

## **Yasmin Asvat, Ph.D.**

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Supportive Oncology Program  
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### **ACADEMIC APPOINTMENTS**

2013-2015 Instructor, Department of Behavioral Sciences, Rush University Medical Center, Chicago, IL  
2015-2017 Psychologist, Siteman Counseling Service, Siteman Cancer Center, Barnes-Jewish Hospital, St. Louis, MO  
2015-2017 Clinical Instructor, Department of Obstetrics & Gynecology, Washington-University-St. Louis School of Medicine, St. Louis, MO  
2017-2020 Assistant Professor, Department of Psychiatry and Behavioral Neuroscience, The University of Chicago  
2020-present Assistant Professor, Department of Psychiatry and Behavioral Sciences, Rush University Medical Center & Clinical Psychologist, Supportive Oncology Program, Rush Cancer Center

### **EDUCATION & TRAINING**

2000-2004 Bachelor of Science, Psychology and English, with Honors, University of Toronto, Toronto, Canada  
2004-2006 Master of Arts, Psychology, San Diego State University, San Diego, CA  
2006-2013 Doctor of Philosophy, Clinical Psychology, University of South Florida, Tampa, FL  
2012-2013 Predoctoral Clinical Psychology Internship, Department of Psychiatry & Behavioral Neuroscience, The University of Chicago, Chicago, IL  
2013-2015 Postdoctoral Fellowship, Psychosocial Oncology, Rush University Medical Center, Chicago, IL

### **PROFESSIONAL LICENSURE**

Illinois Licensed Clinical Psychologist, (2014: #71008982)  
Missouri Licensed Psychologist, (2015: #2015003872, Inactive)

### **FUNDING**

#### Past:

1. DoD Predoctoral Fellowship W81XWH-10-1-0329. PI: Y. Asvat. Title: "Motivational Interviewing to Promote Physical Activity in Breast Cancer Survivors." Total direct costs: \$63,856. Annual salary recovery or effort: 100%. Project period: 5/1/10-5/31/12.

2. NCI Moonshot Supplement P30-CA14599, MPI/Project Leaders: Y. Asvat, A. King.  
Title, "Developing tobacco cessation treatment capacity and infrastructure for cancer patients, 'No Smoker Left Behind'." Total direct costs: \$308,640. Annual salary recovery or effort: 20%. Project period: 09/01/17-06/30/20.

## CLINICAL

2015-2017	Staff Psychologist and Coordinator of Clinical Training Siteman Counseling Service, Siteman Cancer Center, Barnes-Jewish Hospital and Washington University-St. Louis School of Medicine, St. Louis, MO
2017-2020	Clinical Psychologist in the Psycho-Oncology Program and Psychiatry Consultation-Liaison Service Department of Psychiatry & Behavioral Neuroscience, University of Chicago Medicine, Chicago, IL
2020-present	Clinical Psychologist in the Psychosocial Oncology Program Supportive Oncology Program, Rush Cancer Center and Department of Psychiatry & Behavioral Science, Rush University Medical Center, Chicago, IL

## INVITED SPEAKING

### University, Medical Rounds, Seminars

2013	"Cognitive-Behavioral Therapy for Insomnia Secondary to Major Depressive Disorder: A Case Presentation". Invited Grand Rounds Speaker, Department of Psychiatry & Behavioral Neuroscience, The University of Chicago, Chicago, IL.
2014	"Futility at 41: When Patient Goals Could Not Be Realized". Invited Panelist, Schwartz Center Grand Rounds, Rush University Medical Center, Chicago, IL.
2018	"Best of APOS Annual Meeting 2018". Invited Webinar Presenter, American Psychosocial Oncology Society Webinar Series.
2019	"Palliative Medicine for Persons with Mental Health Disorders and Special Needs." Invited Co-presenter (with M. Tobin), Professional Development in Communication and Supportive Care, Coleman Palliative Medicine Training Program, Chicago, IL.
2019	"Psycho-oncology: Updates on Evidence-based Interventions and Case Discussions". Invited Grand Rounds Speaker, Department of Geriatrics and Palliative Care, University of Chicago Medicine.

### Community Organizations

2014	"Management of Stress and Fatigue in Multiple Myeloma." Invited Speaker, Multiple Myeloma Support Group, Rush University Medical Center, Chicago, IL.
2015	"Life after Cancer: Strategies for Taking Charge of your Health and Wellbeing." Invited Speaker, Gilda's Club of Chicago, Chicago, IL.
2015	"Life after Cancer: Optimizing Quality of Life for Cancer Survivors". Invited Speaker, 18th International Thyroid Cancer Survivors' Conference, St. Louis, MO.
2018	"Management of Fatigue and Insomnia." Invited Speaker, Cancer Support Center, Homewood, IL.

- 2019 “Mindfulness Practice for Cancer Survivors.” Invited Speaker, Cancer Support Center, Homewood, IL.
- 2019 “Mindfulness Practice for Cancer Survivors.” Invited Speaker, Multiple Myeloma Support Group, University of Chicago Medicine

#### International

- 2014 “Nuevos Paradigmas de Atención Integral en la Lucha contra el Cancer”. Invited Presentation, Office of the First Lady of Panama, Department of Social Projects, Panama City, Panama.

### **EDUCATION**

#### Graduate education:

##### (a) Didactic

- 2013-2015 Guest Presenter, “Introduction to Psychosocial Oncology” and “Cancer Survivorship”, Psychosocial Oncology/Gero-Rehabilitation Psychology Seminar, Rush University Medical Center
- 2015-2017 Guest Presenter, “Introduction to Psychosocial Oncology”, Internal Medicine Residency Seminar, Washington University-St. Louis School of Medicine
- 2017- Guest Lecturer, CBT Seminar Series for Pre-doctoral Clinical Psychology Internship, “CBT and ACT Integration”
- 2017- Guest Lecturer for Professional Development Seminar Series for Pre-doctoral Clinical Psychology Internship, “Job Talks”
- 2017- Guest Lecturer for CBT Seminar Series for Psychiatry Residency program, “CBT for Symptom Management”

##### (b) Clinical

- 2015-2017 Coordinator of Clinical Training, Siteman Counseling Service, Siteman Cancer Center, Barnes-Jewish Hospital, St. Louis, MO
- 2017-2020 Supervisor for Psycho-oncology pre-doctoral internship rotation, Psychiatry Consultation-Liaison pre-doctoral internship rotation, Psycho-oncology and Health Psychology pre-doctoral externship rotation, Department of Psychiatry & Behavioral Neurosciences, University of Chicago Medicine
- 2020-present Supervisor, Psychosocial oncology pre-doctoral practicum rotation, Supportive Oncology, Rush University Cancer Center

#### Continuing medical education:

- 2017 Department of Internal Medicine, Section of Hospital Medicine CME Lecture, “Psycho-Oncology: Psychotherapy & Psychotropics” (Y.Asvat & H. Shiao). University of Chicago Medicine, Chicago, IL.

## SCHOLARSHIP

### Peer-reviewed publications:

1. **Asvat, Y.** & Malcarne, V.L. (2008). Acculturation and depression in Muslim university students. *International Journal of Psychology*, 43,114-124.
2. **Asvat, Y.**, Cafri, G., Thompson, J.K., & Jacobsen, P.B. (2010). Appearance-based tanning motives predict sunbathing and sun protection intentions in adolescents. *Archives of Dermatology*, 146, 445-446.
3. Wells, K.J., Luque, J.S., Miladinovic, B., Vargas, N., **Asvat, Y.**, Roetzheim, R.G., & Kumar, A. (2011). Do community health worker interventions improve rates of screening mammography in the United States? A systematic review. *Cancer Epidemiology, Biomarkers, and Prevention*, 20, 1580-98.
4. Phillips, K., Jim, H., McGinty, H., Cessna, J., **Asvat, Y.**, Gonzalez, B., Hussin, M., Small, B., & Jacobsen, P. (2013). Cognitive functioning in adult cancer survivors previously treated with bone marrow transplant: A meta-analysis. *Bone Marrow Transplantation*, 48, 1350-1357.
5. McGinty, H.L., Phillips, K.M., Jim, H.S., Cessna, J.M., **Asvat, Y.**, Cases, M.G., Small, B.J., Jacobsen, P.B. (2014). Cognitive functioning in men receiving androgen deprivation therapy for prostate cancer: A systematic review and meta-analysis. *Supportive Care in Cancer*, 22, 2271–2280. doi: 10.1007/s00520-014-2285-1.
6. **Asvat, Y.**, Malcarne, V.L., Sadler, G.R. & Jacobsen, P.B. (2014). Validity of the Multidimensional Fatigue Symptom Inventory-Short Form in an African American community-based sample. *Ethnicity & Health*, 19(6), 631-644. doi: 10.1080/13557858.2014.885933.
7. **Asvat, Y.**, Cao, D., Africk, J.J., Matthews, A., & King, A. (2014). Feasibility and effectiveness of a community-based smoking cessation intervention in a racially diverse, urban smoker cohort. *American Journal of Public Health*, 104(S4), S620-S627.
8. Gerhart, J., **Asvat, Y.**, Lattie, E., O'mahony, S., Duberstein, P., & Hoerger, M. (2016). Distress, delay of gratification and preference for palliative care in prostate cancer patients. *Psycho-Oncology*, 25, 91-96. doi:10.1002/pon.3822
9. Lattie, E.G., **Asvat, Y.**, Shivpuri, S., Gerhart, J., O'mahony, S., Duberstein, P., & Hoerger, M. (2016). Associations between personality and end of life care preferences among men with prostate cancer: A clustering approach. *Journal of Pain and Symptom Management*, 51, 52-59. doi:10.1016/j.jpainsymman.2015.08.005
10. Cessna, J.M., Jim, H.S.L., Sutton, S.K., **Asvat, Y.**, Small, B., Salsman, J., Zachariah, B., Fishman, M., Field, T., Fernandez, H., Perez, L. & Jacobsen, P.B. (2016). Evaluation of the psychometric properties of the PROMIS Cancer Fatigue Short Form with cancer patients. *Journal of Psychosomatic Research*, 81, 9-13. doi: 10.1016/j.jpsychores.2015.12.002.
11. Lee, M.S., **Asvat, Y.**, Gonzalez, B.D., Jacobsen, P.B., & Jim, H.S.L. (2017). Coping, stress, and insomnia in hematopoietic stem cell transplant candidates. *Psycho-oncology*, 26(4), 560-562. doi: 10.1002/pon.4134
12. Penalba, V., **Asvat, Y.**, Vanderlan, J., & Deshields, T. (2017). Rates and predictors of follow-up with psychotherapy after pre-stem cell transplant psychosocial evaluation. *Psycho-oncology*. doi: 10.1002/pon.4473
13. Gerhart, J., **Asvat, Y.**, Lillis, T.A., Fung, H., Gross, J., & Hobfoll, S.E. (2018). The Impact of Posttraumatic Stress Symptoms on Social Support and Social Conflict during Hematopoietic Stem Cell Transplant. *Journal of Psychosocial Oncology*, 36(3), 1-15. doi:

10.1080/07347332.2018.1425793

14. Hoogland, A.I., Lechner, S.C., Gonzalez, B.D., Small, B.J., Tyson, D.M., **Asvat, Y.**, Barata, A., Gomez, M.F., Rodriguez, Y., Jim, H.S.L., Antoni, M.H., Jacobsen, P.B., & Meade, C.D. (2018). Efficacy of a Spanish-Language Self-Administered Stress Management Training Intervention for Latinas Undergoing Chemotherapy. *Psycho-Oncology*, 27, 1305-1311. doi: 10.1002/pon.4673
15. **Asvat, Y.**, King, A.C., Smith, L.J., Lin, X., Hedeker, D., & Henderson, T.O. (in press). Substance use behaviors in adolescent and young adult cancer patients: Associations with mental and physical health. *Psycho-oncology*.

Presentations at professional meetings:

1. **Asvat, Y.**, Ko, C.M., Malcarne, V.L., & Sadler, G.R. (2005, April). *Fatigue, depression and quality of life in African-American cancer survivors*. Poster presented at the annual meeting of the Western Psychological Association, Portland, OR.
2. **Asvat, Y.**, Hawes, S.M., Malcarne, V.L., & Sadler, G.R. (2005, September). *Most bothersome aspects of fatigue in African-American cancer survivors*. Poster presented at the American Association for Cancer Education 2005 Conference, Cincinnati, OH. [Abstract published in *Journal of Cancer Education*, 20(Suppl.3), 35.]
3. Hawes, S.M., **Asvat, Y.**, LaHousse, S.F., Malcarne, V.L., & Sadler, G.R. (2006, October). *Depression and sleep quality as predictors of fatigue in African American cancer survivors*. Oral Presentation at the American Association for Cancer Education 2006 Conference, San Diego, CA. [Abstract published in *Journal of Cancer Education*, 21(Suppl.2), 43.]
4. **Asvat, Y.**, Malcarne, V. L., Hawes, S., & Sadler, G. R. (2007, March). *Fatigue and quality of life in African American cancer survivors*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC.
5. **Asvat, Y.**, Jim, H., Estrella, T., Small, B., Gielissen, M., Patterson, S., & Jacobsen, P. (2008, March). *Predictors of psychological distress in patients undergoing androgen deprivation therapy for prostate cancer*. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA.
6. **Asvat, Y.**, Cafri, G., Thompson, J.K., & Jacobsen, P. (2008, March). *Prevalence and predictors of sunbathing and sun protection in adolescents*. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA.
7. Faul, L., **Asvat, Y.**, & Jacobsen, P.B. (June, 2008). *Fatigue after treatment for early stage breast cancer: A controlled comparison*. Poster presented at the 4th Biennial Cancer Survivorship Research Conference, Atlanta, GA.
8. **Asvat, Y.**, Faul, L., & Jacobsen, P.B. (June, 2008). *Exercise in breast cancer survivors: Patterns of change from the start of adjuvant treatment to 1-year post-treatment*. Poster presented at the 4th Biennial Cancer Survivorship Research Conference, Atlanta, GA.
9. **Asvat, Y.**, McGinty, H., Gallagher, A., Jacobsen, P.B., & Andrykowski, M. (2009, March). *Women's opinions about and familiarity with the Ovarian Cancer Symptoms Consensus Statement Recommendations*. Poster presented at the American Society for Preventive Oncology conference, Tampa, FL.
10. McGinty, H., **Asvat, Y.**, Gallagher, A., Andrykowski, M., & Jacobsen, P.B. (2009, May). *Perceived cognitive functioning of longer-term breast cancer survivors: Characteristics and correlates*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Montreal, Quebec, Canada.
11. Gonzalez, B. D., **Asvat, Y.**, Andrykowski, M., & Jacobsen, P. B. (2010, February). *Long*

- term effect of exercise on depression after breast cancer treatment.* Poster session presented at the annual meeting of the American Psychosocial Oncology Society, New Orleans, LA.
12. **Asvat, Y.**, Gallagher, A., Andrykowski, M., & Jacobsen, P.B. (2010, April). *Exercise Following Treatment for Early-stage Breast Cancer: A Longitudinal, Controlled Comparison.* Poster presented at the annual meeting of the Society of Behavioral Medicine, Seattle, Washington.
  13. McGinty, H., **Asvat, Y.**, Gallagher, A., Andrykowski, M., & Jacobsen, P.B. (2011, April). *Comparison of Cancer Worry in Healthy Women and Breast Cancer Survivors.* Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C.
  14. **Asvat, Y.**, McGinty, H., & Jacobsen, P.B. (2011, April). *Social Network Interventions to Promote Breast and Cervical Cancer Screening among Hispanics/Latinas: A Systematic Review.* Poster presented at the 7th Biennial Cancer, Culture, and Literacy Conference, Clearwater, FL.
  15. **Asvat, Y.**, McGinty, H., Gallagher, A., Andrykowski, M., & Jacobsen, P.B. (2011, April). *Fatigue Catastrophizing at End of Treatment for Breast Cancer Predicts Fatigue Severity and Interference 3 Years Later.* Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C.
  16. **Asvat, Y.**, Andrykowski, M., & Jacobsen, P.B. (2011, October). *Changes in Exercise Activity and Quality of Life in Breast Cancer Survivors: A Longitudinal Evaluation.* Poster presented at the meeting of the International Psycho-Oncology Society, Antalya, Turkey.
  17. **Asvat, Y.**, Gonzalez, B., Lee, M., Reiersen, P., Hicks, C., & Jacobsen, P.B. (2012, April). *Quality of Life during Androgen Deprivation Therapy for Prostate Cancer: A Longitudinal, Controlled Comparison.* Poster presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA.
  18. Lee, M., **Asvat, Y.**, Barata, A., & Jim, H. (2013, March). *Pre-Transplant Insomnia in Hematologic Cancer Patients: Prevalence and Psychosocial Correlates.* Poster presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA.
  19. McGinty, H., Phillips, K., Cessna, J., **Asvat, Y.**, Cases, M., Jim, H., Small, B., & Jacobsen, P. (2013, March). *Cognitive Functioning in Men Receiving Androgen Deprivation Therapy for Prostate Cancer: A Systematic Review and Meta-Analysis.* Poster presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA.
  20. Cessna, J., **Asvat, Y.**, Salsman, J., Small, B., Jacobsen, P., & Jim, H. (2013, March). *Examining the Psychometric Properties of the PROMIS Fatigue Scale among Cancer Patients.* Poster presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA.
  21. **Asvat, Y.**, Jacobsen, P., Suarez, M., Cases, M., Cessna, J., Reiersen, P., Cabrera, P., Hicks, C., & Lee, M. (2014, April). *Motivational Interviewing Intervention to Promote Physical Activity in Breast Cancer Survivors.* Poster presented at the annual meeting of the Society of Behavioral Medicine, Philadelphia, PA.
  22. **Asvat, Y.**, Sokolovsky, A., Gerhart, J., Grosse, J., Fung, H., Hobfoll, S., & Fung, H. (2015, April). *Trajectories of distress among Hematopoietic Stem Cell Transplant (HSCT) recipients.* Poster presented at the annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
  23. Vanderlan, J., Kurtz, E., Sladky, S., **Asvat, Y.**, & Deshields, T. (2016, March). *Relationships among resilience, depression, anxiety, and quality of life in cancer patients referred to a psycho-oncology service.* Oral Presentation at the annual meeting of the American Psychosocial Oncology Society, San Diego, CA.

24. **Asvat, Y.**, Penalba, V., Chidambaram, S., Vanderlan, J., & Deshields, T. (2016, March). *Rates and predictors of follow-up with psychotherapy after pre-stem cell transplant psychosocial evaluation*. Oral Presentation at the annual meeting of the American Psychosocial Oncology Society, San Diego, CA.
25. Vanderlan, J., Kurtz, E., Sladky, S., **Asvat, Y.**, & Deshields, T. (2016, March). *Comparison of the Hospital Anxiety and Depression Scale (HADS) and PROMIS depression and anxiety measures in an adult cancer population*. Poster presented at the annual meeting of the American Psychosocial Oncology Society, San Diego, CA.
26. Tippey, A., **Asvat, Y.**, Vanderlan, J., Howrey, H., Spalding, Rachael, & Deshields, T. (2017, March). *Patient and caregiver psychosocial well-being during initial consultation to a psycho-oncology service: A comparative analysis*. Poster Presentation at the annual meeting of the American Psychosocial Oncology Society, Orlando, FL.
27. Howrey, H., **Asvat, Y.**, Vanderlan, J., Tippey, A., Spalding, Rachael, & Deshields, T. (2017, March). *Descriptive overview of the psychosocial well-being of cancer caregivers referred to a psycho-oncology service*. Poster Presentation at the annual meeting of the American Psychosocial Oncology Society, Orlando, FL.
28. **Asvat, Y.**, Tippey, A., Howrey, H., Vanderlan, J., Spalding, Rachael, & Deshields, T. (2017, March). *Cancer caregiver distress, depression, and anxiety: The mediating role of resilience*. Poster Presentation at the annual meeting of the American Psychosocial Oncology Society, Orlando, FL.
29. **Asvat, Y.**, Shiao, H., & Tobin, M. (2019, February). *Development of an integrated psycho-oncology care program in an inpatient leukemia service*. Poster Presentation at the annual meeting of the American Psychosocial Oncology Society, Atlanta, GA.
30. **Asvat, Y.**, King, A., & Roupas, A. (2019, February). *Implementing a tobacco cessation program that integrates technology- and clinician-delivered assessment and intervention in an urban cancer center: Processes, challenges, and lessons learned*. Poster Presentation at the annual meeting of the Society for Research in Nicotine and Tobacco, San Francisco, CA.
31. Singh, S., **Asvat, Y.**, Tobin, M., & Greenlee, A. (2020, February). *Neurocognitive and psychiatric sequelae of Acute Lymphoblastic Leukemia with CNS involvement: A case study*. Presented at the 48th annual meeting of the International Neuropsychological Society, Denver, CO.
32. Deshields, T., Vanderlan, J., Tippey, A., & **Asvat, Y.** (2020, March). *Resilience as a protective factor for caregivers of cancer patients*. In Y. Asvat (Chair) & B. Given (Discussant), *Expanding human-centered cancer care to caregivers: Understanding and promoting cancer caregiver resilience*. Symposium conducted at the annual meeting of the American Psychosocial Association, Portland, OR.
34. **Asvat, Y.**, King, A.C., Smith, L.J., Lin, X., Hedeker, D., & Henderson, T.O. (2020, March). *Substance use behaviors in adolescent and young adult cancer patients: Associations with mental and physical health*. Podium presentation at the annual meeting of the American Psychosocial Oncology Society, Portland, OR.

## **PROFESSIONAL SOCIETY ACTIVITIES** (*Chairing Session, Symposia*)

### For the American Psychosocial Oncology Society:

- 2018      “*Resilience as the other end of the distress continuum: Conceptual and practical models for promoting resilience in collaborative cancer care*”. Symposium Chair (**Y. Asvat**) at the American Psychosocial Oncology Society Annual Meeting, Tucson,

AZ.

- 2020 “*Expanding human-centered cancer care to caregivers: Understanding and promoting cancer caregiver resilience*”. Symposium Chair (**Y. Asvat**) at the annual meeting of the American Psychosocial Association, Portland, OR.

### **INVITED, ELECTED, OR APPOINTED EXTRAMURAL SERVICE**

- 2007 Campus Representative at the University of South Florida, American Psychological Association of Graduate Students
- 2007-2009 Co-Chair, Psychology Graduate Student Diversity Committee, University of South Florida
- 2010-2011 Chair of Student Special Interest Group, Society of Behavioral Medicine
- 2014-2016 Chair of Program Planning Committee, Cancer Forum, American Public Health Association
- 2015-2017 Professional Development Committee, American Psychosocial Oncology Society
- 2017-2020 Poster Program Chair & Program Planning Committee, Annual Meeting, American Psychosocial Oncology Society
- 2020-2021 Program Planning Chair & Program Planning Committee, Annual Meeting, American Psychosocial Oncology Society

### **PROFESSIONAL SOCIETIES**

- 2004-2017 Society of Behavioral Medicine
- 2014-present American Psychosocial Oncology Society
- 2020-present American Psychological Association – Division 38, Health Psychology

### **HONORS, PRIZES, AND AWARDS**

- 2000-2002 Admission Scholarship and Regent’s Scholarship, University of Toronto
- 2005 1st Place, Social Sciences, 19th California State University Research Competition
- 2006 Doctoral Application Support Award, Minority Training Program in Cancer Control Research
- 2007-2012 Conference Presentation Grant, University of South Florida
- 2007-2012 Latin American and Caribbean Student Scholarship, University of South Florida
- 2008 Meritorious Citation, 4th Biennial Cancer Survivorship Research Conference
- 2009 V. R. Memorial Award for Outstanding Clinical Psychology Student, University of South Florida
- 2010 Meritorious Student Abstract and Citation Award, Society of Behavioral Medicine Annual Meeting
- 2017 Best Research Poster Award, American Psychosocial Oncology Society Annual Meeting