

## Erin M. Tooley, Ph.D.

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Associate Professor  
Department of Psychology  
Department of Public Health  
Roger Williams University  
One Old Ferry Road  
Bristol, RI 02809  
(401) 254-3506  
Etooley@rwu.edu

### Education

Ph.D. in Clinical Psychology <i>University of New Mexico, Albuquerque, NM</i>	2012
M.S. in Psychology, With Distinction <i>University of New Mexico, Albuquerque, NM</i>	2008
B.A. in Psychology, Magna Cum Laude, With Honors <i>Ithaca College, Ithaca, NY</i>	2005

### Professional Licensure

2/15-present: Licensed Clinical Psychologist, Rhode Island. License # PS01495

### Postgraduate Training

#### **Postdoctoral Research Fellow, NIH Cardiovascular Behavioral Medicine T32 September 4, 2012- August 10, 2014**

Warren Alpert Medical School of Brown University  
Centers for Behavioral & Preventive Medicine, The Miriam Hospital

#### **Psychology Intern, Boston Consortium in Clinical Psychology September 1, 2011 through August 31, 2012**

*Clinical Fellow in Psychiatry- Harvard Medical School  
September 1, 2011 through August 31, 2012  
Teaching Fellow in Psychiatry- Boston University School of Medicine  
September 1, 2011 through August 31, 2012*

#### **Main Rotation: Boston Substance Abuse Spectrum**

Supervisors: Dr. Judith Bayog, Dr. Kelly Green, Dr. Justin Enggasser, and Dr. Timothy O'Farrell

#### **Minor rotation: General Mental Health**

Supervisors: Dr. Stephen Lancey, Dr. Barbara Kamholz, Dr. Justin Hill, and Dr. Gabrielle Liverant.

## Specialized Skills

Coding therapist proficiency in the use of MI using both the Motivational Interviewing Treatment Integrity (MITI) coding system and the Motivational Interviewing Skill Code (MISC).

Coding therapist competence and adherence to the Community Reinforcement Approach (CRA), a substance abuse treatment for adolescents.

Training medical and psychological practitioners in Motivational Interviewing.

## Publication List

### **Empirically-Reviewed Journal Articles**

Shuster, C. L., Houck, C. D., & **Tooley, E. M.** (2021). Adolescent Emotion Regulation and Parent–Child Discussions about Sexual Behaviors. *International Journal of Sexual Health, 33*, 99-108.

Henshaw, M., Borrelli, B., Gregorich, S., Heaton, B., **Tooley, E.**, ...Garcia, R. (2018). Randomized trial of Motivational Interviewing to prevent early childhood caries in public housing. *The Journal of Dental Research: Clinical and Translational Research, 3*, 353-365.

Borrelli, B., Gaynor, S., **Tooley, E.**, & Bartlett, K. (2018). Identification of Three Different Types of Smokers Who Are Not Motivated to Quit: Results from a Latent Class Analysis. *Health Psychology, 37*, 179-187.

Busch, A. M., **Tooley, E. M.**, Dunsiger, S., Chattillion, E. A., Srour, J. F., Pagoto, S. L., ... & Borrelli, B. (2017). Behavioral activation for smoking cessation and mood management following a cardiac event: results of a pilot randomized controlled trial. *BMC Public Health, 17*, 323.

**Tooley, E. M.**, & Borrelli, B. (2017). Characteristics of cigarette smoking in individuals in smoking concordant and smoking discordant couples. *Couple and Family Psychology: Research and Practice, 6*, 106-116.

Borrelli, B., McQuaid, E., **Tooley, E.**, Busch, A., Becker, B., & Dunsiger, S. (2016). Motivating Parents of Kids with Asthma to Quit Smoking: The Effect of the Teachable Moment and Increasing Intervention Intensity Using a Longitudinal Randomized Trial Design. *Addiction, 111*, 1646-1655.

Busch, A. M., Leavens, E. L., Wagener, T. L., & **Tooley, E. M.** (2016). Brief Report: Prevalence, Reasons for Use, and Risk Perception of Electronic Cigarettes among

- Post-Acute Coronary Syndrome Smokers. *Journal of Cardiopulmonary Rehabilitation and Prevention*, 36, 352-357.
- Fedele, D. A., **Tooley, E.**, Busch, A., McQuaid, E. L., Hammond, S. K., & Borrelli, B. (2016). Comparison of secondhand smoke exposure in minority and nonminority children with asthma. *Health Psychology*, 35, 115-122.
- Borrelli, B., Bartlett, Y. K., **Tooley, E.**, Armitage, C. J., & Wearden, A. (2015). Prevalence and frequency of mHealth and eHealth use among US and UK smokers and differences by motivation to quit. *Journal of Medical Internet Research*, 17, e164.
- Borrelli, B., **Tooley, E. M.**, & Scott-Sheldon, L. A. (2015). Motivational interviewing for parent-child health interventions: a systematic review and meta-analysis. *Pediatric Dentistry*, 37, 254-265.
- LaChance, H., Cioe, P. A., **Tooley, E.**, Colby, S. M., O'Farrell, T. J., & Kahler, C. W. (2015). Behavioral Couples Therapy for Smoking Cessation: A randomized clinical trial. *Psychology of Addictive Behaviors*, 29, 643-652.
- Tooley, E. M.**, Busch, A.M., McQuaid, E. L., & Borrelli, B. (2014). Structural and Functional Support in the Prediction of Smoking Cessation in Caregivers of Children with Asthma. *Behavioral Medicine*, 41, 203-210.
- Smith, B.W., Ortiz, J.A., Steffen, L. E., **Tooley, E.M.**, Wiggins, K.T., Yeater, E.A., Montoya, J. D., & Bernard, M. L. (2011). Mindfulness is associated with fewer PTSD symptoms, depression symptoms, physical symptoms, and alcohol problems in urban firefighters. *Journal of Consulting and Clinical Psychology*, 79, 613-617.
- Smith, B.W., **Tooley, E.M.**, Christopher, P.J., & Kay, V.S. (2010). Resilience as the ability to bounce back from stress: A neglected personal resource? *Journal of Positive Psychology*, 5, 166-176.
- Smith, B. W., Papp, Z., **Tooley, E.**, Montague, E., Robinson, A., & Cospers, C. (2010). Traumatic events, perceived stress, and health in women with fibromyalgia and healthy controls. *Stress and Health*, 26, 83-93.
- Hoyt, T., Pasupathi, M., Smith, B. W., Yeater, E. A., Kay, V. S., & **Tooley, E.** (2010). Disclosure of emotional events in groups at risk for PTSD. *International Journal of Stress Management*, 17, 78-95.
- Smith, B.W., **Tooley, E.M.**, Montague, E.Q., Robinson, A.E., Cospers, C.J., & Mullins, P.G.M. (2009). The role of resilience and purpose in life in habituation to heat and cold pain. *The Journal of Pain*, 10, 493-500.

Smith, B. W., **Tooley, E. M.**, Montague, E. Q., Robinson, A. E., Cospers, C. J., & Mullins, P. G. (2008). Habituation and sensitization to heat and cold pain in women with fibromyalgia and healthy controls. *Pain, 140*, 420-428

Smith, B.W., Dalen, J., Wiggins, K., **Tooley, E.**, Christopher, P., & Bernard, J. (2008). The Brief Resilience Scale: Assessing the ability to bounce back. *International Journal of Behavioral Medicine, 15*, 194-200.

Smith, B.W., Shelley, B.M., Dalen, J., Wiggins, K., **Tooley, E.**, & Bernard, J. (2008). A pilot study comparing the effects of Mindfulness-Based and Cognitive-Behavioral Stress Reduction. *Journal of Alternative and Complementary Medicine, 14*, 251-258.

### **Invited Article in Press**

**Tooley, E. M.** & Kolahi, A. (2021). Motivating behavioral change. *Medical Clinics of North America*.

### **Submitted**

**Tooley, E. M.**, Fava, J., & Borrelli, B. (2021). Brief report: The Relationship-related Antecedents of Smoking (RAS) Scale. Submitted to *Couple & Family Psychology: Research and Practice*.

### **In Preparation**

Powers, T. & **Tooley, E. M.** (2021). Stress, identity, and resilience in peer tutors. *Manuscript in Preparation*.

Ransford, B. & **Tooley, E. M.** (2021). Predictive ability of attachment style and alcohol-use constructs on young adult relationship satisfaction. *Manuscript in Preparation*.

### **Book Chapters**

Smith, B. W., Epstein, E. M., Ortiz, J., Christopher, P. J., & **Tooley, E. M.** (2013). The foundations of resilience: What are the critical resources for bouncing back from stress? In S. Prince-Embury, D. H. Saklofske (Eds.), *Resilience in children, adolescents, and adults: Translating research into practice* (pp. 167-187). New York, NY US: Springer Science + Business Media.

**Tooley, E. M.** & Moyers, T. (2012). Motivational interviewing. In Rotgers, F., Morgenstern, J., & Walters, S. T. (Eds.), *Treating Substance Abuse: Theory and Technique, Third Edition*.

Smith, B.W., Christopher, P.J., Bouldin, L.E., **Tooley, E.M.**, Bernard, J.F., & J. Alexis Ortiz. (2011). Benefit finding predicts improved emotional health following cardiac rehabilitation. *Health Psychology*. Hauppauge, NY: Nova Science.

### Conference Presentations

\*Student projects I supervised at RWU

- \***Tooley, E. M.**, Reale, J., D'Aversa, D., Powers, T., & Bilotti, K. (2021, August). Risk and resilience factors in undergraduate peer tutors. Virtual poster presented at the American Psychological Association (virtual) conference.
- \*Linares, P., **Tooley, E.**, & Leguizamo, A. (2019, March). Trait mindfulness, stress, and drinking frequency in an ethnically diverse sample. Poster presented at the Eastern Psychological Association conference in New York City, NY.
- \*Zike, N., Conrad, M., Burnham, S., **Tooley, E.**, & Leguizamo, A. (2018, March). Ethnic differences in resilience, perceived stress, and social support. Paper presented at the Eastern Psychological Association conference in Philadelphia, PA.
- Tooley, E. M.**, Fava, J. L., & Borrelli, B. (2017, November). *The Relationship Antecedents of Smoking Scale*. Poster presented at the Association for Behavioral and Cognitive Therapies conference in San Diego, CA.
- \*Leguizamo, A., **Tooley, E. M.**, et al. (2017, May). *Generational and Gender Differences in Mindfulness, Resilience, and Spirituality*. Poster presented at the Association for Psychological Science convention in Boston, MA.
- \*Ransford, B. & **Tooley, E. M.** (2017, May). *Predictive Ability of Attachment Style and Alcohol-Use Constructs on Young Adult Relationship Satisfaction*. Poster presented at the Association for Psychological Science convention in Boston, MA.
- Tooley, E. M.**, Fava, J. L., Bartlett, Y. K., Wearden, A., Armitage, C. J., & Borrelli, B. (2017, May). *The Reasons for Not Quitting (RNQ) scale*. Poster presented at the Association for Psychological Science convention in Boston, MA.
- Bartlett, Y. K., Gartland, N., Wearden, A., Armitage, C. J., **Tooley, E.**, & Borrelli, B. (2016, March). Using technology to engage smokers who are not ready to quit. In A. Wearden (Chair), *Diverse approaches and techniques for motivating quit attempts in smokers who are not ready to quit and assisting smokers to quit*. Symposium conducted at the meeting of the Society for Behavioral Medicine in Washington, D.C.
- Busch, A. M., **Tooley, E.**, Dunsiger, S., Fani Srour, J., Pagoto, S. L., Kahler, C. W., & Borrelli, B. (2016, March). Behavioral activation for smoking cessation and mood management following a cardiac event: Results of a pilot randomized controlled

- trial. In *Smoking and Psychopathology: Mechanisms and Treatments*. Symposium conducted at the meeting of the Society for Research on Nicotine & Tobacco in Chicago, IL.
- Borrelli, B., Gaynor, S., **Tooley, E.**, & Bartlett, K. (2016, March). Are there different types of smokers who are not motivated to quit? Results from a latent class analysis. Paper presented at the meeting of the Society for Research on Nicotine & Tobacco in Chicago, IL.
- Tooley, E. M.** & Borrelli, B. (2015, February). Characteristics of cigarette smoking in individuals in smoking concordant and smoking discordant couples. Rapid response poster presented at 2015 Society for Research on Nicotine & Tobacco, Philadelphia, PA.
- Borrelli, B. & **Tooley, E.** (2014, April). Treatment fidelity: Assessment, progress, and challenges in public health trials. In D. E. Goodrich (Chair), *Systematic Fidelity Assessment to Develop More Effective Behavioral Interventions for Routine Care Settings*. Symposium conducted at the annual meeting of the Society of Behavioral Medicine, Philadelphia, PA.
- Cioe, P. A., LaChance, H., **Tooley, E.**, Colby, S., Kahler, C. W., & O'Farrell, T. J. O. (2014, February). Behavioral couples therapy for smoking cessation: A randomized pilot study. Poster presented at the Society for Research on Nicotine & Tobacco in Seattle, WA.
- Tooley, E.**, Busch, A., McQuaid, E., & Borrelli, B. (2013, August). Perceived social support predicts smoking cessation in caregivers of children with asthma. Poster presented at APA Convention in Honolulu, Hawaii.
- Litwack, S., **Tooley, E.**, Towe, S., & Green, K. E. (2012). Evaluation of an integrated evidence-based intensive outpatient program for dually-diagnosed veterans. Poster presented at the Harvard Medical School Psychiatry Research Day in Boston, MA.
- Fischer, D., **Tooley, E.**, Payne, K., & Weisman, K. Evaluating clinicians' ability to recognize client change talk: Will a paper and pencil test do the trick? Poster presented at 2010 annual meeting of the Research Society on Alcoholism in San Antonio, TX.
- Tooley, E.M.**, Bernard, J., Ortiz, A., Fuerst, H., Hoy, R., & Smith, B. W. Coping flexibility in women with fibromyalgia and healthy controls. Poster presented at 2010 annual meeting of the American Psychosomatic Society in Portland, OR.
- Espinosa, E., Brown, M., Cazé, R., Schellinger, E., **Tooley, E.M.**, & Smith, Bruce W. Traumatic events, perceived stress, and health in women with fibromyalgia and

- healthy controls. Poster presented at the 2009 annual meeting of the Rocky Mountain Psychological Association in Albuquerque, NM.
- Bouldin, L.E., Christopher, P.J., **Tooley, E.M.**, Bernard, J.F., Cospers, C.J., & Smith, B.W. Posttraumatic growth predicts improved affective health during cardiac rehabilitation. Poster presented at the 2009 annual meeting of the Rocky Mountain Psychological Association in Albuquerque, NM.
- Tooley, E.**, Montague, Robinson, Cospers, C., Godwin, M., & Smith, B.W. (2008, May). *Stress and coping in women with fibromyalgia and healthy controls*. Paper presented at the 11<sup>th</sup> International Conference for Social Stress Research in Santa Fe, NM.
- Wiggins, K., Smith, B.W., Shelley, B.M., Dalen, J., **Tooley, E.**, & Bernard, J. (2008, May). A pilot study comparing the effects of mindfulness-based stress reduction and cognitive-behavioral stress reduction. Paper presented at the 11th International Conference for Social Stress Research in Santa Fe, NM.
- Bernard, J., Wiggins, K., **Tooley, E.**, Dalen, J., Smith, B.W., & Shelley, B.M. (2008, March). A comparison of the effects of mindfulness-based stress reduction and cognitive-behavioral stress reduction. Poster presented at the annual meeting of the American Psychosomatic Society in Denver, CO.
- Smith, B.W., Robinson, A., **Tooley, E.**, Montague, M., Cospers, C., & Bernard, J. (2008, March). Differences in heat and cold pain thresholds between fibromyalgia patients and healthy controls. Poster presented at the annual meeting of the American Psychosomatic Society in Denver, CO.
- Tooley, E.**, Hoyt, T., Smith, B. W., Yeater, E. A., Hunter, M., & Bernard, M. (2008, February) Decision making in first-responders: Emotional influence on perceived success depends on situational factors. Poster presented at the annual meeting of the Society for Personality and Social Psychology in Albuquerque, NM.
- Tooley, E.**, Wiggins, K., Christopher, P., Bernard, J., & Smith, B.W. (2007, November). The role of coping and social support in predicting psychosocial risk factors for cardiovascular disease. Poster presented at the annual meeting of the Academy of Psychosomatic Medicine in Amelia Island, Florida.
- Tooley, E.**, Christopher, P., Archuleta, E., Bryan, P, Gutierrez, S., Newell, R., Robinson, A., Seik, A., Taylor, G., Lueker, R., & Smith, B. (2007). Resilience as a Predictor of Anxiety, Depression, and Stress in Cardiac Rehabilitation. Poster presented at Rocky Mountain Psychological Association, April 14, 2007.
- Wiggins, K., Dalen, J., Bernard, J., **Tooley, E.**, Archuleta, E., Charhoubi, L., Gonzales, S., Mathes, L., Hunter, M., Shelley, B. & Smith, B. (2007). Predictors of

Improved Health in a Mindfulness Meditation Intervention. Poster presented at Rocky Mountain Psychological Association, April 14, 2007.

Bernard, J.F., **Tooley, E.**, Christopher, P.J. & Smith, B.W. (2006). Perceived stress mediates the effects of alexithymia on physical symptoms. Poster presented at American Psychomatic Society Conference, Denver, CO. March 1-4, 2006.

Smith, B.W., Shelley, B.M., Vanleit, B., Christopher, P.J., & **Tooley, E.** (2006). Mindfulness intervention reduces physical symptoms and improves psychological well-being in a southwestern sample. Poster presented at American Psychosomatic Society Conference. Denver, CO. March 1-4, 2006.

**Tooley, E.**, Cummings, A., Rader, N., Vaughn, L.A., de Villiers, D., Rich, D., Langhans, R. (2006). The Effects of Plants and Flowers on Cognitive Performance, Mood, Subjective Well-Being and Physiological States. Poster presented at Habitation 2006 Conference. Orlando, FL. February 4-7, 2006.

Honors and Awards

Professor of the Semester, SSNS	Fall 2021
Hybrid Hero award from RWU student senate	2021
Promotion and tenure at RWU	2020
Foundation to Promote Scholarship and Teaching Award, \$1000	2019
Faculty Alpha Chi Nomination	2018 & 2019
Foundation to Promote Scholarship and Teaching Award, course release	2018
RWU Excellence in Teaching Award	2017
Professor of the Semester for the Feinstein College of Arts and Sciences	Sp 2017
Nomination for the RWU Excellence in Teaching Award	2016
Foundation to Promote Scholarship and Teaching Award, course release	2016
APA Convention Travel Award for Early Career Professionals, \$1000	2013
APS Young Scholar Award, \$500	2010
Psychology Department Travel Grant, \$121	2010
Distinction in Masters Thesis	2008
Student Research Allocation Committee Grant, \$93	2008
Psychology Department Travel Grant, \$50	2008
Trainee Travel Award to Academy of Psychosomatic Medicine Conference, \$750	2007

Motivational Interviewing Training

**Co-Instructor**, 8-hour MI training August 2016  
Dentistry professionals at Maine Health Access Foundation

**Instructor**, 6-hour MI training May 2015  
Nursing team at Carelink RI

March 2022

**Instructor**, 3-hour MI training  
Interns and Postdoctoral fellows  
RWU Counseling Center

April 2015

**Instructor**, 1-hour MI training  
General Mental Health Team  
VA Boston Healthcare System

August 2012

**Co-Instructor**, 2-hour MI training  
Alcohol and Drug Treatment Program  
VA Boston Healthcare System

April 2012

**Co-Instructor**, 2-hour MI training  
Center for Returning Veterans  
VA Boston Healthcare System

April 2012

**Instructor**, half-day MI Training for nursing students  
University of New Mexico  
Supervisor: Dan Matthews, PhD

May 2010

## Service

Consulting Editor for *American Psychologist*.

Ad-hoc manuscript reviewer for:

*Addictive Behaviors*

*American Journal of Health Behavior* (member of editorial review board)

*Annals of Behavioral Medicine*

*BMC Public Health*

*Family, Systems & Health*

*Health Behavior Research*

*Health Psychology*

*Health Psychology Open*

*Journal of American College Health*

*Journal of Behavioral Medicine*

*Journal of Health Psychology*

*Journal of Smoking Cessation*

*Journal of Substance Abuse Treatment*

*Obesity Reviews*

*Preventative Medicine*

*Tobacco Use Insights*

Abstract reviewer, Society of Behavioral Medicine 2013 Annual Meeting Rapid Communication Track, January 2013.

## Professional Organization Memberships

**Association for Behavioral and Cognitive Therapies**

**Association for Psychological Science  
American Psychological Association  
Division 38: Health Psychology**

Professional Committee Memberships

**APA Division 38 Membership Committee**  
Associate Chair

Sept 2012-Aug 2020

**Eastern Psychological Association Program Committee**  
Applied Program Chair

May 2015-May 2018