

CURRICULUM VITAE

Michael Joseph Telch

Work Address

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Current Position

Professor of Psychology
Director, Laboratory for the Study of Anxiety Disorders

Education

Ph.D., Stanford University, 1982
MA, University of the Pacific, 1978
BS, University Of Massachusetts, Amherst, 1975

Academic Honors

1987 AACD Award for Outstanding Contribution to Research on Groups
1978-1979 Stanford University Graduate Fellowship
1977 Phi Beta Kappa Most Outstanding Graduate Student Award
1975 Graduated Summa cum Laude, University Of Massachusetts
1974 Phi Kappa Phi

Licensure

California License No. PC8666 - Psychologist
Texas License No. 3316 - Psychologist

Previous Positions

1993-1999 Director of Clinical Training, Department of Psychology, The University of Texas at Austin
1991-1997 Associate Professor, Department of Psychology, The University of Texas at Austin
1986-1991 Assistant Professor, Department of Psychology, The University of Texas at Austin
1984-1986 Research Associate, Stanford University School of Medicine.
Co-Principal Investigator, (NIMH) Stanford Panic Disorder Treatment Project, Laboratory for the Study of Behavioral Medicine, Dept. of
Psychiatry, Stanford University School of Medicine.
Co-Director, Stanford Adolescent Heart Health Project, Stanford Heart Disease Prevention Program, Stanford University School of Medicine.

1982-1984 Postdoctoral Fellow (NIH), Stanford Heart Disease Prevention Program, Stanford University School of Medicine.
1980-1982 Pre-doctoral Fellow (NIH), Stanford Heart Disease Prevention Program, Stanford University School of Medicine.
1979-1980 Research Assistant (NIH), Harvard-Stanford Youth Health Promotion Project, Stanford Heart Disease Prevention Program, Stanford University School of Medicine.
1977-1978 Graduate Research Assistant, Increased Driving Under the Influence (D.U .I.) Enforcement, National Highway-Traffic Safety Administration and the University of The Pacific.

Professional Organizations

American Psychological Association
American Psychological Society
Association for the Advancement of Behavior Therapy
American Association of Applied and Preventive Psychology (Fellow)
Anxiety Disorders Society of America
Society for Psychopathology Research (invited)

Professional Activities

Member, NIMH Treatment and Assessment (TA) Study Section
Member, Scientific Advisory Board of the NIMH National Panic Disorder Education Program
Panel Member, NIMH Panic Disorder Assessment Committee
Panel Member, Panic Disorder Consensus Conference
Editorial Board *Journal of Anxiety Disorders* (1987-1993)
Editorial Board *Phobia Research and Practice* (1988-1991)
Ad hoc reviewer *Journal of Abnormal Psychology*
Ad hoc reviewer *Journal of Consulting and Clinical Psychology*
Ad hoc reviewer *Clinical Psychology Review*
Ad hoc reviewer *Psychological Bulletin*
Ad hoc reviewer *Journal of Nervous and Mental Disease*
Ad hoc reviewer *Journal of the American Medical Association*
Ad hoc reviewer *Cognitive Therapy and Research*
Ad hoc reviewer *American Journal of Public Health*
Ad hoc reviewer *Behavior Therapy*
Ad hoc reviewer *Behaviour Research and Therapy*
Ad hoc reviewer *Journal of Behavioral Medicine*
Ad hoc reviewer *Addictive Behaviors*
Ad hoc reviewer *Anxiety Research*

Grant Support

National Institute of Mental Health, \$350,000 (4/90-3/95) - "Psychological treatment of panic disorder with agoraphobia."

Texas Advanced Research Program, \$91,000 (1/90-12/91) "The panic/agoraphobia syndrome: A comparison of the singular and combined efficacy of panic inoculation and in vivo exposure.

Hogg Foundation of Mental Health, \$29,576 (6/88-5/89) "Cognitive-behavioral treatments for panic sufferers: A controlled trial."

University Research Institute, \$6,000 (12/87-4/88) "Cognitive and exposure treatments for panic and agoraphobia."

University Research Institute, \$6,667 (6/87-8/87) Summer research award. "Cognitive appraisal factors and panic-related avoidance."

Publications

1. Telch, M. J., Smits, J. A. J., Brown, M., & Beckner, V. (2002). Treatment of anxiety disorders: Implications for medical cost offset. In W. O'Donohue, K. Ferguson, & N. A. Cummings (Eds.). *Medical Cost Offset*. Reno, Nevada: Context Press.
2. Smits, J. A. J., Telch, M. J., & Randall, P. K. (2002). An Examination of the Decline in Fear and Disgust During Exposure-Based Treatment. *Behaviour Research and Therapy*, in press.
3. Sloan T, & Telch, M. J. (2001). The Effects of Safety-Seeking Behavior and Guided Threat Reappraisal on Fear Reduction during Exposure: An Experimental Investigation. *Behaviour Research and Therapy*, in press.
4. Telch, M. J., Valentiner, D. P., Ilai, D., Petruzzi, D., & Hehmsoth, M. (2000). The facilitative effects of heart-rate feedback in the emotional processing of claustrophobic fear. *Behaviour Research and Therapy*, 38, 373-87.
5. Leonard, K. N., & Telch, M. J. (2000). Fear response to dissociation challenge. *Anxiety, Stress, and Coping*, in press.
6. Kamphuis, J. H., & Telch, M. J. (2000). Effects of distraction and guided threat reappraisal on fear reduction during exposure-based treatments for specific fears. *Behaviour Research and Therapy*, 38(12), 1163-1181.
7. Telch, M. J., Sloan, T., & Beckner, V. (1999). Current status of combined treatments: Implications for prescription authority. S. & H. E. Hayes (Eds). Reno Nevada: Context Press.
8. Leonard, K. N., Telch, M. J., & Harrington, P. J. (1999). Dissociation in the laboratory: a comparison of strategies. *Behaviour Research and Therapy*, 37, 49-61.
9. Mick, M. A., & Telch, M. J. (1998). Social anxiety and history of behavioral inhibition in young adults. *Journal of Anxiety Disorders*, 12, 1-20.
10. Kamphuis, J. H., & Telch, M. J. (1998). Assessment of strategies to manage or avoid perceived threats among panic disorder patients: The Texas Safety Maneuver Scale (TSMS). *Clinical Psychology and Psychotherapy*, 5, 177-186.
11. Schmidt, N. B., & Telch, M. J. (1997). Nonpsychiatric medical comorbidity, health perceptions, and treatment outcome in patients with panic disorder. *Health Psychology*, 16, 114-22.
12. Valentiner, D. P., Telch, M. J., Petruzzi, D. C., & Bolte, M. C. (1996). Cognitive mechanisms in

claustrophobia: An examination of Reiss and McNally's expectancy model and Bandura's self-efficacy theory. *Cognitive Therapy & Research*, 20(6), 593-612.

13. Telch, M. J., Silverman, A., & Schmidt, N. B. (1996). Effects of anxiety sensitivity and perceived control on emotional responding to caffeine challenge. *Journal of Anxiety Disorders*, 10(1), 21-35.
14. Schmidt, N. B., Telch, M. J., & Joiner, T. E. (1996). Factors influencing health perceptions in patients with panic disorder. *Comprehensive Psychiatry*, 37, 253-60.
15. Schmidt, N. B., Telch, M. J., & Jaimez, T. L. (1996). Biological challenge manipulation of PCO2 levels: a test of Klein's (1993) suffocation alarm theory of panic. *Journal of Abnormal Psychology*, 105, 446-54.
16. Harrington, P. J., Schmidt, N. B., & Telch, M. J. (1996). Prospective evaluation of panic potentiation following 35% CO2 challenge in nonclinical subjects [see comments]. *American Journal of Psychiatry*, 153(6), 823-5.
17. Telch, M. J., Schmidt, N. B., Jaimez, T. L., Jacquin, K. M., & Harrington, P. J. (1995). Impact of cognitive-behavioral treatment on quality of life in panic disorder patients. *Journal of Consulting and Clinical Psychology*, 63, 823-30.
18. Schmidt, N. B., Joiner, T. E., Young, J. E., & Telch, M. J. (1995). The Schema Questionnaire: Investigation of psychometric properties and the hierarchical structure of a measure of maladaptive schemas. *Cognitive Therapy & Research*, Vol 19(3) 295-321.
19. Telch, M. J., Valentiner, D., & Bolte, M. (1994). Proximity to safety and its effects on fear prediction bias [see comments]. *Behaviour Research & Therapy*, 32(7), 747-51.
20. Telch, M. J., & Lucas, R. A. (1994). Combined use of medication and psychotherapy in the treatment of panic: An examination of the evidence. In B. E. Wolfe, & J. D. Maser (Eds). (Ed); et al. (1994). *Treatment of panic disorder: A consensus development conference*. (pp. 177-197). Washington, DC, USA: American Psychiatric Press, Inc. xi, 377 pp.(pp. 177-197). American Psychiatric Press, Inc.
21. Telch, M. J., & Lucas, R. A. (1994). Combined pharmacological and psychological treatment of panic disorder: Current status and future directions. American Psychiatric Press, Inc, Washington, DC, US; xi, 377 pp. 1994.
22. Telch, M. J., Ilai, D., Valentiner, D., & Craske, M. G. (1994). Match-mismatch of fear, panic and performance. *Behaviour Research and Therapy*, 32, 691-700.
23. Schmidt, N. B., & Telch, M. J. (1994). Role of fear of fear and safety information in moderating the effects of voluntary hyperventilation. *Behavior Therapy*, Vol 25(2) 197-208.
24. Schmidt, N. B., Jacquin, K., & Telch, M. J. (1994). The overprediction of fear and panic in panic disorder. *Behaviour Research and Therapy*, 32, 701-7.

25. Valentiner, D. P., Telch, M. J., Ilai, D., & Hehmsoth, M. M. (1993). Claustrophobic fear behavior: a test of the expectancy model of fear. *Behaviour Research and Therapy*, *31*, 395-402.
26. Telch, M. J., Lucas, J. A., Schmidt, N. B., Hanna, H. H., LaNae Jaimez, T., & Lucas, R. A. (1993). Group cognitive-behavioral treatment of panic disorder. *Behaviour Research and Therapy*, *31*, 279-87.
27. Margraf, J., Barlow, D. H., Clark, D. M., & Telch, M. J. (1993). Psychological treatment of panic: Work in progress on outcome, active ingredients, and follow-up . *Behaviour Research & Therapy*, *31*(1), 1-8.
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29. Telch, M. J. (1991). Beyond sterile debate. *Journal of Psychopharmacology*, *5*(4), 296-298.
30. Telch, M. J. (1991). Beyond sterile debate. *Journal of Psychopharmacology*, Vol 5(4) 296-298.
31. Lucas, J. A., Telch, M. J., & Bigler, E. D. (1991). Memory functioning in panic disorder: A neuropsychological perspective. *Journal of Anxiety Disorders*, Vol 5(1) 1-20.
32. Telch, M. J., Miller, L. M., Killen, J. D., Cooke, S. et al. (1990). Social influences approach to smoking prevention: The effects of videotape delivery with and without same-age peer leader participation. *Addictive Behaviors*, *15*(1), 21-28.
33. Schmidt, N. B., & Telch, M. J. (1990). Prevalence of personality disorders among bulimics, nonbulimic binge eaters, and normal controls. *Journal of Psychopathology & Behavioral Assessment*, Vol 12(2) 169-185.
34. Zucker, D., Taylor, C. B., Brouillard, M., Ehlers, A., Margraf, J., Telch, M., Roth, W. T., & Agras, W. S. (1989). Cognitive aspects of panic attacks. Content, course and relationship to laboratory stressors. *British Journal of Psychiatry*, *155*, 86-91.
35. Telch, M. J., Shermis, M. D., & Lucas, J. A. (1989). Anxiety sensitivity: Unitary personality trait or domain-specific appraisals? *Journal of Anxiety Disorders*, Vol 3(1) 25-32 .
36. Telch, M. J., Lucas, J. A., & Nelson, P. (1989). Nonclinical panic in college students: an investigation of prevalence and symptomatology. *Journal of Abnormal Psychology*, *98*, 300-6.
37. Telch, M. J., Brouillard, M., Telch, C. F., Agras, W. S., & Taylor, C. B. (1989). Role of cognitive appraisal in panic-related avoidance. *Behaviour Research and Therapy*, *27*, 373-83.
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40. Katz, R. C., Robisch, C. M., & Telch, M. J. (1989). Acquisition of smoking refusal skills in junior high school students. *Addictive Behavior*, *14*, 201-4.
41. Telch, M. J. (1988). Combined Use of medication and psychological treatment in panic disorder and agoraphobia. C. L. Last, & M. Hersen (pp. 507-527). Elmsford, NY, USA: Pergamon Press, Inc.
42. Telch, M. J. (1988). Combined pharmacological and psychological treatments for panic sufferers. Lawrence Erlbaum Associates, Inc, Hillsdale, NJ, US; xiv, 373 pp. 1988.
43. Telch, M. J. (1988). Combined pharmacological and psychological treatment. Pergamon Press, Inc, Elmsford, NY, US; ix, 647 pp. 1988.
44. Telch, M. J. (1988). Antidepressant medication and psychotherapy in the treatment of panic: A critical review. S. J. Rachman, & J. D. Maser . Hillsdale, NJ, USA: Lawrence Erlbaum Associates, Inc.
45. Tearman, B. H., & Telch, M. J. (1988). Etiology of agoraphobia: An investigation of perceived childhood and parental factors. *Phobia Practice & Research Journal*, Vol 1(1) 13-24.
46. Roth, W. T., Telch, M. J., Taylor, C. B., & Agras, W. S. (1988). Autonomic changes after treatment of agoraphobia with panic attacks. *Psychiatry Research*, *24*, 95-107.
47. King, A. C., Saylor, K. E., Foster, S., Killen, J. D., Telch, M. J., Farquhar, J. W., & Flora, J. A. (1988). Promoting dietary change in adolescents: a school-based approach for modifying and maintaining healthful behavior. *American Journal of Preventive Medicine*, *4*, 68-74.
48. Killen, J. D., Telch, M. J., Robinson, T. N., Maccoby, N., Taylor, C. B., & Farquhar, J. W. (1988). Cardiovascular disease risk reduction for tenth graders. A multiple- factor school-based approach. *JAMA*, *260*, 1728-33.
49. Killen, J. D., Fortmann, S. P., Telch, M. J., & Newman, B. (1988). Are heavy smokers different from light smokers? A comparison after 48 hours without cigarettes. *JAMA*, *260* , 1581-5.
50. Fortmann, S. P., Killen, J. D., Telch, M. J., & Newman, B. (1988). Minimal contact treatment for smoking cessation. A placebo controlled trial of nicotine polacrilex and self-directed relapse prevention: initial results of the Stanford Stop Smoking Project. *JAMA*, *260*, 1575-80.
51. Robinson, T. N., Killen, J. D., Taylor, C. B., Telch, M. J., Bryson, S. W., Saylor, K. E., Maron, D. J., Maccoby, N., & Farquhar, J. W. (1987). Perspectives on adolescent substance use. A defined population study. *JAMA*, *258*, 2072-6.
52. Killen, J. D., Taylor, C. B., Telch, M. J., Saylor, K. E., & et al. (1987). Evidence for an alcohol-

stress link among normal weight adolescents reporting purging behavior. *International Journal of Eating Disorders*, Vol 6(3) 349-356.

53. Killen, J. D., Taylor, C. B., Telch, M. J., Robinson, T. N., Maron, D. J., & Saylor, K. E. (1987). Depressive symptoms and substance use among adolescent binge eaters and purgers: a defined population study. *American Journal of Public Health*, 77, 1539-41.
54. Telch, C. F., & Telch, M. J. (1986). Group coping skills instruction and supportive group therapy for cancer patients: a comparison of strategies. *Journal of Consulting and Clinical Psychology*, 54, 802-8.
55. Sallis, J. F., Hill, R. D., Killen, J. D., Telch, M. J., Flora, J. A., Girard, J., Taylor, C. B., & Fortmann, S. P. (1986). Efficacy of self-help behavior modification materials in smoking cessation [published erratum appears in *Am J Prev Med* 1987 Mar-Apr;3(2):119]. *American Journal of Preventive Medicine*, 2(6), 342-4.
56. Roth, W. T., Telch, M. J., Taylor, C. B., Sachitano, J. A., Gallen, C. C., Kopell, M. L., McClenahan, K. L., Agras, W. S., & Pfefferbaum, A. (1986). Autonomic characteristics of agoraphobia with panic attacks. *Biological Psychiatry*, 21, 1133-54.
57. Maron, D. J., Telch, M. J., Killen, J. D., Vranizan, K. M., Saylor, K. E., & Robinson, T. N. (1986). Correlates of seat-belt use by adolescents: implications for health promotion. *Preventive Medicine*, 15, 614-23.
58. Killen, J. D., Taylor, C. B., Telch, M. J., Saylor, K. E., Maron, D. J., & Robinson, T. N. (1986). Self-induced vomiting and laxative and diuretic use among teenagers. Precursors of the binge-purge syndrome? *Journal of the American Medical Association*, 255, 1447-9.
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61. Arnow, B. A., Taylor, C. B., Agras, W. S., & Telch, M. J. (1985). Enhancing agoraphobia treatment outcome by changing couple communication patterns. *Behavior Therapy*, Vol 16(5) 452-467.
62. Telch, M. J., Hannon, R., & Telch, C. F. (1984). A comparison of cessation strategies for the outpatient alcoholic. *Addictive Behaviors*, 9(1), 103-109.
63. Telch, M. J., Hannon, R., & Telch, C. F. (1984). A comparison of cessation strategies for the outpatient alcoholic. *Addictive Behaviors*, 9, 103-9.
64. Tearnan, B. H., Telch, M. J., & Keefe, P. (1984). Etiology and onset of agoraphobia: a critical review. [Review] [71 refs]. *Comprehensive Psychiatry*, 25(1), 51-62.

65. Telch, M. J. (1983). A comparison of behavioral and pharmacological approaches to the treatment of agoraphobia. *Dissertation Abstracts International*, 43(11-B), 3745-3746.
66. Telch, M. J., Tearnan, B. H., & Taylor, C. B. (1983). Antidepressant medication in the treatment of agoraphobia: a critical review. [Review] [52 refs]. *Behaviour Research & Therapy*, 21(5), 505-17.
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70. Taylor, B. C., Telch, M. J., & Havvik, D. (1982). Ambulatory heart rate changes during panic attacks. *Journal of Psychiatric Research*, 17(3), 261-6.
71. Peltier, B., Telch, M. J., & Coates, T. J. (1982). Smoking cessation with adolescents: a comparison of recruitment strategies. *Addictive Behaviors*, 7, 71-3.
72. Nader, P. R., Perry, C., Maccoby, N., Solomon, D., Killen, J., Telch, M., & Alexander, J. K. (1982). Adolescent perceptions of family health behavior: a tenth grade educational activity to increase family awareness of a community cardiovascular risk reduction program. *Journal of School Health*, 52, 372-7.
73. Thoresen, C. E., Telch, M. J., & Eagleston, J. R. (1981). Approaches to altering the type A behavior pattern. *Psychosomatics*, 22, 472-82.
74. Telch, M. J. (1981). The present status of outcome studies: A reply to Frank. *Journal of Consulting & Clinical Psychology*, 49(3), 472-475.
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76. Wisocki, P. A., & Telch, M. J. (1980). Modifying attitudes toward the elderly with the use of sampling procedures. *Scandinavian Journal of Behaviour Therapy*, 9(2), 87-96.