

Katherine L. Applegate, Ph.D.

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Durham, NC 27704

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EDUCATION

- 1995 to 2000 Ph.D. (2000) in Clinical Psychology, APA-Approved Program
The Ohio State University, Columbus, OH
Health Psychology Track; Advisor: Janice K. Kiecolt-Glaser, Ph.D.
Dissertation: Cognitive and Emotional Resolution in Chronic Stress
- 1999 to 2000 APA-Approved Internship Program in Medical Psychology
Duke University Medical Center, Behavioral Medicine Track
- 1995 to 1999 M.A. in Clinical Psychology
The Ohio State University, Columbus, OH
Masters: Positive Affect and Immune Function in Older Adults
- 1994 to 1995 B.A., Magna cum Laude, Psychology
West Liberty State College, West Liberty, WV
Senior Thesis: Characteristics of Male Batterers Who Were Court-Ordered to Attend an Intervention Program
- 1990 to 1994 B.S., Magna cum Laude, Biology
Denison University, Granville, OH
Honors Thesis: A Search for cDNAs associated with the Triplo-lethal Locus in *Drosophila melanogaster*

EMPLOYMENT

- 2009 Staff Psychologist, Durham Regional Hospital
Duke Center for Metabolic & Weight Loss Surgery
Consulting Faculty, Duke University Medical Center
- 2002 to 2009 Assistant Professor, Duke University Medical Center
Director, Psychological Services for the Duke Center for Metabolic & Weight Loss Surgery
- 2000 to 2004 Adjunct Faculty Department of Psychology
North Carolina Central University
- 2002 to Dec, 2002 Post-Doctoral Fellow: Behavioral Medicine Research Center-DUMC
Mentor: Richard Surwit, Ph.D. Research Area: Cognitive-behavioral treatment of mood disorders in diabetics; Clinical Area: Assessment and treatment of patients with eating disorders in Eating Disorders Program
- 2000 to 2002 Post-Doctoral Fellow: Center for Aging and Human Development-DUMC
Mentor: Richard Surwit, Ph.D. & Ilene Siegler, Ph.D.
Research Area: Personality and behavioral risk factors for type 2 diabetes

and chronic pain; Clinical Area: Chronic pain & anxiety disorders

LICENSURE

Licensed Clinical Psychologist; North Carolina License #2806
Health Services Provider Certification; North Carolina
Clinical Privileges Durham Regional Hospital Level 1

PREVIOUS CLINICAL EXPERIENCE

- 2002 **Mood & Diabetes Program-DUMC**
Providing group cognitive-behavioral therapy to type 1 and type 2 diabetes patients with depressive symptoms or mood disorders to study impact on glucose control.
- 2002 **Eating Disorders Program-DUMC**
Participating in a comprehensive team approach to the assessment and individual treatment of eating disorders such as anorexia, bulimia, and binge-eating disorder.
- 1999-2002 **Behavioral Physiology & Pain Management-DUMC**
Conducted comprehensive semi-structured assessments of chronic pain outpatients; provided cognitive-behavioral treatment, EMG biofeedback, progressive muscle relaxation, and autogenic training; supervised medical psychology interns, graduate students, and biofeedback technician on assessment and intervention.
- 1999-2002 **Personality Assessment-DUMC**
Performed multi-dimensional personality assessments medical inpatients and outpatients with a variety of presenting problems; documented psychosocial history; conducted diagnostic interviews and mental status exams; interpreted MMPI-2 and SCID-II data; and wrote psychological reports to the referring physician.
- 2000 **Addictions: Out-Patient Treatment Duke Addictions Program**
Conducted substance abuse assessments and diagnostic interviews; provided individual, family, and group therapy; participated in a multi-disciplinary medical team evaluating patients for liver transplantation; co-facilitated a family training group for parents of children dually diagnosed with addiction and ADHD; performed a program evaluation of a new clinical intervention; and gave educational seminars.
- 2000 **Sexual Health & Sexual Dysfunction-DUMC**
Administered psychological evaluations of patients presenting to the urology clinic for erectile dysfunction and other sexual dysfunction disorders; recommendations for treatment made to Craig Donatucci, MD.

- 2000 **Smoker’s Consultation Service-DUMC**
 Performed inpatient evaluations and brief smoking cessation interventions with various medical populations. The intervention is based on the stages of change model.
- 1999 **Pediatric Urology-DUMC**
 Evaluated urological problems in children, such as nocturnal and diurnal enuresis, bladder sphincter dyssynergia, and congenital abnormalities. Treatment techniques included Kegel training, EMG biofeedback, and behavior modification.
- 1998-1999 **Pulmonary & Cardiac Behavioral Medicine-Ohio State University**
 Performed pre-surgical psychological testing on pulmonary and cardiac patients to identify psychosocial factors relevant to treatment and recovery. Provided interventions such as stress management groups, psycho-educational groups on coping with chronic illnesses, individual psychotherapy, and general consultation.
- 1998 **University Counseling and Consultation Service**
 The Ohio State University Counseling and Consultation Service
 Provided individual therapy to undergraduate and graduate students and participated in outreach programs.
- 1997-1998 **Psychiatric Outpatient Service**
 March 1998 Provided individual cognitive-behavioral therapy to outpatients presenting with anxiety, depression, and adjustment disorders.
- 1997-1998 **Hypnosis and Wound-Healing Project**
 September, 19 Received training in general hypnosis procedures and protocols. Administered the Harvard Group Scale of Hypnotic Susceptibility-Form A to assess degree of hypnotizability.
- 1996-1997 **Psychological Services Center In-House Practicum,**
 OSU Department of Psychology
 Provided individual cognitive-behavioral therapy to university students.
- 1995-1997 **Alzheimer’s Caregiver Project**
 Planned, staffed, and supervised a three-month training program to prepare selected undergraduates in the psychosocial assessment of older adults. Administered assessment battery to individuals providing care for a spouse with a progressive dementia, such as Alzheimer’s Disease, and

control subjects. Battery included the Structured Clinical Interview for the DSM-III-R, the Hamilton Rating Scale for Depression, the Beck Depression Inventory, Perceived Stress Scale.

RESEARCH EXPERIENCE

- 2002-present **Behavioral Factors and Weight Loss Surgery:** Conducting clinical research projects on relationship issues, stigma, assessment tools, chronic pain, and adherence before and after WLS
- 2002 **Mood and Diabetes Study:**[Richard Surwit, Ph.D., Mark Feinglos, MD]. Supervising data collection on moods, glucose levels, diabetes home care, and cortisol levels for participants during their study year.
- 2001-2002 **Personality and Chronic Pain:** [Ilene Siegler, Ph.D., Francis Keefe, Ph.D.] Explored the links between personality variables in adolescence and self-reported chronic pain in mid-life in an archival data analysis project of over 2300 adults.
- 2000-2001 **Hostility and Abnormal Glucose Metabolism:** Examined the relationship between hostility level and abnormal glucose metabolism in older adult non-diabetic individuals.
- 1999-2000 **Biobehavioral Urological Intervention:** Participated in data collection, clinical assessment, and treatment of children ages 4 to 18 with primary and secondary diurnal and nocturnal enuresis. Department of Psychiatry Duke University Medical Center
- 1999-2000 **Headache Intervention Evaluation:** Assisted in the development of a database to examine the clinical efficacy of a biofeedback protocol for the management of chronic headache pain.
- 1999 **Dissertation:** Explored the role of cognitive and emotional resolution variables on intrusive thoughts and distress among older adults caregiving for a spouse with a progressive dementia. Advisor: Janice K. Kiecolt-Glaser, Ph.D.
- 1996-1998 **Masters Thesis:** Investigated links between positive and negative affect and immune function among a group of participants caregiving for a spouse or other family member with a progressive dementia and a control group with no caregiving responsibilities. Advisor: Janice K. Kiecolt-Glaser, Ph.D.
- 1997-1998 **Hypnosis and Wound Healing Study, Coordinator:** Recruited dental, medical, and dental hygiene students to participate in this study, conducted the hypnotizability screening sessions, and supervised scheduling of appointments and data entry procedures.

1996 **Alzheimer's Caregiver Study, Coordinator:** Recruited, interviewed, trained, and supervised a large staff collecting data for 200 caregivers and controls; coordinated participants' immunological assessments; and performed staff evaluations.

PUBLICATIONS

Webb, J.B., **Applegate, K.L.** & Grant, J.P., (2011). A comparative analysis of type 2 diabetes and binge eating disorder in a bariatric sample, *Eating Behaviors*, doi: [10.1016/j.eatbeh.2011.04.007](https://doi.org/10.1016/j.eatbeh.2011.04.007)

Krukowski, RA, Friedman, KE, & **Applegate, KL.** (2008). The Utility of the Beck Depression Inventory in a Bariatric Surgery Population. *Obesity Surgery*.

Friedman, KE, Ashmore, JA., & **Applegate, KL.** (2008). Recent Experiences of Weight-Based Stigmatization in a Weight Loss Surgery Population: Psychological and Behavioral Correlates. *Obesity*, 16:2, S69-S74.

Applegate, KL & Friedman, KE. (2008). The Impact of Weight Loss Surgery on Romantic Relationships. *Bariatric Nursing and Surgical Patient Care* 3: 135-141.

Stout, AL, **Applegate, KL**, Friedman, KE, Grant, JP, and Musante, GJ (2007). Psychological correlates of obese patients seeking surgical or residential behavioral weight loss treatment. *Surg Obes Relat Dis* 3:369-375.

Friedman, K.E., **Applegate, K.L.**, & Grant, J.P. (2007). Who is adherent with preoperative psychological treatment recommendations among weight loss surgery candidates? *Surg Obes Relat Dis.* 3: 376-382.

Anastasia Georgiades, Ph.D., Nancy Zucker, Ph.D., Kelli E. Friedman, Ph.D., Christopher J. Mosunic, Ph.D., **Katherine Applegate, Ph.D.**, James D. Lane, Ph.D., Mark N. Feinglos, M.D., and Richard S. Surwit, Ph.D. (2007). Changes in Depressive Symptoms are Not Related to Glycemic Control in Diabetic Patients. *Psychosomatic Medicine* 69: 235-41.

Pells, J., Presnell, K., Edwards, C.L., Wood, M., Harrison, M.O., DeCastro, L., Johnson, S., Feliu, M., Canada, S., Jonassaint, J.C., Barker, C., Leach-Beale, B., Mathis, M., **Applegate, K.L.**, Holmes, A., Byrd, G., & Robinson, E. (2005). Moderate Chronic Pain, Weight, And Dietary Intake In African American Adult Patients With Sickle Cell Disease (SCD). *Journal of the National Medical Association*, 97(12), 1622-1629.

Applegate, K.L., Keefe, F.J., Siegler, I.C., Bradley, L.A., McKee, D.C., Cooper, K., & Riordan, P. (2005). Does personality at college entry predict number of reported pain conditions at mid-life? A longitudinal study. *Journal of Pain*, 6(2), 92-7.

Edwards, C.L., **Applegate, K.L.**, & Robinson, E. (2003). Ethnicity and Health. In Alan Christensen, Rene Martin, and Joshua M. Smyth (Eds.) Volume Four in the Macmillan Psychology Reference Series: Psychology and Health, Macmillan Reference, USA.

Surwit RS, Williams RB, Siegler IC, Lane JD, Helms M, **Applegate KL**, Zucker N, Feinglos MN, McCaskill CM, & Barefoot JC. (2002). Hostility, race, and glucose metabolism in nondiabetic individuals. *Diabetes Care*, 25:835-39.

Edwards, C.L., Sudhakar, S., Scales, M.T., **Applegate, K.L.**, Webster, W. & Dunn, R. (2000). Electromyographic (EMG) Biofeedback in the Comprehensive Treatment of Central Pain with Ataxic Tremor Following Thalamic Stroke. *Applied Psychophysiology and Biofeedback*, 25 (4), 229-240.

Applegate, K.L. & Kiecolt-Glaser, J.K. (2000). The role of resolution in chronic stress. *Annals of Behavioral Medicine*, 22 (suppl).

Scales, M., Edwards, C.L., Weiner, J., Dunn, R., Hampton, J., **Applegate, K.L.**, King, L., & Surwit, R. (2000). The psychological impact of a biobehavioral treatment for childhood enuresis. *Annals of Behavioral Medicine*, 22 (suppl), 12.

Applegate, K.L., Kiecolt-Glaser, J.K., & Glaser, R. (2000). Depression, immune function, and health in older adults. In G.M. Williamson, P.A. Parmelee, & D.R. Shaffer (Eds.), *Physical Illness and Depression in Older Adults: A Handbook of Theory, Research, and Practice*. New York: Plenum.

Applegate, K.L., Hay, I., Glaser, R., Cacioppo, J.T., & Kiecolt-Glaser, J.K. (1999). Effects of stress on the immune system: Implications for reactivation of latent herpesviruses. In M. Schedlowski (Ed.), *Textbook in Psychoneuroimmunology*. New York: Plenum.

Published Abstracts & Invited Papers

Applegate, KL. (2007). Clinical Q & A on can small group formats can be used to enhance WLS patients' adjustments to the behavioral issues after surgery. *Bariatric Nursing and Surgical Patient Care*, 2, 218.

Applegate, KL. (2006). Clinical Q & A on psychosocial issues that can delay or preclude patients from having WLS. *Bariatric Nursing and Surgical Patient Care*, 1, 65.

Applegate, KL. (2006). Clinical Q & A on mindful eating among postoperative WLS patients. *Bariatric Nursing and Surgical Patient Care*, 1, 144.

Applegate, K.L. & Friedman, K.E. (October, 2005). Psychological intervention for weight loss surgery patients: Psychosocial outcomes at one year. Poster presented at the annual meeting of the North American Society for the Study of Obesity, Vancouver, Canada.

Applegate, K.L. (October, 2005). Alexithymia among pre-operative weight loss surgery patients. Poster presented at the annual meeting of the North American Society for the Study of Obesity, Vancouver, Canada.

Pells, J.J., Presnell, K.E., Wood, M., Edwards, C.L., Harrison, M.O., DeCastro, L., Johnson, S., Barker, C., Feliu, M., Canada, S., **Applegate, K.L.** (April, 2005). Weight, Eating Habits and Chronic Pain in Patients with Sickle Cell Disease. Poster presented at the Society of Behavioral Medicine's 29th Annual Meeting, Boston, MA.

Canada, S. A., **Applegate, K.L.**, Grant, J.P., McMahon, R.L., & Pryor, A. D. (April, 2005). Chronic pain and perception of life control among women seeking weight loss surgery. Abstract published in Annals of Behavioral Medicine.

Applegate, K.L., Shapiro, J.R., Grant, J.P., McMahon, R.L., & Pryor, A. D. (November, 2004). Goal weights among treatment seeking obese patients: Do they become more realistic after weight loss surgery? Poster presented at the annual meeting of the North American Society for the Study of Obesity, Las Vegas, NV.

Baldwin, C.D., Wood, M., Lynch, A., Barker, C., **Applegate, K.**, Harrison, M.O., Feliu, M., Abrams, M., Whitworth, E., DeCastro, L., & Edwards, C.L. (2004). The Effects of Obesity on the Perception of Pain and Psychiatric Functioning in Patients With Sickle Cell Disease. Annals of Behavioral Medicine, 26, (suppl), s158.

Surwit, R.S., Siegler, I. C., Feinglos, M.N., **Applegate, K.L.**, Williams, R.B., Scroll, M, & Barefoot, J.C. (2001, June). Hostility predicts fasting glucose, insulin, and risk for type 2 diabetes. Poster session presented at the annual meeting of the American Diabetes Association, Philadelphia, Pennsylvania.

Applegate, K.L. & Kiecolt-Glaser, J.K. (2000). The Role of Resolution in Chronic Stress. Poster presented at the annual meeting of the Society of Behavioral Medicine, Nashville, TN.

Scales, M.T., Edwards, C.L., Wiener, J., Dunn, R., Hampton, J., **Applegate, K.L.**, King, L., & Surwit, R. (2000). The psychological impact of biobehavioral treatment for childhood enuresis. Poster presented at the annual meeting of the Society of Behavioral Medicine, Nashville, TN.

Applegate, K.L., Kiecolt-Glaser, J.K., & Glaser, R. (1997). Positive affect and immune function. Poster presented at the Psychoneuroimmunology Research Society annual meeting, Denver, CO.

INVITED TALKS

Applegate, K.L. (June 16, 2008). "Chronic Pain Before and After Weight Loss Surgery." Invited lecture for Masters Course in Behavioral Health at American Society for Metabolic and Bariatric Surgery. Washington, D.C.

Applegate, K.L. (May 10, 2008). "Psychological and Behavioral Issues Before and After WLS." Durham Regional Hospital Inservice, Durham, NC.

Applegate, K.L. (January 22, 2008). “Managing Chronic Pain Before and After WLS.” WLS Support Group at Duke University Medical Center, Durham, NC.

Applegate, K.L. (October 13, 2006). “Life experience and obesity: Psychological contributors to weight gain.” The Silent Epidemic: A multidisciplinary exploration of obesity across the lifespan. MAHEC symposium Asheville, NC.

Applegate, K.L. (October 13, 2006). “Screening for eating disorders among the obese.” The Silent Epidemic: A multidisciplinary exploration of obesity across the lifespan. MAHEC symposium Asheville, NC.

Applegate, K.L. (August 21, 2006). “Eating disorders among the obese.” Endocrine Grand Rounds, Duke University Medical Center, Durham, NC.

Applegate, K.L. (March, 2006). “Enhancing respect in patient care: Unique issues for weight loss surgery patients.” Invited inservice for anesthesia providers, Durham Regional Hospital, Duke University Health Systems, Durham, NC.

Applegate, K.L. (February 21, 2006). “Love on the rocks? Intimate relationships before and after weight loss surgery.” At bariatric surgery support group, Duke University Medical Center, Durham, NC.

Applegate, K.L. (February 3, 2006.). “Psychosocial issues among weight loss surgery patients.” Bariatric Surgery Nurse Unit In-service, Durham Regional Hospital, Durham, NC.

Applegate, K.L. (April, 2005). “The health psychologist’s role in supporting gastric bypass patients before and after weight loss surgery.” Invited talk at the annual meeting of the Society of Behavioral Medicine conference, Boston, MA.

Best, J.L., **Applegate, K.L.**, Grant, J.P., McMahon, R.L., & Pryor, A. D. (April, 2005). “Eating disorders and diabetes: Lessons learned from obese type 2 diabetics seeking weight loss surgery.” Invited talk at the annual meeting of the Society of Behavioral Medicine conference, Boston, MA.

Friedman, K.E., **Applegate, K.L.**, Grant, J.P., McMahon, R.L., & Pryor, A. D. (April, 2005). “Who is adherent to pre-operative psychological treatment recommendations among weight loss surgery candidates?” Invited talk at the annual meeting of the Society of Behavioral Medicine conference, Boston, MA.

Applegate, K.L., Shapiro, J.R., Grant, J.P., McMahon, R.L., & Pryor, A. D. (April, 2005). “Chronic pain experience among weight loss surgery applicants.” Invited talk at the annual meeting of the Society of Behavioral Medicine conference, Boston, MA.

Applegate, K.L. (March, 2005). “Introduction to weight loss surgery.” Invited talk at the Diet and Fitness Center, Duke University Medical Center, Durham, NC.

Applegate, K.L. (January 19, 2005). “Social Anxiety: Diagnosis and Treatment.” Alamance Regional Hospital Medical Inservice Continuing Education Program, Burlington, NC.

Applegate, K.L. (October 28, 2004). “Successful weight loss surgery: The integrated role of health psychology.” Psychiatry Grand Rounds Duke University Medical Center, Durham, NC.

Applegate, K.L., Gremore, T.M., Shapiro, J., Grant, J.P. (May, 2004). “Impact of race on psychosocial characteristics of female bariatric surgery applicants.” Talk presented at the annual meeting of the Academy of Eating Disorders, Orlando, Florida.

PROFESSIONAL MEMBERSHIPS

American Psychological Association
American Society for Metabolic and Bariatric Surgery

TEACHING EXPERIENCE

- 2000 to 2004 **Adjunct Faculty:** North Carolina Central University
Instructor for undergraduate and graduate courses in psychology, such as Experimental Psychology, Psychology of Motivation, Diagnostic Interviewing, and Advanced Experimental Psychology.
- 2001 **Adjunct Faculty:** Guilford College
Taught Developmental Psychology with equal coverage across the lifespan from conception to death.
- 1997 to 1998 **Graduate Teaching Associate:** Department of Psychology, OSU.
Taught three lecture sections of Introduction to Psychology course. Responsible for the exam administration, quiz preparation, grading, and lecture presentations to classes of approximately 60 students each.
- 1997 **Preparation Class for New Instructors:** Teaching Psychology 100.
Attended weekly seminar held by returning graduate teaching associates to learn lecture presentations techniques, time management in the classroom, discipline strategies, teaching resources, active learning activities, trouble-shooting for new instructors, and guidance on teaching outside of our specialty.
- 1998 **Education: Policy and Leadership** (Seminar on college teaching):
Didactic review of research on college teaching, micro-teaching exercises on active learning techniques, and preparation of teaching portfolio.
- 1998 **Teaching Associate Reviewer:** Reviewed graduate teaching associate performance via student evaluations and prepared a written summary of instructor’s performance.
- 1996 to 1997 **Coordinator: Research Training Seminar:** Presented research and

design issues to a group of undergraduates participating on a longitudinal project for course credit. Ran weekly meetings to discuss various aspects of managing large research endeavors and explored published literature from the project.