

**Jeffrey A. Cigrang, Ph.D., ABPP (USAF, ret.)**

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**Education:****Fellowship in Clinical Health Psychology** 2000

APA Accredited Postdoctoral Program

Wilford Hall Medical Center, San Antonio, TX

**Doctor of Philosophy (Ph.D.) in Clinical Psychology** 1991

APA Accredited Doctoral Program

University of Memphis, Memphis, TN

Dissertation: *Evaluation of psychoeducational group therapies for youth with diabetes.*

Chair: Cindy Hanson, Ph.D.

**Master of Science (M.S.) in Clinical Psychology** 1989

University of Memphis, Memphis, TN

**Bachelor of Arts (B.A.) in Psychology** 1983

Harding University, Searcy, ARK

**Professional Experience:****Wright State University, Dayton, OH**

Professor July 2020 - present

Director of Clinical Training (DCT) 2019 - present

School of Professional Psychology

Responsible for oversight of all aspects of clinical training for approximately 80 doctoral candidate students.

Leads the Office of Clinical Training (OCT) and supervises the OCT Program Manager. The DCT assists students in applying to internship and tracks students' performances while on internship. The DCT develops and maintains practicum sites in the community, oversees the practicum placement process, and monitors students' performances on practicum.

**Wright State University, Dayton, OH** 2014-2019

Associate Professor

School of Professional Psychology

Faculty member of the SOPP. SOPP emphasizes generalist training at the doctoral level using a practitioner model of training. Curriculum are organized around competency areas fundamental to the practice of psychology: relationship, assessment, intervention, basic science/research and evaluation, consultation/education, management/supervision, and diversity. Faculty are responsible for designing and implementing course work and other educational experiences, supervising doctoral students in clinical practicum, overseeing student dissertations, and engaging in scholarship.

**USAF School of Aerospace Medicine**

2012-2014

Senior Scientist

Wright-Patterson AFB, Ohio

Full-time psychology research position in Department of Aeromedical Research. Principle Investigator on variety of research projects including treatment of PTSD, primary care optimization, couple counseling, psychological and relational impact of combat deployment. Served as Department of Defense's Task Area Manager for PTSD diagnosis and treatment; responsible for long-term research investment planning. One day per week worked as Behavioral Health Consultant in primary care clinic, seeing patients referred by primary care providers.

**5<sup>th</sup> Medical Operations Squadron**

2010-2012

Mental Health Flight Commander

Minot AFB, North Dakota

Led Mental Health services for 12.5K beneficiaries. Oversaw Mental Health, Substance Abuse, Family Advocacy, Drug Testing personnel. Supervised 32 staff developing & implementing all MH prevention, education, assessments and treatment processes

**59<sup>th</sup> Mental Health Squadron**

2006 - 2010

Chair, Department of Psychology

Lackland AFB, Texas

Director of Operations

Air Force Psychology Internship faculty member. Responsible for oversight of clinical operations in 6 outpatient clinics and inpatient service including the largest mental health and neurology departments in the Air Force. Provided oversight to 65 trainees in 2 nationally accredited residencies and 1 fellowship. Served as Chair, Department of Psychology; 12 faculty, 11 psychology interns, 2 psychology fellows. Taught weekly didactics, training workshops to pre-doctoral psychology interns.

**88<sup>th</sup> Medical Operations Squadron**

2000 - 2006

Mental Health Flight Commander

Chief, Clinical Health Psychology

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Wright-Patterson AFB, Ohio

Air Force Psychology Internship faculty member. Led 120-member mental health flight; 46 providers. Responsible for outpatient mental health clinic, Family Advocacy, Substance Abuse Prevention Treatment Program, and Inpatient Consultant-Liaison. Provided oversight to two nationally accredited residency programs, one fellowship program; 26 trainees. Directed all Clinical Health Psychology activities including cardiovascular and pulmonary rehabilitation, Chronic Pain Management Program, diabetes instruction. Taught weekly didactics, training workshops to pre-doctoral psychology interns.

**59<sup>th</sup> Medical Wing**

1991 - 2000

Clinical Health Psychology Fellow

Lackland AFB, Texas

Completed postdoctoral fellowship program in clinical health psychology. Learned behavioral assessment, evaluation, treatment and consultation skills for medical, dental, and psychophysiological conditions.

Facilitated Interdisciplinary Chronic Pain Rehabilitation Program. Taught relaxation and anxiety management skills to Pulmonary Rehabilitation Program patients. Provided state-of-the-art behavioral interventions to prepare patients for bone marrow transplantation.

**59<sup>th</sup> Medical Wing**

1996 to 1999

Chief, Behavioral Analysis Service

Lackland AFB, Texas

Air Force Psychology Internship faculty member. Led the only psychological service in the Air Force providing same day assessments and reports. With a staff of eleven, directed basic trainee and technical student suicide and suitability evaluations amounting to more than 45,000 annually. Was world-wide point of contact for psychological screening of Military Training Instructor and Combat Survival School Instructor applications. Taught weekly didactics, training workshops to pre-doctoral psychology interns.

**18th Medical Operations Squadron**

1993 - 1996

Chief, Psychological Services

Chief, Substance Abuse Office

Kadena AFB, Japan

Responsible for provision of psychological services to largest military community in command. Conducts command-directed evaluations, providing recommendations to commanders for management and disposition. Responsible for 24-hr emergency care. Provides individual and group psychotherapy for Air Force members and their families. Serves as Substance Abuse Program Manager.

**384<sup>th</sup> Medical Group**

1991 - 1993

Clinical Psychologist

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McConnel AFB, Kansas

Responsible for 24-hour psychiatric and psychological care and well-being of 3,100 personnel, dependents, and retirees. Used various therapeutic models in counseling. Performed commander-directed evaluations; provided recommendations for management dispositions and security clearances. Provided consultation and education to medical staff on patients with complicated medical histories

**Wilford Hall Medical Center**

1990 - 1991

Clinical Psychology Intern

APA Accredited Internship Program in Clinical Psychology

Lackland AFB, Texas

### **Licensure and Certification:**

Active Ohio Psychologist License #5834

Board Certified (ABPP) in Clinical Health Psychology.

### **Teaching Experience:**

- **PSI 9960-A01 Integrated Primary Care** Summer 2017, 2018, 2019, 2020, 2021
  - Provided doctoral students with knowledge of behavioral health service provision in an integrated primary care clinic serving a low-income population of patients.
  - Course combined text-book readings and discussions as well as a laboratory component.
  - Lab component involved Instructor supervision of student's shadowing and observation of primary care providers, conducting initial consultation appointments, practicing behavioral and cognitive interventions, and providing feedback to referring providers.
- **PSI- 8430 Behavioral and Cognitive Therapies** Spring 2017, 2018, 2019, 2020, 2021, 2022
  - Provided first year doctoral students solid foundation for the effective and diversity competent practice of cognitive behavior therapy, including theoretically driven assessment, case conceptualization, selection and application of therapeutic techniques and treatment planning.
- **PSI-9950-01 Drug Addicted Women in the Criminal Justice System** Spring, Fall 2018
  - Provided doctoral students a foundational understanding of women with severe drug addiction in criminal justice system, including important generational, socioeconomic, environmental, community, and systemic contributors, and the potential therapeutic role of motivational interview-based in-jail interventions.
- **Faculty member, Wilford Hall Medical Center Psychology Internship Program** 1996-1999
- **Faculty Member, Wright-Patterson Psychology Internship Program** 2000-2006

- Provided individual clinical teaching to pre-doctoral psychology interns
- Planned, organized, and taught weekly didactics for pre-doctoral psychology interns

### **Consultation Experience:**

- **Department of Veterans Affairs Training/Dissemination of Prolonged Exposure for Primary Care**
  - Since 2012, partnered with Sheila Rauch to create and test model for training VA Primary Care Behavioral Health Providers to deliver brief PE-based intervention for PTSD
  - 70 VA PCMHI completed with provider status from 49 different VA locations and 18 VISNs
  - Patient outcome data collection on going (N = 385)

### **Honors:**

Bronze Star

Defense Meritorious Service Medal

Air Force Meritorious Service Medal with Fifth Oak Leaf Cluster

Air Force Commendation Medal with First Oak Leaf Cluster

Air Force Achievement Medal with First Oak Leaf Cluster

Air Force Material Command Psychologist of the Year - 2001

Air Force Clinical Psychologist of the Year – 1995

### **Deployment Experience:**

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|---------------------------------|-----------------------------|
| Joint Task Force, GTMO, Cuba    | September 2013 – April 2014 |
| 732 ESS/CSC, COB Adder, Iraq    | December 2007 – June 2008   |
| 506 EMEDS, Kirkuk RAB, Iraq     | Sep 04 – Jan 05             |
| 321 EMEDS, Masirah Island, Oman | Sep 02 – Dec 02             |

### **Professional Affiliations:**

- Association of Behavioral and Cognitive Therapies (ABCT).
- Fellow, American Board of Professional Psychology (ABPP)

### **Research Experience:**

#### **Current Grant Funding**

1. Congressionally Directed Medical Research Programs

Title: *“Up-arming” at-risk military couples: A stepped approach to early intervention and strengthening of military families.”*

Performance Period: Sep 2021 – Aug 2024

Role: PI

Funding: \$1.2M

Project Goals:

- Adapt a stepped, military couple relationship-skills intervention to fit within an entry-level military training context.
- Evaluate the effectiveness of the military couple relationship-skills intervention in reducing future negative outcomes for at-risk couples compared with provision of usual resources

## 2. Congressionally Directed Medical Research Programs

Title: *Lesbian, Gay, and Bisexual Couples in the Military: A Post-DADT Examination of Relationship Health, Perceived Community Acceptance, and Mission Readiness.*

Performance Period: 2018-2022

Role: PI

Percent Effort: 15%

Funding: \$1.2M

Project Goals:

- Complete semi-structured phone or video interviews with a sample of Air Force LGB couples and conduct qualitative analyses of interview responses
- Complete a quantitative survey of a sample of Air Force LGB couples using a broad range of general and LGB-specific measures of community, workplace, relationship, and individual risk and protective factors.
- Complete a similar quantitative survey of a sample of heterosexual Air Force couples that are matched to the LGB couple on demographic variables.
- Develop and test a multi-level, community model of health and functioning for Air Force couples that compares heterosexual and LGB participants and identifies key predictors and mediators of occupational functioning

## 3. Congressionally Directed Medical Research Programs

Title: *Up-arming' at-risk military couples: A prospective study of committed romantic relationships in transition to their first permanent duty station.*

Performance Period: 2016-2021

Role: PI

Percent Effort: 16%

Funding: \$1M for 3 years

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Contract/Grants Officer: Tracie Barrick (USARMY MEDCOM USAMRMC)

Project Goals:

- First-ever prospective study of young military couples in their first assignment in the military.
- Develop, validate mechanism for early identification of couples at risk for negative outcomes at follow-up periods.

### **Previous Grant Funding**

1. Congressionally Directed Medical Research Programs

Title: *Evaluation of a Brief Marriage Intervention for Integrated Behavioral Health Consultants in Primary Care.*

Performance Period: 2015-2020

Role: PI

Percent Effort: 19%

Funding: \$879K for 3 years

Project Goals:

- Conduct a RCT to evaluate the efficacy of Marriage Checkup (MC) in primary care by comparing couples who received MC to couples in a wait list control condition on multiple indices of relationship health.
- Determine the ability of MC to attract military couples across a broad range of relationship functioning by examining standardized measures and other self-report data at baseline.

2. Department of Defense's Psychological Health and Traumatic Brain Injury Research Program

Title: Multidisciplinary Posttraumatic Stress Disorder Research Consortium. *Brief Cognitive Behavioral Treatment of Deployment-Related PTSD in Primary Care Settings: A Randomized Controlled Trial.*

Performance period: 2008-2015

Role: PI (Dr. Alan Peterson, Consortium PI)

Funding: \$25M

Project Goals:

- Determine whether a brief (four 30-minute appointments) CBT protocol designed for use by behavioral health consultants working in primary care would significantly reduce PTSD symptom severity in OIF/OEF/OND veterans in comparison to a minimal contact condition.
- Examine characteristics of patients at pre-treatment, e.g., demographic variables, level of co-morbid depression, that predict a relatively better or worse response to PTSD treatment in primary care.

3. Defense Medical Research and Development Program

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Title: *Individual and Relationship Factors Affecting Marriage Quality and Stability Across the Deployment Cycle*

Performance period: 2010-2104

Role: PI

Funding: \$481K

Project Goals:

- Increased understanding of the interactions among extended deployment to combat zone, individual emotional and behavioral health, and marriage and intimate partner relationships
- Results informed the development of specific relationship prevention strategies and products, i.e., behavioral health “up armoring,” both pre- and post-deployment for military members and their intimate partners.

#### 4. Defense Health Program Intramural Award

Title: *Development of a Brief Marriage Intervention for Behavioral Health Consultants (BHC's) in Integrated Primary Care.*

Performance Period: 2012-2014

Role: PI

Funding: \$65K

Project Goals:

- Adapt a brief marital intervention with proven effectiveness in civilian couples for use by BHC's in an Air Force integrated primary care clinic.
- Tailor the content of the intervention to address the unique stressors experienced by military couples.
- Conduct a pilot study of the intervention at two integrated primary care clinics

#### 5. Department of Defense's Peer Reviewed Medical Research Program

Title: *Population Health Trial for Smokeless Tobacco Cessation with Military Personnel*

Performance Period: 2002-2005

Role: Co-Principle Investigator (Herb Severson, Ph.D., Principle Investigator)

Funding: \$2M

Project Goals:

- Provide an empirical evaluation and the cost-effectiveness of combining telephone counseling and a Web-based smokeless tobacco cessation intervention.

### **Manuscripts in Preparation**

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Parsons, A. M. Kim, S., Lorko, K., Gupta, A., Mitnick, D., Balderrama-Durbin, D., **Cigrang**, J. A., Heyman, R. E., Snyder, D. K., and Yahle, C. (2021). Predicting Suicide Risk from Psychological and Relationship Distress Among United States Air Force Active Duty Personnel.

### **Manuscripts Submitted for Publication.**

Mastroleo, N. R., Possemato, K., King, P. R., Balderamma-Durbin, C., & Crinnin, C., **Cigrang**, J., Read, J. P., Borsari, B., Maisto, S. A., & Rausch, S. A. M. (under review). Development and initial testing of a brief, integrated intervention aimed at reducing heavy alcohol use and PTSD among military veterans in primary care.

Moringa, J. C., Nason, E. E., Strauda, C. L., Wachene, J. S., Dondanville, K. A., Peterson, A. L., Mintz, J., Hale, W. J., Litz, B. T., Young-McCaughan, S., Yarvis, **Cigrang**, J. A., & Resick, P. A. (under review). The Relationship Between Symptom Severity, Cognitions, and Sexual Functioning in a Treatment-Seeking Sample of Male Service Members With PTSD

Sripada, R.K., Walters, H.M., Ganoczy, G., Avallone, K., **Cigrang**, J.A., & Rauch, S.A.M. (under review). A Mixed-Methods Pilot study of Prolonged Exposure in Primary Care (PE-PC) for Posttraumatic Stress Disorder in Federally Qualified Health Centers.

### **Peer Reviewed Publications**

#### 2022

Rauch, S. A. M., H. M. Kim, R. Acierno, C. Ragin, B. Wangelin, K. Blitch, W. Muzzy, S. Hart, K. Zivin and J. **Cigrang** (2022). "Improving function through primary care treatment of PTSD: The IMPACT study protocol." *Contemporary Clinical Trials* 120: 106881.

**Cigrang**, J. A., Cordova, J. V., Gray, T. D., Fedynich, A. L., Maher, E., Fields, A. D., & Hawrilenko, M. (2022). Marriage Checkup in integrated primary care: A randomized controlled trial with active duty military couples. *Journal of Consulting and Clinical Psychology*,90(5), 381-391. doi: 10.1037/ccp000073.

#### 2021

**Cigrang**, J. A., Balderrama-Durbin, C., Snyder, D. K., Parsons, A., Lorko, K., Gupta, A. Slep, A., Heyman, E., & Yahle, C. (2021). Predicting marital health from adverse childhood experiences among United States Air Force active duty personnel. *Couple & Family Psychology: Research and Practice*, Advance online publication. <https://doi.org/10.1037/cfp0000207>

Peterson, A. L., Young-McCaughan, S., Roache, J. D., Mintz, J., Litz, B. T., Williamson, D. E., Resick, P. A., Foa, E. B., McGeary, D. D., Dondanville, K. A., Taylor, D. J., Wachen, J. S., Fox, P. T., Bryan, C. J., McLean, C. P., Pruiksma, K. E., Yarvis, J. S., Niles, B. L., Abdallah, C. G., Averil, L. A., Back, S. E., Baker, M. T., Blount, T. H., Borah, A. M., Borah, E. V., Brock, M. S., Brown, L. A., Burg, M. M., **Cigrang**,

J. A., DeBeer, B. B., DeVoe, E. R., Fina, B. A., Flanagan, J. C., Fredman, S. J., Gardner, C. L., Gatchel, R. R., Goodie, J. L., Gueorguieva, R., Higgs, J. B., Jacoby, V. M., Kelly, K. M., Krystal, J. H., Lapid-Bluhm, M. D., López-Roca, A. L., Marx, B. P., Maurer, D. M., McDevitt-Murphy, M. E., McGear, C. A., Meyer, E. C., Miles, S. R., Monson, C. M., Morilak, D. A., Moring, J. C., Mysliwiec, V., Nicholson, K. L., Rauch, S. A. M., Riggs, D. S., Rosen, C. S., Rudd, M. D., Schobitz, R. P., Schrader, C. C., Shinn, A. M., Shiroma, P. R., Sloan, D. M., Stern, S. L., Strong, R., Vannoy, S. D., Young, K. A., & Keane, T. M., for the STRONG STAR Consortium and the Consortium to Alleviate PTSD. (2021). STRONG STAR and the Consortium to Alleviate PTSD: Shaping the future of combat PTSD and related conditions in military and veteran populations. *Contemporary Clinical Trials*. Contemporary Clinical Trials, 110, advanced on-line publication

Moore, B. A., Straud, C. L., Hale, W. J., Baker, M. B., Gardner, C. L., Judkins, J., L., Shinn, A. M., Savell, S., **Cigrang**, J. A., Litz, B. T., Mintz, J., Rouska, A., McMahon, C., Lara-Ruiz, J., Young-McCaughan, S., & Peterson, A. L. (2021). Post-9/11 service members: Associations between gender, marital status, and psychiatric aeromedical evacuations from combat zones. *Military Psychology*. Advance online publication. <https://doi.org/10.1080/08995605.2021.1962192>

## 2020

Straud, C. L., Moore, B. A., Hale, W. J., Baker, M., Gardner, C. L., Shinn, A. M., **Cigrang**, J. A., Litz, B. T., Mintz, J., Lara-Ruiz, J. M., Young-McCaughan, S. B., & Peterson, A. L.; for the STRONG STAR Consortium (2020). Demographic and occupational risk factors associated with suicide-related aeromedical evacuation among deployed US Military Service Members. *Military Medicine*, 85(11-12), e1968–e1976

**Cigrang**, J. A., Fedynich, A. L., Nichting, E. M.A., Frederick, S. A. L., Schumm, A., & Burke, C. (2020). Brief Motivational Interview-based intervention for women in jail with history of drug addiction and sex-trading. *Professional Psychology: Research and Practice*, 51, 25-33

## 2019

Fedynich, A. L., **Cigrang**, J. A., & Rauch, S. A. (2019). Brief Novel Therapies for PTSD - Treatment of PTSD in Primary Care. *Current Treatment Options in Psychiatry (Volume 6)* Editor-in-Chief: Steve Strakowski. Section: PTSD. Section Editors: Suzannah Creech and Lauren Sippel. Springer Publications.

## 2018

Barnes, J. B., Presseau, C., Jordan, A. H., Kline, N. K., Young-McCaughan, S., Keane, T. M., Peterson, A. L., Litz, B. T., and the Consortium to Alleviate PTSD. (2018). Common data elements for military-related PTSD research applied in the Consortium to Alleviate PTSD. *Military Medicine*, published on-line Sep 25.

\*Consortium to Alleviate PTSD group authors include C. G. Abdallah, L. A. Averill, C. J. Bryan, J. A.

**Cigrang**, P. T. Fox, S. J. Fredman, J. H. Krystal, M. E. McDevitt-Murphy, D. D. McGeary, K. E. Pruiksma, P. A. Resick, J. D. Roache, & D. J. Taylor

Austern, D., **Cigrang**, J. A., Rauch, S. A., & Evans A. L. (2018). Posttraumatic Stress Disorder. In *Principle-Based Stepped Care and Brief Psychotherapy for Integrated Care Settings*. New York, NY: Springer.

## 2017

**Cigrang**, J. A., Rauch, S. A., Mintz, J., Mitchell, J. A., Najera, E., Litz, B. T., et al. (2017). Moving effective treatment for posttraumatic stress disorder into primary care: A randomized controlled trial with active duty military. *Family Systems & Health*, *35*, 450-462.

**Cigrang**, J. A., Peterson, A. L. (2017). Stepped-care approaches to posttraumatic stress disorder: Sharpening tools for the clinician's toolbox. *Pragmatic Case Studies in Psychotherapy*, <http://pcsp.libraries.rutgers.edu>, *13*, Module 2, Article 2, pp. 142-153.

Cordova, J. V., **Cigrang**, J. A., et al. (2017). Addressing Relationship Health Needs in Primary Care: Adapting the Marriage Checkup for use in medical settings with military couples. *Journal of Clinical Psychology in Medical Settings*, *24*, 259-269.

Baker, M. T., Anderson, S. R., Arant-Daigle, D., **Cigrang**, J. A., Young-McCaughan, S., Johnson, L., & Peterson, A. L. (2017). Psychiatric aeromedical evacuations: Clinical characteristics of deployed U.S. military personnel during Operation Iraqi Freedom. *Military Behavioral Health*. Published online January 27, 2017. <http://dx.doi.org/10.1080/21635781.2016.1272021>

Balderrama-Durbin, C., Stanton, K., Snyder, D. K., **Cigrang**, J. A., et al. (2017). The risk for marital infidelity across a year-long deployment. *Journal of Family Psychology*, *31*, 629-634

## 2016

**Cigrang**, J. A., Cordova, J. V., Gray, T. D., Najera, E., Hawrilenko, M., Pinkley, C., Nielsen, M., Tatum, J., & Redd, K. (2016). The Marriage Checkup: Adapting and Implementing a Brief Relationship Intervention for Military Couples. *Cognitive and Behavioral Practice*, *23*, 561-570.

Snyder, D. K., Balderrama-Durbin, C., **Cigrang**, J. A., Talcott, G. W., Slep, A. M. S., & Heyman, R. E (2016). Help-seeking among Airmen in distressed relationships: Promoting relationship well-being. *Psychotherapy*, *53*, 1-12 (Invited contribution to Special Issue.)

## 2015

**Cigrang**, J. A., Rauch, S. A. M., Mintz, J., Brundige, A., Avila, L. L., Bryan, C. J., Goodie, J. L., Peterson, A. L., & the STRONG STAR Consortium. (2015). Treatment of active duty military with PTSD in primary care: A follow-up report. *Journal of Anxiety Disorders*, *36*, 110-114.

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Balderrama-Durbin, C., **Cigrang**, J., Osborne, L. J., Snyder, D. K., Talcott, G. W., Heyman, R. E., & Slep, A. M. S., Tatum, J., Baker, M., Cassidy, D., Sonnek, S. (2015). Coming home: A prospective study of family integration following deployment to a war zone. *Psychological Services, 12*, 213-223.

**Cigrang**, J., Balderrama-Durbin, C., Snyder, D. K., Talcott, G. W., Tatum, J., Baker, M., Cassidy, D., Sonnek, S., Heyman, R. E., & Slep, A. M. S. (2015). Predictors of suicidal ideation across deployment: A prospective study. *Journal of Clinical Psychology, 71*, 828–842.

Heyman, R. E., Slep, A. M. S., Sabathne, C., Erlanger, A. C. E., Hsu, T. T., Snyder, D.K., Balderrama-Durbin, C., **Cigrang**, J. A., Talcott, G. W., Tatum, J., Baker, M. T., Cassidy, D., & Sonnek, S. M. (2015). Development of a multilevel prevention program for improved relationship functioning in active duty military members. *Military Medicine, 80*, 690–696

#### 2014

**Cigrang**, J., Talcott, G. W., Tatum, J., Baker, M., Cassidy, D., Sonnek, S., Snyder, D. K., Balderrama -Durbin, C., Heyman, R., & Slep, A. (2014). Impact of combat deployment on emotional, behavioral, and relationship health: A longitudinal study. *Journal of Traumatic Stress, 27*, 58-65.

Blount, T. H., **Cigrang**, J. A., Foa, E. B., Ford, H. L., & Peterson, A. L. (2014). Massed prolonged exposure for combat-related PTSD: A case study. *Cognitive & Behavioral Practice, 21*, 89-96

**Cigrang**, J., Talcott, G. W., Tatum, J., Baker, M., Cassidy, D., Sonnek, S., Snyder, D. K., Balderrama -Durbin, C., Heyman, R., & Slep, A. (2014). Intimate partner communication from the war zone: A prospective study of relationship functioning, communication frequency, and combat effectiveness. *Journal of Marital & Family Therapy, 40*, 332-343.

#### 2013

Fisette, C. L., Snyder, D. K., Balderrama-Durbin, C., Balsis, S., **Cigrang**, J., Talcott, G. W., Tatum, J., Baker, M., Cassidy, D., Sonnek, S., Heyman, R. & Slep, A. (2013). Assessing posttraumatic stress in veterans: Improving diagnostic efficiency and accuracy based on item-response theory. *Psychological Assessment, 26*, 1-7

Balderrama-Durbin, C., Snyder, D. K., **Cigrang**, J., Talcott, G. W., Tatum, J., Baker, M., Cassidy, D., Sonnek, S., Heyman, R. E., & Slep, A. M. S. (2013). Combat disclosure in intimate relationships: Mediating the impact of partner support on posttraumatic stress. *Journal of Family Psychology, 27*, 560-568

Talcott, G. W., **Cigrang**, J., Tatum, J., Baker, M., Cassidy, D., Sonnek, S., Snyder, D. K., Balderrama -Durbin, C., Slep, A., Heyman, R., Klesges, R., & Middleman, D. (2013). Tobacco use during military deployment. *Nicotine & Tobacco Research, 15* 1348-54

#### 2012-2010

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**Cigrang, J. A., Rauch, S. A. M., Avial, L. L., Bryan, C. J., Goode, J. L., Hryshko-Mullen, A., & Peterson, A.** (2011). Treatment of active duty military with PTSD in primary care: Early findings. *Psychological Services, 8*, 104-113.

Peterson, A. L., Hatch, J. P., Hryshko-Mullen, A., **Cigrang, J. A.** (2011). Relaxation training with and without muscle contraction in subjects with psychophysiological disorders. *Journal of Applied Biobehavioral Research, 16*, 138-147.

#### 2009-2007

Severson, H. H., Peterson, A. L., Andrews, J. A., Gordon, J. S., **Cigrang, J.**, Danaher, B. G., Hunter, C. M., Barckley, M. (2009). Smokeless tobacco cessation in military personnel: A randomized trial. *Nicotine & Tobacco Research, 11*, 730-738.

Peterson, A. L., Severson, H. H., Andrews, J. A., Gott, S., **Cigrang, J. A.** Gordon, J. S., Hunter, C. M. & Martin, G. (2007). Smokeless tobacco use in military personnel. *Military Medicine, 172*, 1300-1305

#### 2006-2004

**Cigrang, J. A., Dobbmeyer, A. C., Becknell, M. E., Roa-Navarrete, R. A., Yerian, S. R.** (2006). Evaluation of a collaborative mental health program in primary care: Effects on patient distress and health care utilization. *Journal of Community and Primary Care Psychiatry, 11*, 121-127.

**Cigrang, J. A., Hunter, C. M., & Peterson, A. L.** (2006). Behavioral treatment of chronic belching due to aerophagia in a normal adult. *Behavior Modification, 30*, 341-351.

**Cigrang, J. A., Peterson, A. L., Schobitz, R. P.** (2005). Three American troops in Iraq: Evaluation of a brief exposure therapy treatment. *Pragmatic Case Studies in Psychotherapy* [Online], Vol. 1(2), Article 1. Available: <http://hdl.rutgers.edu/1782.1/pcsp1.2.54>

Peterson, A. L., **Cigrang, J. A., Schobitz, R. P.** (2005). Response to commentaries -- The scientist-practitioner on the front line: Development and formalization of evidenced-based interventions on the battlefield . *Pragmatic Case Studies in Psychotherapy* [Online], Vol. 1(2), Article 4. Available: <http://hdl.rutgers.edu/1782.1/pcsp1.2.57>

Lind, N. A., & **Cigrang, J. A.** (2004). Biofeedback-assisted relaxation, exposure therapy, and cognitive-skills training for anxiety following gastric bypass surgery. *Clinical Case Studies, 3*, 147-165.

#### 2003-2001

Peterson, A. L., & **Cigrang, J. A.** (2003). Letter to the editor. Management of vasovagal syncope: Controlling or aborting faints by leg crossing and muscle tension. *Circulation, 107*, e198.

**Cigrang, J. A., Carbone, E. G., Lara, A.** (2003). Four-year prospective study of military trainees returned to duty following a mental health evaluation. *Military Medicine, 168*, 710-714.

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- Cigrang, J. A., Hryshko-Mullen, A. S., Peterson, A. L. (2003).** Spontaneous reports of religious coping by patients with chronic physical illness. *Journal of Clinical Psychology in Medical Settings, 10*, 133-137
- Cigrang, J. A., Severson, H. H., & Peterson, A. L. (2002).** Pilot evaluation of a population health-based intervention for reducing use of smokeless tobacco. *Nicotine and Tobacco Research, 4*, 127-131.
- Carbone, E. G., & **Cigrang, J. A. (2001)** Job satisfaction, occupational stress, and personality characteristics of Air Force Military Training Instructors. *Military Medicine, 166*, 1-3.
- Cigrang, J. A., & Staal, M. A. (2001).** Readministration of the MMPI-2 following defensive invalidation in a military job applicant sample. *Journal of Personality Assessment, 76*, 472-481.

2000 and earlier

- Staal, M. A., **Cigrang J. A., & Fiedler, E. (2000).** Disposition decisions in Air Force basic trainees seen for a mental health evaluation. *Military Psychology, 12*, 187-203.
- Cigrang, J. A., Todd, S. L., & Carbone, E. G. (2000).** Stress management training for military trainees returned to duty after a mental health evaluation. *Journal of Occupational Health Psychology, 5*, 48-55.
- Carbone, E. G., **Cigrang, J. A., Todd S. L., & Fiedler, E. R. (1999).** Predicting outcome of military basic training for individuals referred for a psychological evaluation. *Journal of Personality Assessment, 72*, 256-265.
- Cigrang, J.A., Carbone, E.G., Todd, S.L. (1998).** Mental health attrition in Air Force basic training. *Military Medicine, 163*, 834-838.
- Cigrang, J. A., Pace, J. V., & Yasuhara, T. T. (1995).** Critical incident stress intervention following fatal aircraft mishaps. *Aviation, Space, and Environmental Medicine, 66*, 880-882.

**Book Chapters:**

- Austern, D., **Cigrang, J. A., Rauch, S. A., & Evans, A. L. (2018).** Posttraumatic Stress Disorder. In (eds.) Alexandros Maragakis, A., & Donahue, W. *Principle-Based Stepped Care and Brief Psychotherapy for Integrated Care Settings*, Springer.
- Peterson, A. L., **Cigrang, J. A., & Isler, W. (2009).** Future directions: Trauma, Resilience, and Recovery Research. In S. H. Freeman, B. A. Moore, & A. Freeman (eds.) *Living and Surviving in Harm's Way: A Psychological Treatment Handbook for Pre- and Post-Deployment of Military Personnel*. Routledge, NY, pgs 467-492.
- Garb, H. N., & **Cigrang, J. (2008).** Psychological screening: Predicting resilience to stress. In B. Lukey & V. Tepe (eds.) *Biobehavioral resilience to stress*. Francis & Taylor, FL, pgs 3-24.
- Klesges, R. C., **Cigrang, J., & Glasgow, R. E. (1990).** Worksite smoking modification programs: A state-of-the-art review and directions for future research. In M. Johnston & T. Marteau (eds.), *Applications in health psychology*. New Brunswick, New Jersey, pgs. 26-56.
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**Selected Conference Presentations (2001 to present):**

- Funderburk, JS, **Cigrang, J.**, Livingston, N., Pigeon, W., Shepardson, R., Wade, M., Maisto, S., Cordova, J., Gray, T., Fedynich, A., Maher, E., Hawrilenko, M., Zhou, S., Bickmore, T., Rubin, A., Simon, S. Hot off the presses: RCTs of interventions for integrated primary care for depression, relationship distress, and at-risk alcohol use. Oral presentation at the 2022 Annual Collaborative Family Healthcare Association Conference in Boise, ID, October, 2022.
- Prosper, V., Dunbar, A., Tozser, T., Talavera, N., & **Cigrang, J.** (2022, February 24-26). *Bridging the gap: Racial trauma training in graduate clinical psychology programs*. Conference Session accepted at the Columbia University's Teacher's College Annual Winter Roundtable, New York, NY, United States (Held Virtually).
- Cigrang, J. A.** Balderrama-Durbin, C., Snyder, D., Parsons, A., Lorko, K., Gupta, A., Smith-Slep, A., Heyman, R., Mitnick, D., Wijdenes, K., Yahle, C. (2021, Nov 18-21). *Predicting Marital Health from Adverse Childhood Experiences Among United States Air Force Active Duty Personnel*. In Christina Balderrama-Durbin (Chair), *Military Couple Health Across the Deployment Cycle*. [Symposium]. Association for Behavioral and Cognitive Therapies (ABCT) 55th Annual Convention, New Orleans, LA.
- Cigrang, J. A.**, Cordova J., Fields, A., Gray, T. D., Fedynich, A. L., Maher, W., & Hawrilenko, M. (2020, Oct 11). *Evaluation of a Brief Marriage Intervention for Internal Behavioral Health Consultants in Primary Care*. In Adit Bhagwat (Chair), *New and Emerging Primary Care Behavioral Health Research Part I: PCBH Innovations* [Symposium]. Collaborative Family Health Care Association (CFHC) Annual Meeting (Virtual).
- Holden, A., Abrahamowicz, K., McCarthy, F., Yahle, C., **Cigrang, J.** (2020, August). *Parenting Attitudes of Female Inmates Participating in an 8-Week Parenting Class in the Montgomery County Jail*. Poster presentation accepted at the American Psychological Association (APA) Annual Convention. Washington, DC.
- Sripada, R., Avallone, K., Walters, H., **Cigrang, J.**, & Rauch, S. (2019, Nov 21-24). *Disseminating PE-PC to Michigan Community Health Centers*. In J. Cigrang (Chair), *Moving Effective Treatment for Posttraumatic Stress Disorder to Primary Care* [Symposium]. Association for Behavioral and Cognitive Therapies (ABCT) Annual Convention. Atlanta, Georgia.
- Rauch, S., **Cigrang, J.**, Venners, M., Bernardy, N., Hamblen, J., Schnurr, P. (2019, Nov 21-24). *Filling a Critical GAP: VA Pilot Training in PE-PC*. In J. Cigrang (Chair), *Moving Effective Treatment for Posttraumatic Stress Disorder to Primary Care* [Symposium]. Association for Behavioral and Cognitive Therapies (ABCT) Annual Convention. Atlanta, Georgia.
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- Cigrang, J., Rauch, S., Griggs, J., & Hawkey, K.** (2019, Nov 21-24). The PE-PC Journey: Pilot Study to First Dissemination Effort. In J. Cigrang (Chair), *Moving Effective Treatment for Posttraumatic Stress Disorder to Primary Care* [Symposium]. Association for Behavioral and Cognitive Therapies (ABCT) Annual Convention. Atlanta, Georgia.
- Yahle, C., McCarthy, F., Abrahamowicz, K., Holden, A., **Cigrang, J.** (2019, November). *Building Better Parents: An 8-Week Parenting Class for Inmates at the Montgomery County Jail*. Poster presentation accepted at the Association for Behavioral and Cognitive Therapies (ABCT) Annual Convention. Atlanta, Georgia.
- Cigrang, J., Fields, A.D., Cordova, J.V., Maher, E., Fedynich, A. L., Gray, T.D., & Kessler-Walker, D.** *Reaching Active Duty Couples with Relationship Help: The Marriage Checkup in Primary Care.* (2019, October). Poster presented at the 4th Annual San Antonio Combat PTSD Conference, San Antonio, Texas.
- Hayburn, A., **Cigrang, J., & Sherlock, S.** (2019, April). A needs assessment of providers for the integration of behavioral health services at a safety-net clinic. Poster presented at the Ohio Psychological Association Annual Convention, Columbus, OH.
- Young, C., Frederick, S., Yahle, C., Gersten, M., Patzke, A., Johnson, R., Ngayan, A., & **Cigrang, J.** (2019, April). Integrating behavioral health services at reach out clinic. Poster presented at the Ohio Psychological Association Annual Conference, Columbus, Ohio.
- McCarthy, F., Yahle, C., & **Cigrang, J.** (2019, April). Building better parents: An 8-week parenting class for women incarcerated in the Montgomery county jail. Poster presentation at the Ohio Forensic Centers Continuing Education Conference. Dublin, Ohio.
- Reynolds, P., Cigrang, J. A., Glover, I., Yoder, D., LaPelusa, A., Evans, A., & Quick, M. (2017). Household Wellness in an Urban Safety-Net Clinic: Relationships, Finances, and Medical Wellness. Presented at the 2017 annual meeting of the North American Primary Care Research Group, Nov 17-21.
- Stephenson, M., **Cigrang, J., Hayburn, A., Fedynich, A., Brown Jr., E., Pavlack, T., Neeley, S., Knowles, H., Spurlock, M.** (2017, September). PACER Progress Report: Social Determinants of Health Module. Poster session and presentation at The Future of Primary Care: Hot Topics and Challenges, Chicago, IL.
- Evans, A. L., Nichting, E., Burke, C. J., Frederick, S. A. L., & **Cigrang J. A.** (2017, March). Development of a brief intervention for women in jail with history of drug and prostitution-related arrests. Showcase presented at the All-Ohio Institute on Community Psychiatry, Columbus, Ohio.
- Hayburn, A., Stephenson, M., Evans, A. L., Giwa, M., Dixon, J., You, S., Sherlock, S., **Cigrang, J.** (2017, March). Integration of behavioral health services at a free primary care clinic. Showcase presented at the All-Ohio Institute on Community Psychiatry, Columbus, Ohio.
- Peterson, A. L., Hale, W., Baker, M. T., **Cigrang, J. A., Pugh, M.J., Gardner, C.L., Arant-Daigle, D., Williams Christians, I., Young-McCaughan, S., Mintz, J., & Dukes, S.F.;** for the STRONG STAR Consortium. (2016,



August ). Psychiatric aeromedical evacuations of deployed U.S. military personnel during Operation Iraqi Freedom and Operation Enduring Freedom 2001-2013. Poster session presented at the 2016 Military Health System Research Symposium, Kissimmee, FL.

Hale, W., Peterson, A. L., Baker, M. T., **Cigrang**, J. A., Pugh, M.J., Gardner, C.L., Arant-Daigle, D., Williams Christians, I., Young-McCaughan, S., Mintz, J., & Dukes, S.F.(2016, May). Psychiatric aeromedical evacuations of deployed U.S. military personnel during Operation Iraqi Freedom and Operation Enduring Freedom 2001-2013. Poster session presented at the San Antonio Military Health System (SAMHS) and Universities Research Forum (SURF), San Antonio, TX.

Dukes, S. F., Baker, M. T., **Cigrang**, J. A., Young-McCaughan, S., Arant-Daigle, D., Hale, W., & Peterson, A. L. (April, 2016). Psychiatric aeromedical evacuations of deployed U.S. military personnel during Operation Iraqi Freedom and Operation Enduring Freedom 2001-2013. Paper presented at the 87th Aerospace Medicine Association Annual Scientific Meeting, Atlantic City, NJ.

Hale, W., & Peterson, A. L., Baker, M. T., **Cigrang**, J. A., Pugh, M.J., Gardner, C., Arant-Daigle, D., Williams-Christians, I., Young-McCaughan, S., Mintz, J., & Dukes, S. F. (March, 2016). Psychiatric aeromedical evacuations of deployed U.S. military personnel during Operation Iraqi Freedom and Operation Enduring Freedom 2001-2013. Poster presented at the Texas Fresh AIR 2016 Big Data & Data Analytics Conference, San Antonio, TX.

Stanton, K., Balderrama-Durbin, C., Snyder, D. K., **Cigrang**, J., Talcott, G. W., Slep, A. M. S., & Heyman, R. E. (2016, October). Infidelity across a year-long deployment: An examination of relationship and individual functioning risk factors. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Osborne, L. J., Snyder, D. K., Balderrama-Durbin, C. **Cigrang**, J. A., Talcott, G. W., Smith Slep, A. M., Heyman, R. E., Tatum, J., Baker, M., Cassidy, D., & Sonnek, S. (2015). *Predictors of Chronic Pain and Somatic Functioning Following a Combat Deployment*. Poster presented at the meeting of the Association for Behavioral and Cognitive Therapies Convention, Chicago, IL.

Fisette, C. L., Snyder, D. K., Balderrama-Durbin, C. Balsis, S., **Cigrang**, J. A., Talcott, G. W., Smith Slep, A. M., Heyman, R. E., Tatum, J., Baker, M., Cassidy, D., & Sonnek, S. (2015). *Predictors of Alcohol Misuse Following a Combat Deployment*. Poster presented at the meeting of the Association for Behavioral and Cognitive Therapies Convention, Chicago, IL.

Aguilera, J. C., **Cigrang**, J. A., Litz, B., Yarvis, J., Mintz, J., and the STRONG STAR Consortium. (2015, April). *Predictors of Sexual Functioning in Active-Duty Male Service Members Seeking Help for PTSD*. Poster presented at the meeting of the Society of Behavioral Medicine, San Antonio, TX.

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- Snyder, D. K., Balderrama-Durbin, C., **Cigrang**, J., Talcott, G. W., Slep, A., & Heyman, R. (2015, August). Help-seeking among Airmen in distressed relationships: Implications for alternative delivery systems. In J. C. Flanagan & M. L. Kelley (Co-chairs), *Mental health, alcohol use, and relationship satisfaction among military members and veterans*. Symposium presented at the meeting of the American Psychological Association, Toronto, Canada.
- Balderrama-Durbin, C., Snyder, D. K., **Cigrang**, J., Fissette, C. Talcott, G. W., Tatum, J., Cassidy, D., Baker, M., Sonnek, S., Slep, A. M. S., & Heyman, R. E. (2013, November). The impact of deployment on the risk for infidelity. Poster presented at the meeting of the Association for Behavioral and Cognitive Therapies Convention, Nashville, TN.
- Balderrama-Durbin, C., Snyder, D. K., **Cigrang**, J., Talcott, G. W., Tatum, J., Baker, M., Cassidy, D., Sonnek, S., Heyman, R., & Slep, A. (2012, November). Post-deployment reintegration: Challenges for partnered service members. In K. D. Renshaw (Chair), *Adjustments to challenges in military couples: Reintegration and PTSD*. Symposium presented at the meeting of the Association for Behavioral and Cognitive Therapies, National Harbor.
- Cigrang**, J., Talcott, G. W., Tatum, J., Baker, M., Cassidy, D., Sonnek, S., Snyder, D. K., Balderrama -Durbin, C., Heyman, R., & Slep, A. (2011, November). Psychological health and intimate relationship functioning across the deployment cycle in a cohort of active-duty service members. In D. K. Snyder (Chair), *Emerging evidence regarding post-traumatic stress disorder and relationship functioning in OEF/OIF combat veterans*. Symposium presented at the meeting of the Association for Behavioral and Cognitive Therapies, Toronto.
- Balderrama-Durbin, C., Snyder, D. K., **Cigrang**, J., Talcott, G. W., Tatum, J., Baker, M., Cassidy, D., Sonnek, S., Heyman, R., & Slep, A. (2011, November). Post-traumatic stress, partner support, and the role of combat disclosure following high-risk deployment to Iraq. In D. K. Snyder (Chair), *Emerging evidence regarding post-traumatic stress disorder and relationship functioning in OEF/OIF combat veterans*. \*Symposium presented at the meeting of the Association for Behavioral and Cognitive Therapies, Toronto
- Fissette, C., Snyder, D., Balderrama-Durbin, C., Balsis, S., **Cigrang**, J., Talcott, G. W., Tatum, J., Baker, M., Cassidy, D., Sonnek, S., Heyman, R., & Slep, A. (2011, November). Item-level properties of the PCL-M in a sample of active-duty Airmen. Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, Toronto.
- Cigrang**, J. A., Rauch, S., Bryan, C., Avila, L., Goodie, J., Hryshko-Mullen, & Peterson, A. (2009). Cognitive Behavioral Treatment of Deployment-Related PTSD in Primary Care: A Pilot Investigation. Presented at the Military Health Research Forum, Hallmark Crown Center, Kansas City, Missouri, September 3, 2009
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- Peterson, A., Riggs, D. S., **Cigrang**, J. A. (2008). Treating our wounded warriors: prolonged exposure therapy for combat-related PTSD. Workshop presented at 42nd Annual Convention Association for Behavioral and Cognitive Therapies, Orlando, Florida, 14 Nov 2008.
- Severson, H.H., Andrews, J.A., Peterson, A.L., Gordon, J.S., & **Cigrang**, J.A. (2006). Motivational interview phone support: An efficacious method for smokeless tobacco cessation. Presented at the 9th International Congress for Behavioral Medicine, Bangkok, Thailand November 29 – December 2, 2006.
- Cigrang, J. A., Dobmeyer, A. C., Becknell, M. E., Roa-Navarrete, R. A., Yerian, S. R. (2006). Measuring Behavioral Health Treatment Outcome in a Primary Care Clinic. Presented at Society of Behavioral Medicine's 27th Annual Meeting and Scientific Sessions in San Francisco, CA, Mar 22–25.
- Cigrang**, J. A., Peterson, A. L., Severson, H. H., Gott, S. P., & Andrews, J. A. (2006). Smokeless Tobacco Cessation with Military Personnel Using Motivational Phone Support. Presented at Society of Behavioral Medicine's 27th Annual Meeting and Scientific Sessions in San Francisco, CA, Mar 22–25.
- Severson, H.H., Gordon, J.S., Cigrang, J.A., Peterson, A.L. & Andrews, J.A. (2006) Evaluating Motivational Interview Phone Support for Smokeless Tobacco Cessation with Military Personnel. Presented at the Society for Research on Nicotine and Tobacco in Orlando, FL, February, 15-18, 2006.
- Severson, H.H., Peterson, A.L., **Cigrang**, J.A., Gott, S., Andrews, J.A., & Gordon, G.S., (2006). Smokeless Tobacco Cessation with Military Personnel. Presented at the Peer Reviewed Medical Research Program Investigators Meeting (PRMRP) in Puerto Rico. April 30 – May 4, 2006.
- Cigrang**, J. A., Peterson, A. L., Schobitz, R. P. (2005). Three American Troops in Iraq: Evaluation of a Brief Exposure Therapy Treatment for the Secondary Prevention of Combat-Related PTSD. Poster presented at the 39th Annual Association of Behavior and Cognitive Therapy Convention, Washington, DC.
- Severson, H.H., Peterson, A.L., Gordon, G.S., Andrews, J.A., **Cigrang**, J., Hunter, C.M., & Gott, S.P. (2004). Population Health Trial for Smokeless Tobacco Cessation with Military Personnel at the Peer Reviewed Medical Research Program Investigators Meeting (PRMRP) in Puerto Rico. April 26 – 28, 2004.
- Cigrang**, J. A., & Rowan, A. B. (2003). Patients seen by mental health providers in deployed settings. Paper presented at the Operational Problems in Behavioral Sciences Symposium, Sheppard AFB, Texas.
- Cigrang**, J. A, Peterson, A. L., Marzano, M. R. (2003). Application of Brief Motivational Interviewing within Group Treatment of Tobacco Dependence: A Pilot Study. Poster presented at the 24th Annual Society of Behavioral Medicine Meeting, Salt Lake City, Utah.
- Hunter, C. M., Peterson, A. L., Hryshko-Mullen, A. S., Oordt, M. S., **Cigrang**, J. A., & Alexander, R. (2001). Patient report of relaxation effectiveness for psychophysiological conditions. Poster presented at the 22nd Annual Society of Behavioral Medicine Meeting, Seattle, WA.
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