, A.J., & Keller, M.B. (2008). Faster remission of chronic depression with combined

psychotherapy and medication than with each mono-therapy. *Journal of Consulting and Clinical Psychology*, 76, 459-467.

- Arnow, B.A.**, & Hill, K.R. (2008). The efficacy of CBT, IPT and related psychotherapies for depression: A review by treatment phase. *Depression: Mind and Body*, 4, 15-27.
- Illes, J., Lomber, S., Rosenberg, J., & **Arnow, B.A.** (2008). In the mind's eye: Provider and patient attitudes on functional brain imaging. *Journal of Psychiatric Research*, 43, 107-114.
- Arnow, B.A.**, Millheiser, L., Garrett, A., Glover, G.H., Hill, K.R., Lightbody, A., Watson, C., Banner, L., Smart, T., Buchanan, T., & Desmond, J.E. (2009). Women with hypoactive sexual desire disorder compared to normal females: An fMRI study. *Neuroscience*, 158, 484-502.
- Arnow, B.A.**, Blasey, C.M., Lee, J., Fireman, B., Hunkeler, E.M., Dea, R., Robinson, R., & Hayward, C. (2009). Relationships between depression, chronic pain, disability and medical costs. *Psychiatric Services*, 60, 344-350.
- Kocsis, J.H., Leon, A.C., Markowitz, J.C., Manber, R., **Arnow, B.**, Klein, D.N., & Thase, M.E. (in press). Patient preference as a moderator of outcome for chronic depression treated with nefazodone, cognitive behavioral analysis system of psychotherapy, or their combination. *Journal of Clinical Psychiatry*.
- Constantino, M.J., Manber, R., DeGeorge, J., McBride, C., Ravitz, P., Zuroff, D.C., Klein, D.N., Markowitz, J.C., Rothbaum, B.O., Thase, M.E., & **Arnow, B.A.** (in press). Interpersonal styles of chronically depressed outpatients: Profiles and therapeutic change. *Psychotherapy Theory, Research, Practice, Training*.
- Maddux, R.E., Riso, L.P., Markowitz, J.C., Rothbaum, B.O., **Arnow, B.A.**, Klein, D.N., Manber, R., Blalock, J.A., Keitner, G.I., & Thase, M.E. (in press). Comorbid personality disorders and treatment of chronic depression with medication, psychotherapy and their combination. *Journal of Affective Disorders*.

## **C. Research Support (selected)**

### **Completed Research Support**

Arnow (PI)

Pfizer Pharmaceuticals

10/01/03–08/31/07

Role: Principal Investigator

*A fMRI investigation of sexual arousal and peripheral response in healthy heterosexual women and women with hypoactive sexual desire disorder.*

The purpose of this study is to use fMRI technology to compare relationships between brain activation and peripheral sexual response in a group of healthy women versus a group with hypoactive sexual desire disorder; and 2) to examine the stability of these patterns across three time points, each one month apart.

Role: PI

MH59259 Gotlib (PI)

NIMH

01/01/99-12/31/02

*Information-Processing Biases in Depression*

The major goals of this project are: (1) to use multiple indicators of information-processing biases to examine the functional role of cognitive processing in Major Depression by predicting the course of depression over a one-year period; (2) to localize the neurobiological substrates of these cognitive biases and to examine changes in brain activation in High- and Low-Bias depressed patients as a function of episode status; and (3) to examine the specificity of these biases to clinical depression.

Role: Co-Investigator

— Arnow (PI)  
Eli Lilly and Company 10/01/01–6/30/04  
*The Prevalence, Costs and Characteristics of Patients With Depression and Chronic Pain, Singly or Together*  
The purpose of this study is to: (1) examine prevalence rates in a primary care population of chronic pain and depression, singly and together; (2) to test the hypothesis that the total direct medical costs (i.e., inpatient, nonpsychiatric outpatient, psychiatric outpatient, emergency room, pharmacy) of depressed patients with chronic pain are significantly higher than either depressed patients without chronic pain or chronic pain patients without depression.  
Role: PI

MH61504 Schatzberg (PI)  
NIMH 12/01/02–11/30/06  
*Combined Treatment of Chronic Depression*  
The major goals of this project are: 1) to determine whether adding psychotherapy among non- and partial responders to antidepressant medication enhances outcome in chronic depression; and 2) whether adding a specific cognitive behavior therapy is superior to a nonspecific supportive psychotherapy in the same diagnostic group.  
Role: Co-investigator

— Schatzberg (PI)  
Bristol-Myers Squibb 06/01/95–5/31/99  
*Comparison of Nefazodone to Cognitive-Behavioral Therapy in the Treatment of Chronic Depression*  
The goals of this study were to compare the acute and long term efficacy of medication, psychotherapy and combination treatment among patients meeting criteria for DSM-IV forms of chronic depression. In addition, the study compared the efficacy of several maintenance strategies in preventing recurrence.  
Role: Co-Investigator

— Arnow (PI)  
TAP Pharmaceuticals 09/01/00–8/31/01  
*Brain Activation and Sexual Arousal*  
The major goals of this project were to investigate relationships between brain activation and peripheral response in healthy young males using fMRI technology.  
Role: PI

— Arnow (PI) 10/01/01–9/30/02  
Pfizer Pharmaceuticals  
*Developing Procedures to use fMRI to Study Sexual Arousal in Young, Healthy, Heterosexual Females*  
The purpose of this study is to develop an MR-compatible experimental paradigm for assessing sexual response in women, specifically to assess the optimal time of exposure and to compare response to the presence/absence of sound with visual sexual material.  
Role: PI

Judy Illes (PI) 09/01/03–06/30/06  
NIH  
*Advanced Neuroimaging: ethical, legal and social issues.*  
Role: Co-Investigator  
The purpose of this study is to: (1) identify emerging trends in neurobehavioral research that uses fMRI, alone or in combination with other neuroimaging modalities, and characterize ethical issues; (2) in the diagnosis of frank disease, characterize the perceived risks and benefits of functional neuroimaging studies in providing quantitative diagnostic confirmation of mental illness, using Major Depressive Disorder as the model; (3) in the diagnosis of subclinical disease, characterize the state-of-the-art and accompanying ethical challenges in predicting Alzheimer's Disease with functional imaging.  
Role: Co-investigator