

CURRICULUM VITAE

NAME: Paul J. Mills

Professor of Public Health, Family Medicine, and Psychiatry
 Director, Center of Excellence for Research and Training in Integrative Health
 University of California, San Diego

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<https://medschool.ucsd.edu/som/fmph/research/centers/integrativehealth/pages/default.aspx>

<https://medschool.ucsd.edu/som/fmph/research/labs/biomarkercore/pages/default.aspx>

PLACE OF BIRTH: Philadelphia, Pennsylvania

POSITIONS

1985-1987	Research Scientist, Soil Technologies, Inc. Fairfield, Iowa
1990-1993	Assistant Research Psychobiologist, Department of Psychiatry, UCSD
1990-1995	Program Evaluator, Department of Pediatrics, Division of Adolescent Medicine, UCSD
1993-	Director, Clinical Research Biomarker Laboratory, UCSD
1993-1998	Assistant Professor, Department of Psychiatry, UCSD
1998-2002	Associate Professor, Department of Psychiatry, UCSD
1996-2009	Director, Core Laboratory, General Clinical Research Center, UCSD Medical Center, San Diego
1998-2021	Faculty Member, UCSD-SDSU Joint Doctoral Program in Clinical Psychology
1997-2010	Member, UCSD Cancer Center, Symptom Control Group
2000-2005	Associate Editor, <i>Annals of Behavioral Medicine</i>
2001-2021	Adjunct Professor, Department of Psychology, San Diego State University
2002	Guest Editor, Special Issue on Spirituality, Religiousness and Health, <i>Annals of Behavioral Medicine</i>
2002-	Professor, Department of Psychiatry, Behavioral Medicine Program, UCSD
2005-2011	Associate Editor, <i>Health Psychology</i>
2011-2015	Consulting Editor, <i>Health Psychology</i>
2008-2010	Associate Editor, <i>Journal of the Society for Integrative Oncology</i>
2008-2021	Member, UCSD Clinical and Translational Research Institute

2009-2018	Faculty Member, UCSD-SDSU Joint Doctoral Program in Health Promotion Psychology
2009	Member, UCSD Clinical and Translational Research Institute Research Committee
2009-2022	Member, UCSD, Institutional Training Program (T32) for Predoctoral and Postdoctoral Fellows in Cardiovascular Epidemiology
2009-2011	Director, Novel Translational Technologies Program, UCSD Clinical and Translational Research Institute (CTRI)
2010-2011	President, American Psychosomatic Society
2010-	Visiting Faculty, Institute of Noetic Sciences
2011-2019	Director, UCSD Clinical and Translational Research Institute (CTRI) Seminar Series
2011-2018	Member, UCSD Cancer Center, Cancer Prevention & Control Group
2011-2022	Associate Editor, <i>Behavioral and Social Science in Medicine: Principles and Practice of Biopsychosocial Care</i> , textbook to be published by Springer. Editors in Chief: S. Waldstein, M. Muldoon, D. Novack
2011-2019	Co-Director, Translational Research Technologies Division, UCSD Clinical and Translational Research Institute (CTRI)
2012-2014	Director of Collaborative Research Program Development, UCSD Center of Integrative Medicine
2012-2016	Senior Fellow, Samueli Institute
2014-2020	Executive Committee, UCSD Institute for Public Health
2014-	Director, UCSD Center of Excellence for Research and Training in Integrative Health
2014-	Professor, Department of Family Medicine and Public Health, UCSD
2015-2020	Associate Director of Pilot Grants Program, UCSD Institute for Public Health
2015-2022	Director of Research, The Chopra Foundation
2016-2022	Consulting Editor, <i>Health Psychology</i>
2016-	Board of Directors, California Institute of Human Sciences
2016-2019	Faculty Director, UCTV Wellbeing Channel
2017-2018	Interim Chief, Division of Behavioral Medicine, Department of Family Medicine and Public Health, UCSD
2017-	Editorial Board, <i>Global Advances in Health and Medicine</i>
2018-	Editorial Board, <i>Journal of Alternative and Complementary Medicine</i>
2018-2021	Chief, Division of Behavioral Medicine, Department of Family Medicine and Public Health, UCSD
2019-2021	Department Mentorship Director, Health Sciences Faculty Mentor Training Program
2020-	Professor, UC San Diego School of Public Health
2022	Guest Editor, <i>Global Advances of Health and Medicine</i> , Special Issue on Whole Health

EDUCATION/TRAINING

1978	B.S., Psychophysiology, Maharishi University, Fairfield, Iowa
1987	Ph.D., Neuroscience, Maharishi University, Fairfield, Iowa
1987-1990	Postdoctoral Fellow, Behavioral Medicine Program, Department of Psychiatry, University of California, San Diego (UCSD)

COMMITTEES, WORKSHOPS

1984	Type A Interview Training Workshop, SRI International
1992-1995	Membership Committee, American Psychosomatic Society
1995-2007	Institutional Review Board, Center for Palliative Care, San Diego Hospice
1996-2009	General Clinical Research Center, Advisory Committee, UCSD Medical Center
1996-2006	Institutional Review Board, San Diego Hospice and Palliative Care
1997-2003	Society of Behavioral Medicine, abstract reviewer for annual meetings
1997-2002	American Psychosomatic Society, abstract reviewer for annual meetings
1997-2000	Program Committee, American Psychosomatic Society
1998-2005	Statistics Comprehensive Exams Committee, UCSD-SDSU Joint Doctoral Program in Clinical Psychology
1998-	Executive Committee, Department of Psychiatry, UCSD
1999	Chair, Local Organizing Committee, Society for Behavioral Medicine annual meeting
1999-2001	Program Committee, Society of Behavioral Medicine
1999-2001	Co-chair, Membership Committee, American Psychosomatic Society
1999	National Institutes of Health workshop on Sleep and Host Defense Mechanisms
2000-2001	Chair, Behavioral Medicine Tract Student Selection Committee, UCSD-SDSU Joint Doctoral Program in Clinical Psychology
2000	National Institutes of Health workshop on Stress and Asthma, Georgetown
2000-2003	Chair, Awards Committee, American Psychosomatic Society
2001	Chair, Student Selection Committee, UCSD-SDSU Joint Doctoral Program in Clinical Psychology
2003-2006	Nominating Committee, Society of Behavioral Medicine
2003-2004	Cancer Track Chair, Annual Meeting Program Committee, Society for Behavioral Medicine
2003-	Ad hoc Review Committees, UCSD Psychiatry
2003	Search Committee, Editor-in-Chief, <i>Annals of Behavioral Medicine</i>
2003	Joint Medical Technology Workshop, Panel on Psychological Resilience and Deployment Health, US Army Medical Research and Material Command, Lansdowne, VA.
2004-2007	Council, American Psychosomatic Society
2004-2006	Awards Committee, American Psychosomatic Society
2005-2007	Editorial Board, <i>Journal of the Society for Integrative Oncology</i>
2006-2008	Editorial Board, <i>Brain, Behavior and Immunity</i>
2007-2008	Editorial Board, <i>Current Hypertension Reviews</i>
2007, 2008, 2009	American Psychosomatic Society, abstract reviewer for annual meeting
2007-2010	UCSD Health Sciences Subcommittee on Research
2007-2011	UCSD School of Medicine Dean's Space Committee

2007-2010 Membership Committee, American Psychosomatic Society
2008-2009 UCSD Health Sciences CTSA Committee
2007-2009 Membership Committee, American Psychosomatic Society
2008-2011 Council, Psychoneuroimmunology Research Society
2008 Meditation for Health Purposes Workshop, National Center for Complementary & Alternative Medicine, National Institutes of Health, Bethesda, MD
2008-2009 American Psychosomatic Society, Young Scholar Awards selection committee
2009-2010 Nominating Committee, American Psychosomatic Society
2009-2014 Editorial Board, *Brain, Behavior and Immunity*
2009-2012 Executive Committee, Council, American Psychosomatic Society
2009-2010 Chair, UCSD Health Sciences Subcommittee on Research
2009-2010 UCSD Committee on Research
2009- Member, UCSD Clinical and Translational Research Institute Research Committee
2009-2010 Search Committee, Editor-in-Chief, Psychosomatic Medicine
2009-2012 Executive Committee, American Psychosomatic Society
2009-2011 Chair, UCSD Clinical and Translational Research Institute, Novel Clinical and Translational Technologies Committee
2010-2013 Member, Scientific Review Council, The Institute for Palliative Medicine, San Diego Hospice
2010-2011 Chair, Nominating Committee, American Psychosomatic Society
2010- Chair, UCSD Clinical and Translational Research Institute, Membership Committee
2010-2012 Co-Chair, Research Committee, UCSD Center for Integrative Medicine
2011- Scientific Advisory Committee, Optimal Health and Prevention Research Foundation
2011-2012 Immediate Past President, American Psychosomatic Society
2011- Co-Chair, UCSD Clinical and Translational Research Institute, Novel Clinical and Translational Technologies Committee
2012 Psychoneuroimmunology Research Society, abstract reviewer for annual meeting
2012 Co-Organizer and Co-Host, Clinical and Translational Research Institute /Center for fMRI, Symposium on Functional NeuroImaging, October 2012.
2012-2015 Research Committee, UCSD Center for Integrative Medicine
2012-2015 Nominating Committee, Psychoneuroimmunology Research Society
2012-2014 American Psychosomatic Society, abstract reviewer for annual meeting
2014 Co-Organizer and Co-Host, Clinical and Translational Research Institute / Biomolecular and Proteomics Mass Spectrometry Facility, *Frontiers of Proteomics Research Symposium*, October 2014.
2013- Advisory Committee, Transformative Technology Laboratory, Sophia University
2013- Advisory Committee, Jiyo.com Wellbeing Platform
2015- UCSD Center for Integrative Medicine, Executive Committee
2015- Department of Psychiatry, Space Committee
2015-2018 Editorial Board, *Brain, Behavior and Immunity*
2015 Co-Organizer and Co-Host, Center of Excellence for Research and Training in Integrative

Health / Center for Integrative Medicine, *Practice Based Research Workshop*, UCSD
December 2015.

2015 Internal Working Group, UCSD Institute for Public Health

2015 Co-Chair, Research Committee, UCSD Center of Excellence for Research and Training in
Integrative Health

2015-2016 Academy of Integrative Health and Medicine, Program Committee

2015- Scientific Review Committee, UCSD Clinical and Translational Research Institute

2016- Data Safety Monitoring Board, UCSD Clinical and Translational Research Institute

2016 Future of Meditation Research Working Group

2016 Co-Organizer and Co-Chair, Center of Excellence for Research and Training in Integrative
Health / Naval San Diego Medical Center, *Integrative Medicine in the Military Summit*,
February 2016.

2016-2017 Practical Ethics UCSD Faculty Search Committee

2017 Practice Based Research Committee, UCSD Center for Integrative Medicine

2017 Health Sciences Faculty Wellness Retreat Planning Committee

2017 ACTRI Concept Proposals Committee

2017 Co-Organizer, *ACTRI Day of Translational Sciences*, January 2017

2017 Program Committee, Academy of Integrative Health and Medicine

2017 California Institute for Human Sciences, Board of Directors

2017 Practice Based Research Development Plan Committee, UC San Diego

2017 Planning Committee, Co-Host, Tibetan Medicine Conference on Mindbody Medicine

2017 Editorial Board, *Global Advances in Health and Medicine*

2017 Planning Committee and Presenter, UCSD Healthcare Faculty Wellness Retreat

2018 Program Committee, Sugar, Stress, Environment and Weight (SSEW) Initiative
University of California, San Francisco

2018 Program Committee, Academy of Integrative Health and Medicine

2018 Reviewer, Agency for Toxic Substances and Disease Registry, U.S. Department of Health and
Human Services

2018 Member, Science Committee, Midwest Herbicide Use and Birth Outcomes

2018 David Lynch Foundation's Research Advisory Council

2018 Co-Organizer, ACTRI Day of Translational Sciences, February 2018

2018 Research Committee, Scripps Natural Supplements Evidence Based Conference,
San Diego, CA

2018 Family Medicine and Public Health Faculty Mentor Advisory Committee

2018 Review Committee, Glyphosate Toxicological Profile, Office of Science
NCEH/ATSDR

2019 Chair, Faculty Mentor Program, Family Medicine and Public Health

2019 UC San Diego Department of Psychiatry Chair Search Committee

2020 Program Committee, Campus Wide Winter Wellness 2020 Symposium

2021 Steering Committee, UC San Diego School of Public Health

GRANT REVIEW PANELS

1997 & 1999	Review Panel, Gulf War Veterans' Illnesses, U.S. Army Medical Research and Material Command
1999, 2002	Special Emphasis Review Panel, NIH, Behavioral and Biobehavioral Processes-1
1999	Review Panel, NIH, Specialized Centers of Research In Ischemic Heart Disease
1999-2004	NIH, Biobehavioral Mechanisms of Emotion, Stress and Health (MESH) Study Section
2002	Special Emphasis Review Panel, NIH, Behavioral and Biobehavioral Processes-5
2002	General Clinical Research Center (GCRC) Site Visit Review Panel, NIH, NCRR
2002-2003	Reviewer, Gulf War Veterans' Illnesses, U.S. Army Medical Research and Material Command
2003	Special Emphasis Review Panel, NIH, Behavioral and Biobehavioral Processes-1
2004	Reviewer, U.S. Army Medical Research and Material Command
2004	Reviewer, National Science Foundation
2004	Reviewer, U.S. Army Small Business Innovative Research Program
2005	Special Emphasis Review Panel, NIH, Behavioral and Biobehavioral Processes G-03
2005	Department of Veterans Affairs, Career Development Awards
2005	Special Emphasis Review Panel, Program Projects, NIH, NHLBI
2006	Special Emphasis Review Panel, Program Projects, NIH, NHLBI
2007	Small Grant Applications, Sleep Research Society
2007	Alzheimer's & Related Diseases Research Award Fund, Virginia Center on Aging
2008	Strategy and Funding Directorate, Health Research Board, Ireland
2008	Special Emphasis Review Panel, Program Projects, NIH, NHLBI
2008	Special Emphasis Review Panel, Program Projects, NIH, NIDDK
2009	Strategy and Funding Directorate, Health Research Board, Ireland
2009	Review Panel, NIH, Risk, Prevention & Health Behavior
2009	Review Panel, NIH, Mechanisms of Emotion, Stress and Health (MESH)
2009	Review Panel, NIH, BBBP-J
2010	Review Panel, NIH, ZRG1 RPHB-E
2010	Review Panel, NIH, Mechanisms of Emotion, Stress and Health (MESH)
2012	Review Panel, NIH, NHLBI, NHANES
2013	UCSD CTRI Grant Review Program
2013	Stein Institute for Research on Aging
2013	UW-Milwaukee Research Growth Initiative
2013	NIH NHLBI PO1 Center Grant Review Panel
2014	NIH Training, Education, and AREA Grants Study Sections
2014	American Academy of Sleep Medicine
2015	NIH SEP
2015	Institute For Public Health Grants Program Review Committee
2015	Breast Cancer Campaign
2015	NIH ZRG1 BBBP-Y Study Section
2015	UCSD CTRI K01 Grants Program Review Committee
2016	Institute For Public Health Grants Program Review Committee
2017	David Lynch Foundation Grants Review Committee

2017	NIH Biobehavioral & Behavioral Processes Review Committee
2017	ACTRI KL2 Grant Review Committee
2017	Krupp Endowed Fund Grant Reviews
2017	Chair, NIH BBBP Grants Review Committee
2018	David Lynch Foundation Research Advisory Council
2018	Institute For Public Health Grants Review Committee
2018	NIH Special Emphasis Panel ZAT1
2018	NIH/NCCIH, Training and Research grants
2019	Krupp Foundation Research Grants Committee
2019	Scientific Advisory Committee, Mt. Madonna Research Center
2020	Sanford Institute for Compassion and Empathy
2022	Sanford Institute for Compassion and Empathy

AWARDS, HONORS

1977	Annual Undergraduate Science Achievement Award
1987	Outstanding Student Award, Graduate Neuroscience Program
1991	First Independent Research and Transition (FIRST) Award, NHLBI
1994	Fetzer Institute Awardee, Academy of Behavioral Medicine Research
1995	Early Career Award for Contributions to Psychosomatic Medicine Research, American Psychosomatic Society
2001	Fellow, Academy of Behavioral Medicine Research
2001	Who's Who in Science and Engineering
2002	Fellow, Society of Behavioral Medicine
2002	Special Space Flight Achievement Award for support of space flight research, from the Space and Life Sciences Directorate, NASA, Johnson Space Center
2005	Exceptional Service Award, Society of Behavioral Medicine
2005-2006	Who's Who in Medical Sciences Education
2006	Award for 10 years of service, Institutional Review Board, San Diego Hospice and Palliative Care
2006	Exceptional Service Award, San Diego Hospice and Palliative Care
2008	Safety Award for Excellence, UCSD Environmental Health and Safety
2009	Tukuymanta Integrative Health Fellow
2010	Fellow, Bial Foundation
2010-2011	President, American Psychosomatic Society
2012-	Senior Fellow, Samueli Institute
2016	TransTech List of Key Innovators Developing Science and Technology for Wellbeing
2016	Top National Research Project on Gratitude and Wellbeing, The Greater Good Science Center
2017	Top 10 Individuals for Policy and Action in Integrative Health and Medicine, 2017 Integrator
2018	Spoke at the United Nations, Power of Collaboration Global Summit
2019	American College of Nutrition, Mark Bieber Award
2020	Top 10 Individuals for Policy and Action in Integrative Health and Medicine, 2020 Integrator

UCSD CLINICAL RESEARCH BIOMARKER LABORATORY

Dr. Mills' lab, the UCSD Clinical Research Biomarker Laboratory, supports numerous applied and clinical research projects being conducted at UCSD, as well as other universities and research institutions, providing assessments of neuroendocrine, immune, coagulation and cellular adhesion markers in blood, saliva, and urine.

The laboratory is located on the UCSD School of Medicine La Jolla campus, Building MTF (<https://healthsciences.ucsd.edu/som/fmph/research/labs/biomarkercore/pages/default.aspx>) For information on the laboratory and its services, contact the Lab Manager Mr. Christopher Pruitt (cpruitt@health.ucsd.edu; 858-534-3365).

TEACHING

Dr. Mills has taught graduate and medical students and post-doctoral fellows and residents. He is a faculty member of the Behavioral Medicine Track of the UCSD-San Diego State University (SDSU) Joint Doctoral Program (JDP) in Clinical Psychology, serving as a primary mentor and/or serving on the Advisory and Dissertation Committees of numerous JDP students.

He is a mentor in the UCSD T32 Integrated Cardiovascular Epidemiology Fellowship.

He is a mentor in the UCSD STARS Program.

He is a mentor in the UCSD NCLAM Program.

He teaches the elective on Integrative Health and Public Health for the UCSD BSPH program.

Courses:

Behavioral Medicine

Biochemistry

Biophysics

Foundations in Behavioral Medicine

Neuropharmacology

Neurophysiology

Pharmacology

Psychoneuroimmunology

Psychophysiology

Physiology

Statistics

Integrative Health

INVENTION DISCLOSURE

2000 Novel ADRB2 single nucleotide polymorphisms associated with lymphocyte β 2-adrenergic receptors; UCSD Technology Transfer & Intellectual Property Services, SD2001-044

MEMBERSHIPS

Academy of Behavioral Medicine Research
American Institute of Biological Sciences
American Psychosomatic Society
American Society of Hypertension
Applied Physiology, Nutrition and Metabolism
Association of GCRC Core Laboratories
Clinical Cytometry Society
Psychoneuroimmunology Research Society

REVIEWER FOR JOURNALS AND BOOK PUBLISHERS

Accountability in Research: Policies and Quality Assurance
Advances in Mind-Body Medicine
Anesthesiology
Annals of Behavioral Medicine
American Journal of Critical Care
American Journal of Geriatric Psychiatry
American Journal of Hypertension
American Journal of Physiology: Cell Physiology
American Journal of Physiology: Heart and Circulatory Physiology
American Psychologist
Arteriosclerosis, Thrombosis, and Vascular Biology
Biological Psychology
Biological Psychiatry
BMC Nephrology
Brain, Behavior and Immunity
Circulation
Clinical Pharmacology and Therapeutics
Clinical Cancer Research
Complementary Therapies in Clinical Practice
Critical Care Medicine
Current Hypertension Reviews
Elsevier
Environmental Health
Explore: The Journal of Science and Healing
Ethnicity and Disease
European Journal of Integrative Medicine
European Respiratory Journal
Evidence-Based Complementary and Alternative Medicine
EXPLORE: The Journal of Science & Healing
General Hospital Psychiatry

Health Psychology
Heart Failure Reviews
Hemisphere Publishing Company
Hormones and Behavior
Hypertension
International Archives of Nursing and Health Care
International Journal of Behavioral Medicine
International Journal of Hygiene and Environmental Health
International Journal for the Psychology of Religion
International Journal of Psychophysiology
Indian Journal of Medical Research
International Journal of Transpersonal Studies
Journal of Affective Disorders
Journal of Alternative and Complementary Medicine
Journal of Applied Physiology
Journal of Behavioral Medicine
Journal of the American College of Cardiology
Journal of the American College of Cardiology Heart Failure
Journal of the American Medical Association
Journal of Clinical Endocrinology and Metabolism
Journal of Clinical Oncology
Journal of Clinical Psychology in Medical Settings
Journal of Clinical Sleep Medicine
Journal of Evidence-Based Complementary & Alternative Medicine
Journal of Neuroimmunology
Journal of Positive Psychology
Journal of Psychosomatic Research
Journal of Social Behavior and Personality
Journal of Traumatic Stress
Lancet
Life Sciences
Lawrence Erlbaum Associates
Medical Journals
Medical Science Monitor
Military Medicine
Mindfulness
New England Journal of Medicine
Nutrition Research
Perceptual and Motor Skills – Psychological Reports
Phytotherapy Research
PLOS ONE
Proceedings of the National Academy of Sciences
Progress In NeuroPsychopharmacology And Biological Psychiatry
Psychology of Consciousness: Theory, Research, and Practice

Psychoneuroendocrinology
Psychosomatic Medicine
Psychophysiology
Sleep
Sports Medicine
Stress
Supportive Care in Cancers
The American Journal of Geriatric Psychiatry
The Journal of Prevention of Alzheimer's Disease
The Permanente Journal

MAJOR GRANTS SINCE 1990

- 1990-1994 Stress Physiology, Dietary Salt, and Hypertension, NIH, (Principal Investigator - Joel Dimsdale)
- 1991-1996 Adrenergic Receptors and Reactivity, FIRST Award, NIH (Principal Investigator)
- 1991-1995 Sleep Apnea and Hypertension: The Role of The Sympathetic Nervous System, RO-1, NIH, Co-Investigator (Principal Investigator - Joel Dimsdale)
- 1994-1999 Stress Physiology, Dietary Salt, and Hypertension, NIH, Co-Investigator (Principal Investigator - Joel Dimsdale)
- 1995-1999 General Clinical Research Center, NCRR, NIH, (Principal Investigator - Edward Holmes)
- 1996-2000 Sleep Apnea and Hypertension: The Role of The Sympathetic Nervous System, , NIH, Co-Investigator (Principal Investigator - Joel Dimsdale)
- 1997-2000 Alzheimer Caregiver Coping: Mental and Physical Health, NIA, Co-investigator (Principal Investigator – Igor Grant)
- 1997-2001 Sympathetic Regulation of Cell Adhesion, NIH (Principal Investigator)
- 1997-2002 Hormone Replacement Therapy and Adrenergic Physiology in Postmenopause, NIH (Principal Investigator)
- 2000-2003 Characterization of Autonomic Function, Sodium Handling and Nitric Oxide Physiology in Astronauts and Patients Known to be Susceptible to Orthostatic Intolerance, NASA, (Principal Investigator)
- 2000-2004 Sleep Apnea and Hypertension: The Role of The Sympathetic Nervous System, NIH, Co-Investigator (Principal Investigator - Joel Dimsdale)
- 2000-2003 The Effects of an Herbal Supplement on Mild Insomnia, MAP International (Principal Investigator)
- 2000-2004 Blood Pressure Regulation and Ethnicity, NIH, Co-Investigator (Principal Investigator - Joel Dimsdale)
- 2000-2003 The Effects of an Herbal Supplement on Generalized Anxiety Disorder, MAP International (Principal Investigator)
- 2000-2005 General Clinical Research Center, NCRR, NIH, (Principal Investigator - Edward Holmes)

- 2001-2005 Autonomic Pharmacodynamic Pharmacogenomics, NIH, Co-Investigator (Principal Investigator - Michael Ziegler)
- 2001-2006 Alzheimer Caregiver Coping: Mental and Physical Health, NIA, Co-investigator (Principal Investigator – Igor Grant)
- 2001-2005 Sympathetic Regulation of Cell Adhesion, NIH (Principal Investigator)
- 2003-2004 Opioid-Induced Fatigue, NIH, Co-Investigator (Principal Investigator - Joel Dimsdale)
- 2003 UCSD Hillcrest GCRC Flow Cytometer, Shared Instrumentation Grant, NIH/NCRR (Principal Investigator)
- 2004-2005 Immune Mechanisms Involved in HCV Effects on Neurocognitive Functioning in an Egyptian Patient Sample, UCSD HIV Neurobehavioral Research Center (Principal Investigator)
- 2004-2009 Sleep Apnea and Hypertension: The Role of The Sympathetic Nervous System, NIH, Co-Investigator (Principal Investigator - Joel Dimsdale)
- 2004-2009 American Psychosomatic Society Meeting Grant, NIH (Principal Investigator)
- 2005-2010 Contributions of sleep/rhythms/fatigue to chemobrain, NIH (Principal Investigator – Sonia Ancoli-Israel)
- 2005-2010 Stress Physiology, Dietary Salt, and Hypertension, NIH (Principal Investigator - Joel Dimsdale)
- 2005-2010 Contributions of sleep/rhythms/fatigue to Chemobrain, NOIH (Principal Investigator – Sonia Ancoli-Israel)
- 2005-2010 Mechanisms of Health Effects of Exercise in Children, NIH (Principal Investigator with Dan Cooper)
- 2005-2010 BNP and Neuroimmune Characteristics of CHF and Depression, NIH (Principal Investigator)
- 2006-2010 Cardiovascular Risk Disparities: Socioemotional Pathways, NIH (Co-Principal Investigator with Linda Gallo)
- 2006-2008 Effects of hands-on healing vs. touch for fatigue and inflammation in breast cancer survivors, Samueli Institute For Information Biology (Co-Principal Investigator with Shamini Jain)
- 2006-2012 Sympathetic Regulation of Cell Adhesion, NIH (Principal Investigator)
- 2007-2012 Alzheimer Caregiver Coping: Mental and Physical Health, NIA (Principal Investigator – Igor Grant)
- 2007-2009 Inflammatory cytokine levels in women breast cancer survivors, UCSD Moores Cancer, (Co-Principal Investigator with Bilge Pakiz)
- 2007-2011 Minority Supplement for Sympathetic Regulation of Cell Adhesion, NIH (Principal Investigator)
- 2008-2013 Reducing CVD Risk in Caregivers: A Brief Behavioral Activation Intervention, NIA (Principal Investigator – Brent Mausbach)
- 2008-2011 Cancer-Related Fatigue and its Clinical and Biochemical Correlates, American Cancer Society, Co-investigator (Principal Investigator – Lyudmila Bazhenova)

- 2009-2014 Role of obesity on vascular inflammation and immune cell activation in prehypertension, RO-1, NHLBI, Co-investigator (Principal Investigator – Suzi Hong)
- 2009-2013 Fatigue and Sleep Apnea in Stroke, RO-1, NHLBI, Co-investigator (Principal Investigator – Joel Dimsdale)
- 2009-2010 Using a brief bout of acute exercise as a novel adjuvant to enhance the efficacy of Pneumococcal vaccination in immunocompromised populations, Gates Foundation (Principal Investigator – Kate Edwards, Co-Principal Investigator – Paul J. Mills)
- 2010-2014 Exploring Tai Chi as a Behavioral Intervention for Heart Failure Patients, NIH, Co-investigator (Principal Investigator – Laura Redwine)
- 2010-2015 BNP and Neuroimmune Characteristics of CHF and Depression, NIH (Principal Investigator)
- 2010-2015 UCSD Clinical and Translational Research Institute (CTRI), NIH (Principal Investigator, Gary Firestein)
- 2011-2016 Auricular Therapy for Treatment of Musculoskeletal Pain in the Setting of Military Personnel: A Randomized Trial, U.S. Department of Defense (Co-Principal Investigator with Robert Bonakdar)
- 2011-2013 Cortical and autonomic responses associated with accurate intuition, Bial Foundation (Principal Investigator)
- 2012-2015 Gratitude in Pre-Symptomatic Heart Failure: Effects on Health-Related Physiological Outcomes and Clinical Disease Progression, Center for the Greater Good (Co-Principal Investigator with Laura Redwine)
- 2012-2017 A Randomized Controlled Trial of Meditation Compared to Exposure Therapy and Education Control on PTSD in Veterans, U.S. Department of Defense, Co-investigator (Principal Investigators - Thomas Rutledge / Sanford Nidich)
- 2014-2016 UCSD Academic Senate grant, Exploration of the effects of a high-fat high-caloric meal on intestinal permeability (leaky gut) in patients with diabetes mellitus, insulin resistance, and/or hypertension (Principal Investigator)
- 2014-2016 Tai Chi for Treatment of Post-MI, NIH, NCCAM (Principal Investigator Laura Redwine)
- 2014-2016 Exploration of the effects of a high-fat high-caloric meal on intestinal permeability ('leaky gut') in patients with diabetes mellitus, insulin resistance, and/or hypertension. UCSD Academic Senate Grant (Principal Investigator)
- 2013-2017 Self-Directed Biological Transformation Initiative (SBTI), Chopra Foundation (Principal Investigator)
- 2014-2019 Alzheimer Caregiver Coping: Mental and Physical Health, NIH, Co-investigator (Co-Principal Investigators Igor Grant & Brent Mausbach)
- 2014-2017 Gratitude in Post MI Patients Effects on Health Related Mood and Clinical Outcome, NIH, NCCAM (Principal Investigator)
- 2014-2018 Program Outcomes and Evaluation Study (POEMS) for InspireHealth, Hecht Foundation, Co-investigator (Co-Principal Investigator with Wayne Jonas)
- 2015-2017 Exploration of the effects of a high-fat high-caloric meal on intestinal permeability (leaky gut) in patients with diabetes mellitus, insulin resistance, and/or hypertension, Private Foundation (Principal Investigator)
- 2015-2020 Tai Chi for Treatment of Hypertension (Principal Investigators Laura Redwine & Suzi

	Hong)
2015-2020	UCSD Clinical and Translational Research Institute (CTRI), NIH (Principal Investigator, Gary Firestein)
2016-2019	Exploration of the Effects of a Conventional Non-Organic GMO Diet versus Organic non-GMO Diet on Health in Human Subjects. Private Foundation (Principal Investigator)
2017-2019	Herbicide Exposure and Human Health. Caroline McKissick Young Foundation, the
2017-2019	Westreich Foundation & Solomon Dutka Fund, New York Community Trust (Principal Investigator)
2017-2019	Effects of Feeding Congee on Clinical Outcomes in Patients with Multiple Myeloma Undergoing Autologous Stem Cell Transplantation (Principal Investigator, C. Costello)
2018-2022	Development and Implementation of a UCSD-Cleveland Clinic Diet and Lifestyle Program for Individuals with Coronary Heart Disease (Principal Investigator)
2018-2019	HL-132: Increasing Adherence to Guideline-Based Exercise Therapy For Chronic Heart Failure, NIH (Principal Investigator)
2020-2023	Supplement for HL-132: Increasing Adherence to Guideline-Based Exercise Therapy For Chronic Heart Failure, NIH (Principal Investigator)
2021-2022	Glyphosate and Pediatric Liver Health. The Westreich Foundation & Solomon Dutka Fund, New York Community Trust (Principal Investigator)
2021-2022	LIGHT Therapy for Reducing Burnout and Increasing Compassion in Physicians, Sanford Institute for Compassion and Empathy (Principal Investigator)

SELECTED ORAL MEETING PRESENTATIONS / LECTURES

- Lymphocyte β -adrenergic receptors and cardiovascular responsivity in TM participants and Type A behavior, at the annual meeting of the American Psychosomatic Society, Philadelphia, March, 1987
- Lymphocyte cyclic AMP production and blood pressure, at the annual meeting of the American Psychosomatic Society, San Francisco, March 1989
- Adrenergic Receptors: Psychosomatic Considerations, at the 50th Anniversary Meeting of the American Psychosomatic Society, New York, March 1992
- Plasma Catecholamines, Stress, and Exercise, at the 7th International Catecholamine Symposium, Amsterdam, June, 1992
- Gender and menstrual phase effects on adrenergic responses to stress, at the annual meeting of the American Psychosomatic Society, Charleston, March 1993
- Adrenergic Regulation of Acute Cardiovascular and Immune System Activation, at the annual meeting of the Academy of Behavioral Medicine Research, Cooperstown, N.Y., June, 1994
- Lymphocyte subset responses to acute stress: Effects of menstrual phase, gender, and the sympathetic nervous system, at the 3rd International Congress of Behavioral Medicine, Amsterdam, July, 1994
- Adrenergic Regulation of the Immune System, at the Biomedical Research Seminar Series, Theodore Gildred Cancer Facility, UCSD Medical Center, November, 1994
- Adrenergic Receptor Applications to Psychosomatic Research, at the annual meeting of the American

Psychosomatic Society, New Orleans, March 1995

- Acute Stress Effects on Cellular Adhesion Molecules, at the annual meeting of the Society for Psychophysiological Research. Toronto, October, 1995
- Catecholamine and receptor alterations in elderly Alzheimer caregivers under stress, at the annual meeting of the American Psychosomatic Society, Williamsburg, VA, March 1996
- Stress and the Sympathetic Mediation of Acute Cellular Immuno-Reactivity' at the Fourth International Congress of Behavioral Medicine, Washington, D.C., March 1996
- β -adrenergic function is related to acute stress effects on cellular adhesion molecules, at the annual meeting of the PsychoNeuroimmunology Research Society, Santa Monica, CA., April, 1996
- Sympathetic Regulation of Cell Adhesion Molecules on Peripheral Leukocytes, at the Biomedical Research Seminar Series, Theodore Gildred Cancer Facility, UCSD Medical Center, April, 1996
- Sympathetic nervous system effects on cell adhesion, at the Psychoneuroimmunology Meeting, University of Leipzig, Leipzig, Germany, June, 1996
- Catecholamines, catecholamine receptors, and acute stressor-related changes in cellular immunity' in symposium on 'Catecholamines and Neuroimmunology, at the Eighth International Catecholamine Symposium, Pacific Grove, CA., October, 1996
- Differential Cell Adhesion Molecule Expression on CD4 versus CD8 cells following sympathetic activation', at the annual meeting of the American Heart Association, New Orleans, LA, November, 1996
- Adhesion Molecule Expression Affects Leukocyte Circulation Following Isoproterenol Infusion, at the annual meeting of the PsychoNeuroimmunology Research Society, Boulder, CO., June, 1997
- Adrenergic mechanisms underlying blood pressure reactivity and recovery, at the annual meeting of the Society for Psychophysiological Research, Cape Code, MA., October, 1997
- Physiologic Mechanisms in Psychosomatic Medicine, at the annual meeting of the American Psychosomatic Society, Clearwater Beach, Florida, March, 1998
- Clinical Relevance of Psychoneuroimmunology, at the annual meeting of the American Psychosomatic Society, Clearwater Beach, Florida, March, 1998
- Individual Differences and Hemodynamic Reactivity Patterns, at the 9th World Congress of Psychophysiology, Taormina, Sicily, Italy, September, 1998
- Evolving Strategies in PsychoOncology Research, at the Hematology-Oncology Seminar, Center for Molecular Genetics, UCSD, November, 1998
- Atherosclerosis: sympathetic and immune-mediated adhesion mechanisms, NIH workshop on Sleep and Host Defense Mechanisms, Bethesda, August 1999
- The effects of psychological and physiological challenge on immunologically related adhesion parameters: implications for disease states, at the annual meeting of the Society for Behavioral Medicine, Nashville, April, 2000
- The effects of stressors on peripheral leukocyte and soluble cellular adhesion molecules, NIH workshop on Stress and Asthma, Bethesda, April, 2000
- Leukocyte redistribution in astronauts following the stress of spaceflight, at the annual meeting of the

Society for Behavioral Medicine, Seattle, March, 2001

- Religion and Health, Medical Grand Rounds, U.S. Naval Hospital, San Diego, CA. July 2002
- Elevated adhesion molecule expression to acute sympathetic nervous system (SNS) activation in hypertension, at the annual meeting of the American Psychosomatic Society, Barcelona Spain, March, 2002
- Faith and Wellness, Psychiatry Grand Rounds, UCSD Medical Center, San Diego, CA. November 2002
- Stress effects on leukocyte and endothelial cell adhesion, Cousins Center for Psychoneuroimmunology, UCLA, February 2003
- The effects of chemotherapy on fatigue and sICAM-1 levels in breast cancer, at the annual meeting of the American Psychosomatic Society, Phoenix, March, 2003
- Stress effects on leukocyte trafficking and cell adhesion molecules. San Diego Area Flow Cytometry Users' Group, San Diego VA Medical Center, September, 2003
- Hypertension effects on leukocyte and endothelial cell adhesion. Biotech Innovations Conference 2003, September, 2003
- Religion and Health: An Update, Heart/Lung Transplant Support Group, UCSD Medical Center, San Diego, CA. November 2004
- Stress and the Immune System. University of Assiut Medical Center, University of Assiut, Assiut Egypt, December 2004
- Neuroimmune Activation and Inflammation: Divergent Effects of Spousal Caregiving, Breast Cancer, and Spaceflight, at the Psychoneuroimmunology Research Program in the Institute for Behavioral Medicine Research, Ohio State University, May 2005
- Inflammation and mood in response to chemotherapy in breast cancer, at the annual meeting of the Psychoneuroimmunology Research Society, Denver, CO., June, 2005
- Physical fitness attenuates leukocyte - endothelial adhesion in response to acute exercise, at the annual meeting of the American Psychosomatic Society, Denver, March, 2006
- Exercise, Stress and Immune Cells: Implications for Cardiovascular Disease and Cancer, at the University of Birmingham, Birmingham England, May 2006
- Stress and Inflammation, UCSD Mesa College Bridges to the Future Baccalaureate Scholar's Program, UCSD, August 2006
- Circulating Levels of Heat Shock Protein (Hsp)27 and Hsp72 are Lower in Physically Fit Compared to Sedentary Individuals at Rest and in Response to Acute Exercise at the annual meeting of the Psychoneuroimmunology Research Society, Arcachon, France, May, 2007
- Inflammation and stress in hypertension and heart failure, at the University of Minnesota Medical School Duluth, October, 2007
- What to do after 'hard' rejections?, at the annual meeting of the American Psychosomatic Society, Baltimore, March, 2008
- Heart failure (HF) and depressed mood effects on psychological and exercise stressor inflammatory responses, at the annual meeting of the American Psychosomatic Society, Baltimore, March, 2008

- Effects of a complementary medicine (CAM) intervention for reducing fatigue, depression, and inflammatory biomarkers in breast cancer survivors: A randomized, controlled trial, at the annual meeting of the Society of Behavioral Medicine, San Diego, March 2008
- Biomarkers of Inflammation for Meditation Research, at the Meditation for Health Purposes Workshop, National Center for Complementary & Alternative Medicine, National Institutes of Health, Bethesda, MD, July 2008
- Behavioral medicine research, at the UCSD Summer Science Enrichment Program Seminar Series, UCSD, August 2008
- Psychoneuroimmunology, at the Pacific College of Oriental Medicine, San Diego, October 2008
- Behavioral medicine and psychoneuroimmunology, at the Pacific College of Oriental Medicine, San Diego, February 2008
- Sleep-Disordered Breathing and Health-Related Physical and Emotional Quality of Life in Heart Failure, at the annual meeting of the American Psychosomatic Society, Chicago, March, 2009
- Psychoneuroimmunology, at the Tukuymanta Conference on Integrative Health, Bogota Colombia, March 2009
- UCSD Healing Energy for Survivors Study: Cancer-Related Fatigue, at the Tukuymanta Conference on Integrative Health, Bogota Colombia, March 2009
- The role of inflammation in cardiovascular disease (presentation in short course 'Inflammation and its Discontents'), at the annual meeting of the Psychoneuroimmunology Research Society, Breckenridge, CO., June 2009
- Behavioral factors and inflammation in cardiovascular disease, at the annual meeting of the Academy of Behavioral Medicine Research, Keystone, CO., June 2009
- Psychoneuroimmunology, UCSD Bridges Scholars Program, UCSD, August 2009
- Causes, Consequences, and Cures of Sleep Disordered Breathing in Heart Failure, J. Christian Gillin Sleep seminar, Stein Clinical Research Building, November 2009
- Proteases: The 'point source' of pathophysiology in hypertension?, at the annual meeting of the Academy of Behavioral Medicine Research, Bodega Bay, CA., June 2010
- Religion, Spirituality, and Health, UCSD Psychiatry Grand Rounds, San Diego, CA. September 2010
- Tis the Season, Spirituality and Wellness, UCSD Counseling and Psychological Services (CAPS) and Student Health Services. December 2010
- Presidential Address: The American Psychosomatic Society: Some History, Its Mission, Future Directions, at the annual meeting of the American Psychosomatic Society, San Antonio TX, March, 2011
- Effects of Light Therapy on Wound Healing and Autonomic Arousal. College of Syntonics Optometry, San Diego, May 2011
- Biofield Therapies, at the Inaugural Opening of the UCSD Center for Integrative Medicine, La Jolla, CA., August 2011
- New developments in noninvasive stress markers: hair cortisol, at the annual meeting of the American Psychosomatic Society, Athens, March, 2012

- Characteristics of spirituality and depressive symptoms in asymptomatic heart failure patients, at the annual meeting of the International Society for Complementary Medicine Research, London, April 2013
- Desperately Seeking Solutions: Bias in Biomedical Research, California Institute for Human Science, San Diego, CA. June, 2013
- Prevalence and Consequences of Bias in Biomedical Research, at the Biomedical and Clinical Research Seminar, Clinical Teaching Facility, UCSD Medical Center, October, 2013
- Self-Directed Biological Transformation Initiative, Sages & Scientists, La Costa, CA. 2014
- Integrative Medicine: From There and Back Again. Department of Family and Preventive Medicine, UCSD, January, 2014
- Bias in the Biomedical Literature, at the Scripps Integrative and Holistic Nursing Conference, April, 2014
- The Promises and Failures of Biomedical Research, UCSD, January 2015
- The Irreproducibility Problem in Scientific Research, University of Sterling, Sterling Scotland, May, 2015
- Gratitude and Wellbeing, at Alzheimer's Disease; The Future of Brain Health, Amsterdam, June 2015
- The Future of Wellbeing, at Spotlight Health, Aspen Ideas Festival, Aspen, June 2015
- CIHS' Unique and Cutting-Edge Role in Advancing Integrative Health and Sciences, California Institute for Human Sciences, June 2015
- The Promise and Necessity of Integrative Medicine, Osher Learning Center, UCSD, August 2015
- The Standard American Diet and Dietary Gap Junction Modulation: A Clinical Study, Scripps Natural Supplements Evidence Based Conference, San Diego, January 2016
- Integrative Medicine, Preventive Medicine Residency, UCSD, February, 2106
- Gratitude and Wellbeing in Military Veterans, Naval Medical Center San Diego, March 2016
- Meditation as a Spiritual Path: Directions For Research, Institute of Noetic Sciences, Petaluma, CA, June, 2106
- The Promises and Failures of the Scientific Research Literature, Osher Learning Center, UCSD, August 2016.
- Effects of singing bowl sound meditations on mood, tension, and well-being, California Institute for Human Sciences, July 2016.
- Advancing Research on Traditional Tibetan and Ayurvedic Whole Medicine Systems, Conference celebrating the 100th Anniversary of the Men-Tsee-Khang, Lhasa Tibet, August 2016
- Gratitude, Health and Integrative Medicine, ISSSEEM, Kansas City, MO, September 2016
- Psychoneuroimmunology of Integrative Medicine, Texas Children's Hospital, Houston, TX, October 2016
- Evidence-Based Medicine: Allopathic versus Integrative. Academy of Integrative Health and Medicine, San Diego, November 2016
- How Does the American Diet Cause Inflammation & Pain? Results of Human Trials. Scripps Natural Supplements Evidence Based Conference, San Diego, February 2017
- The Latest Research on Gratitude and Wellbeing, Third Annual Healthy Aging Conference, Rancho Santa Fe, CA., May 2017
- Studying Whole Medical Systems, Yoga and Science Conference, Long Island University, Brooklyn, NY, May 2017

- Center for Integrative Research, UCSD Centers for Integrative Health Symposium, Sanford Consortium, July, 2017
- New Frontiers for Studying Non-Local Mind, California Institute for Human Sciences, San Diego, July 2017
- Gratitude and Wellbeing, Four Moons Wellness Center, San Diego, September, 2017
- Foundations of Wellbeing in Traditional Medical Systems, Harvard Medical School, October 2017
- Accelerating Women's Global Leadership for Exponential Impact, at the Power of Collaboration Global Summit, United Nations, March 2018
- Is Integrative Medicine capturing the vision of Whole Person Medicine: Where are we now?, UC San Diego, Center for Integrative Medicine, April, 2018
- Glyphosate excretion and health in human beings. BraveNet, San Diego, CA, June 2018
- Gratitude and Wellbeing, Kripalu Retreat Center, Stockbridge, MA, October 2018
- Nondual Awareness and Wellbeing, Science and Nonduality Conference, San Jose, CA, October 2018
- Integrative Cardiology, UCSD Cardiology Grand Rounds, La Jolla, CA, November 2018
- Cardiology & Integrative Medicine, UCSD T32 Fellowship, La Jolla, CA, January 2019
- Glyphosate in the US Food Supply. Osher Institute, La Jolla CA, February 2019
- Is Integrative Medicine capturing the vision of Whole Person Medicine: Where are we now? UCSD Integrative Health Seminar Series, April 2019
- Nonduality and Integrative Medicine, Science of Consciousness Studies, The Graduate Institute, 2019
- Positive Thoughts and Heart Health, San Diego Heart Failure Symposium, June 2019
- Glyphosate and Public Health, Osteostrong, San Diego, CA. June 2019
- Consciousness and Wellbeing, Consciousness and Healing Initiative, IONS, San Rafael, CA. July 2019
- The Importance of Whole Person Medicine Systems for Integrative Health, Ayurveda Medicine Conference, Mount Madonna Institute, August 2019.
- Mind-Body Medicine, Society for Integrative Dermatology, San Diego, CA. October, 2019
- Integrative Health and Nondual Awareness, Academy of Integrative Health and Medicine, San Diego, CA. October, 2019
- Whole Person Medicine, Sages & Scientists Conference, Bentonville, Ak, November 2019
- Positive Thinking and Cardiac Health, Diagnostic & Therapeutic Modalities in Heart Failure Symposium, Waikoloa, HI, December 2019
- Integrative Health and Wellbeing. Yale University, New Haven, CT. March 2020
- Nondual Awareness and the Whole Person. Yale University, New Haven, CT. March 2020
- Symposium on Yoga Research, Kripalu Center, October 2020.
- Challenges and Opportunities for Research in Integrative Medicine and Health, Georgetown University Medical Center, October 2020.
- Hope, resilience and healing in the COVID-19 Era, Academy of Integrative Health & Medicine, 2021
- Glyphosate and health across the lifespan, 33rd Annual Conference of the International Society for Environmental Epidemiology, August, 2021.

BIBLIOGRAPHY (original articles, editorials, reviews articles)

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4. Mills PJ and Dimsdale JE. Special Article: The Promise of receptor studies in psychophysiological research (Review article). *Psychosomatic Medicine* 50:555-566, 1988.
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