

# Guido G. Urizar Jr., Ph.D.

## Curriculum Vita

### CONTACT INFORMATION

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### ACADEMIC POSITIONS

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2016 – Present      **Professor (Tenured)**  
Department of Psychology  
California State University, Long Beach (CSULB)

2011 – 2016      **Associate Professor (Tenured)**  
Department of Psychology  
California State University, Long Beach (CSULB)

2006 – 2011      **Assistant Professor (Tenure-Track)**  
Department of Psychology  
California State University, Long Beach (CSULB)

2004 – 2006      **Research Associate**  
Stanford Healthy Aging Studies, Stanford Prevention Research Center  
Stanford University School of Medicine, Stanford, CA

### EDUCATION

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2002 – 2004      **Postdoctoral Research Fellow**  
Stanford Prevention Research Center  
Stanford University School of Medicine, Stanford, CA  
*Area: Cardiovascular Disease Epidemiology & Prevention*

2001 – 2002      **Postdoctoral Fellow**  
Clinical Psychology Training Program  
University of California, San Francisco (UCSF)  
*Area: Public Service & Minority Mental Health*

2000 – 2001      **Clinical Psychology Internship**  
Clinical Psychology Training Program  
University of California, San Francisco (Full APA Accreditation)

1996 – 2001      **Doctor of Philosophy, Psychology**  
University of Florida, Gainesville, FL (Full APA Accreditation)  
*Area: Clinical & Health Psychology*

1992 – 1996      **Bachelor of Science, Psychology**  
University of Miami, Coral Gables, FL  
*Major: Psychology (Minors: Biology, Chemistry)*

### HONORS and AWARDS

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2020      Distinguished Faculty Scholar and Creative Achievement University Award, Academic Senate, CSULB

2020      University Achievement Award for Outstanding Faculty Impact Accomplishment in Research, Scholarly and Creative Activity, Division of Academic Affairs, CSULB

2020      California State University Wang Family Excellence Award Nomination for "Outstanding Faculty Scholarship"

**HONORS and AWARDS (Continued)**

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2020	Professors Around the World (PAW) Grant Award (\$2500), " <i>International Health Collaboration for Developing Study Abroad and Research Opportunities in Bolivia</i> ," College of Professional and International Education, CSULB
2019	"Featured Study in Research Insights" for one of most influential published studies, Psychoneuroendocrinology
2018	University Achievement Award for Outstanding Faculty Mentor for Student Engagement in Research, Scholarly and Creative Activity, Division of Academic Affairs, CSULB
2016	National Research Mentoring Network (NRMN) Certificate of Completing NRMN Research Mentoring Training, NIH Diversity Consortium
2015	"Top Cited Article in Domain since 2011", BioMedLib Updating Services, Who is Publishing in my Domain?
2014	American Psychosomatic Society Citation Award for "Excellent Paper Submission"
2012	"Top Cited Article 2007 – 2011", Elsevier Publishing
2011 – 2012	Research Funding Award (\$8000), Psychology Department, CSULB
2011	SCAC Summer Stipend Award for " <i>Role of Cortisol on Memory during Pregnancy</i> ," College of Liberal Arts, CSULB
2010	<i>Research Fellow</i> , Summer Institute on "Mind-Body Science, Tools, and Strategies," Pittsburgh Mind Body Center, Pittsburgh, PA
2009 – 2011	<i>Research Faculty Fellow</i> , Research Infrastructure in Minority Institutions, CSULB Health Disparities Research Center, Long Beach, CA
2009	Research Funding Award (\$1080), Psychology Department, CSULB
2008 & 2009	Instructional Support Award, Psychology Department, CSULB
2008	American Psychosomatic Society Citation Award for "Excellent Paper Submission"
2007	SCAC Summer Stipend Award for " <i>Does Stress During Pregnancy Predict Adverse Health Outcomes in Low-Income Mothers and their Children?</i> " College of Liberal Arts, CSULB
2006	<i>Fellow</i> , Summer Institute on "Basic Pathways Linking Behavior and Disease," Pittsburgh Mind Body Center, Pittsburgh, PA
2006	<i>Fellow</i> , NCI/NIH Minority Investigators Workshop on Behavioral Methodologies
2005	<i>Fellow</i> , Summer Institute on "Sleeping, Eating, and Physical Activity: A Focus on Health Behavior," Pittsburgh Mind Body Center, Pittsburgh, PA
2004	Richard B. Terry Memorial Award for "High Achievement and Promise in Heart Disease Research," Stanford Prevention Research Center
2004 & 2006	Society of Behavioral Medicine Citation Award for "Excellent Paper Submission"
2004	<i>Fellow</i> , Summer Institute on the "Design and Conduct of Randomized Clinical Trials Involving Behavioral Interventions," Office of Behavioral and Social Sciences Research (OBSSR), National Institutes of Health (NIH), Arlie, VA
2003 – 2004	Society of Behavioral Medicine Meritorious Student Paper Award
2003	<i>Fellow</i> , 29 <sup>th</sup> Ten-Day Seminar on the Epidemiology & Prevention of Cardiovascular Disease, American Heart Association (AHA), Tahoe City, CA
2003	<i>Fellow</i> , Grant Writing Workshop for Hispanic Researchers, Center of Excellence, Stanford University School of Medicine, Palo Alto, CA

**HONORS and AWARDS (Continued)**

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2002	Robert E. Harris Memorial Award "Outstanding Fellow in Clinical Psychology," UCSF School of Medicine
1999 – 2000	University of Florida Delores A. Auzenne Fellowship for "Academic Merit in Graduate Study"
1998	National Outstanding Young Man of America Award for "Professional Excellence"
1997 & 1999	University of Florida Graduate Minority Supplemental Scholarship
1996 – 1999	University of Florida Graduate Minority Fellowship
1995 – 1996	University of Miami Provost's Honor Roll for "Attaining the Highest Scholastic Achievement in Undergraduate Studies"
1994 – 1995	National Dean's List "Recognition by College Dean for Academic Excellence"
1994 – 1996	University of Miami Dean's List, College of Arts and Sciences "In Recognition of Scholarly Achievement"
1992 – 1996	University of Miami Jay F.W. Pearson Scholarship for "Distinguished Academic Accomplishment"

**RESEARCH GRANTS**

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2019 – 2020	<p><b>Psychophysiology Research Lab Facility</b>  <b>Co-Investigator</b>, National Institute on General Medical Sciences, National Institutes of Health (NIH) – Midsize Equipment Award (5UL1GM118979-05)  <b>Description:</b> These funds will provide the infrastructure needed to design an interdisciplinary research facility to support faculty and students conducting cardiovascular psychophysiology research at CSULB.  <b>(Funding Amount:</b> \$24,936).</p>
2018 – 2020	<p><b>Examining the Relationship between Racism, Shame, and Acute Cortisol Responses to Stress</b>  <b>Co-Principal Investigator</b>, ORSP Multidisciplinary Research Grant, CSULB (RS422)  <b>Description:</b> The objective of this pilot project is to examine the relationship between racism, internalized shame, and acute cortisol responses to social stress among African American women.  <b>(Funding Amount:</b> \$14,995)</p>
2015 – 2018	<p><b>Destined for Greatness</b>  <b>Co-Investigator</b>, March of Dimes Community Service Grant; Collaboration with the City of Long Beach Department of Health and Human Services  <b>Description:</b> The aim of this community-based project is to increase positive coping skills during pregnancy and the early postpartum period, such as stress management and physical activity, in order to decrease depression and positively impact birth outcomes among African-American mothers and their infants  <b>(Funding Amount:</b> \$207,512).</p>
2017 – 2018	<p><b>Psychoneuroendocrinology Research Facility: Interdisciplinary Approaches to Examining Stress &amp; Health</b>  <b>Principal Investigator</b>, National Institute on General Medical Sciences, National Institutes of Health (NIH) – Midsize Equipment Award (5UL1GM118979-03)  <b>Description:</b> These funds will provide the infrastructure needed to design an interdisciplinary research facility to support faculty and students conducting psychoneuroendocrinology research in the College of Liberal Arts.  <b>(Funding Amount:</b> \$23,511).</p>

**RESEARCH GRANTS (Continued)**

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- 2015 – 2016      **Use of Cortisol Sensor Technology to Detect Abnormal Stress Levels among At-Risk Adults**  
**Principal Investigator**, National Institute on General Medical Sciences, National Institutes of Health (NIH) – Pilot Project Award (8UL1GM118979-02)  
**Description:** This study will test whether an electrochemical sensor designed to monitor salivary cortisol levels can reliably detect abnormal cortisol patterns among a clinical population of depressed versus non-depressed adults.  
**(Funding Amount:** \$10,000).
- 2014 – 2019      **CSULB Building Biomedical Research Program**  
**Principal Investigator**, National Institute on General Medical Sciences, National Institutes of Health (NIH) – NIH Building Infrastructure Leading to Diversity (BUILD) Initiative (U54; 8UL1GM118979; 8TL4GM118980; 8RL5GM118978)  
**Description:** The purpose of this CSULB BUILD initiative is to develop and institutionalize an innovative and transformative infrastructure to engage and retain traditionally underrepresented students in health research. This initiative will provide students with exceptional research training and skills that will make them highly competitive for doctoral programs and entry into the health research workforce **(Funding Amount:** \$24,100,000).
- 2013 – 2014      **Alliance for Health Opportunities Research Advancement**  
**Principal Investigator**, National Institute on Minority Health and Health Disparities, National Institutes of Health (NIH) – Planning Grants for the NIH Building Infrastructure Leading to Diversity (BUILD) Initiative (P20 MD008778)  
**Description:** The purpose of this planning initiative is to strengthen the ability of CSULB to optimally develop a pipeline for advanced doctoral degrees for those student populations groups most underrepresented in the biomedical and behavioral science disciplines **(Funding Amount:** \$216,673).
- 2010 – 2015      **Impact of a Cognitive Behavioral Stress Management Intervention on Cortisol Regulation during Pregnancy**  
**Principal Investigator**, National Institute on Child Health and Human Development, NIH – Support of Competitive Research (SCORE) Pilot Project Award (SC2 HD068878)  
**Description:** The purpose of this study was to test the efficacy of a prenatal cognitive-behavioral stress management (CBSM) intervention on regulating salivary cortisol levels among low-income pregnant women **(Funding Amount:** \$367,920).
- 2006 – 2010      **Depression Prevention among Low-Income Ethnic Minority Women**  
**Principal Investigator**, National Institute on Mental Health, NIH – Minority Research Infrastructure Support Program (MRISP) Sub-Project Award (R24 MH073882)  
**Description:** The purpose of this study was to identify women at high imminent risk for depression during pregnancy through the use of quantitative, qualitative, and laboratory-based assessments **(Funding Amount:** \$16,851).
- 2004 – 2006      **Salivary Cortisol Assessment of Older Family Caregivers**  
**Co-Principal Investigator**, National Institute on Aging, NIH – Minority Investigator Research Supplement (MIRS) Award (R01 AG021010-01A1S1)  
**Description:** The purpose of this sub-study was to examine whether salivary cortisol levels were associated with health outcomes among older adult family caregivers participating in a behavioral lifestyle intervention **(Funding Amount:** \$166,627)
- 2001 – 2003      **Launching a Longitudinal Study of Latinas and their Babies**  
**Co-Principal Investigator**, University of California, MEXUS Grant (SCR 43)  
**Description:** The main objective of this study was to assess the cognitive and social-emotional development of children of low-income mothers identified as being at high risk for depression during pregnancy **(Funding Amount:** \$10,000).

## PUBLICATIONS

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### Peer-Reviewed Manuscripts:

1. Johnson, A.J., & **Urizar, G.** (in press). Internalized shame and social stress-induced blood pressure patterns among Black college women. *Ethnicity & Disease*.
2. **Urizar, G.**, Sanchez Hernandez, H., Rayo, J., & Bhansali, S. (2020). Validation of an electro-chemical sensor to detect cortisol responses to the Trier Social Stress Test. *Neurobiology of Stress*.
3. Sonawane, A., Nasim, S., Shah, P., Ramaswamy, S., **Urizar, G.**, Manickam, P., Mujawar, M., & Bhansali, S. (2020). Detection of salivary cortisol using Zinc Oxide and Copper porphyrin composite using electrodeposition and plasma-assisted deposition. *ECS Journal of Solid State Science and Technology*, 9(6), 061022.
4. Majeno, A., **Urizar, G.**, Halim, M.L., Nguyen-Rodriguez, S.T., & Gonzalez, A. (2020). Examining the role of ethnic microaggressions and ethnicity on cortisol responses to an acute stressor among young adults. *Cultural Diversity & Ethnic Minority Psychology*.
5. Brown, C.J., Chirino, A.F.C., Cortez, C.M., Gearhart, C., & **Urizar, G.** (2020). Conceptual art for the aging brain: Efficacy of an art-based cognitive health intervention. *Activities, Adaptation, & Aging*.
6. **Urizar, G.**, Caliboso, M., Gearhart, C., Yim, I.S., & Dunkel Schetter, C. (2019). Process evaluation of a stress management program for low-income pregnant women: The SMART Moms/Mamás LÍSTAS Project. *Health Education & Behavior*, 46(6), 930-941.
7. Kuhlman, K., **Urizar, G.**, Robles, T., Yim, I.S., & Dunkel Schetter, C. (2019). Testing plausible biopsychosocial models in diverse community samples: Common pitfalls and strategies. *Psychoneuroendocrinology*, 107, 191-200.
8. Sanchez Hernandez, H., **Urizar, G.**, & Yim, I.S. (2019). The influence of mindfulness and social support on stress reactivity during pregnancy. *Stress & Health*, 35(3), 330-340.
9. **Urizar, G.**, Yim, I.S., Rodriguez, A., & Dunkel Schetter, C. (2019). The SMART Moms Program: A randomized trial of the impact of stress management on perceived stress and cortisol in low-income pregnant women. *Psychoneuroendocrinology*, 104, 174-184.
10. **Urizar, G.**, Yim, I.S., Kofman, Y.B., Tilka, N., Miller, K., Freche, R., & Johnson, A. (2019). Ethnic differences in stress-induced cortisol responses: Increased risk for depression during pregnancy. *Biological Psychology*, 147, 107630.
11. Manickam, P., Fernandez, R.E., Umasankar, Y., Gurusamy, M., Arizaleta, F., **Urizar, G.**, & Bhansali, S. (2018). Salivary cortisol analysis using metalloporphyrins and multi-walled carbon nanotubes nanocomposite functionalized electrodes. *Sensors & Actuators B: Chemical*, 274, 47-53.
12. **Urizar, G.**, Henriques, L., Chun, C., Buonora, P., Vu, K.L., Galvez, G., & Kingsford, L. (2017). Advancing research opportunities and promoting pathways in graduate education: A systemic approach to BUILD training at California State University, Long Beach (CSULB). *BMC Proceedings*, 11 (Suppl 12), 27-40.
13. Scheyer, K., & **Urizar, G.** (2016). Altered stress patterns and increased risk for postpartum depression among low-income pregnant women. *Archives of Women's Mental Health*, 19, 317-328.
14. Amirkhan, J.H., **Urizar, G.**, & Clark, S. (2015). Criterion validation of a stress measure: The Stress Overload Scale. *Psychological Assessment*, 27(3), 985-996.
15. King, A.C., Castro, C.M., Buman, M.P., Hekler, E.B., **Urizar, G.**, & Ahn, D.K. (2013). Behavioral impacts of sequentially versus simultaneously delivered dietary plus physical activity interventions: The CALM trial. *Annals of Behavioral Medicine*, 46, 157-168.
16. **Urizar, G.** & Muñoz, R.F. (2011). Impact of a prenatal cognitive behavioral stress management intervention on salivary cortisol levels in mothers and their infants. *Psychoneuroendocrinology*, 36, 1480-1494.
17. Castro, C.M., Lee, K.A., Bliwise, D.L., **Urizar, G.**, Woodward, S.H., & King, A.C. (2009). Sleep patterns and sleep-related factors between caregiving and non-caregiving women. *Behavioral Sleep Medicine*, 7(3), 164-179.

## PUBLICATIONS

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### Peer-Reviewed Manuscripts (Continued):

18. Muñoz, R.F., Le, H., Ghosh Ippen, C., Diaz, M.A., **Urizar, G.**, Soto, J., Mendelson, T., Delucchi, K., & Lieberman, A. (2007). Prevention of postpartum depression in low-income women: Development of the *Mamás y Bebés/Mothers and Babies Course*. *Cognitive & Behavioral Practice, 14*(1), 70-83.
19. **Urizar, G.**, & Sears, S.F. (2006). Psychosocial and cultural influences on cardiovascular health and quality of life among Hispanic cardiac patients in south Florida. *Journal of Behavioral Medicine, 29*(3), 255-268.
20. Madan, A., Palaniappan, L., **Urizar, G.**, Wang, Y., Fortmann, S.P., & Gould, J.B. (2006). Sociocultural factors that affect pregnancy outcomes in two dissimilar immigrant groups in the United States. *Journal of Pediatrics, 148*(3), 341-346.
21. Winkleby, M.A., Kim, S., **Urizar, G.**, Ahn, D., Jennings, M.G., & Snider, J. (2006). Ten-year changes in cancer-related health behaviors and screening practices among Latino women and men in California. *Ethnicity & Health, 11*(1), 1-17.
22. **Urizar, G.**, Hurtz, S., Albright, C., Ahn, D., Atienza, A., & King, A. (2005). Influence of maternal stress on participation in a physical activity intervention: The IMPACT project. *Women & Health, 42*(4), 63-82.
23. **Urizar, G.**, Milazzo, M., Muñoz, R.F., Le, H., Delucchi, K., & Sotelo, R. (2004). Impact of stress reduction instructions on stress and cortisol levels during pregnancy. *Biological Psychology, 67*(3), 275-282.
24. **Urizar, G.**, Sears, S.F., Handberg, E., & Conti, J.B. (2004). Psychosocial intervention for geriatric implantable cardioverter defibrillator (ICD) patients: A case of fear reduction. *Psychosomatics, 45*(2), 140-144.
25. Ma, J., **Urizar, G.**, Alehegn, T. & Stafford, R. (2004). Diet and physical activity counseling during ambulatory care visits in the U.S. *Preventive Medicine, 39*(4), 815-822.
26. **Urizar, G.**, & Winkleby, M.A. (2003). AIDS knowledge among Latinos: Findings from a community and agricultural labor camp survey. *Hispanic Journal of Behavioral Sciences, 25*(3), 295-311.
27. Muñoz, R.F., Penilla, C., & **Urizar, G.** (2002). Expanding depression prevention research with children of diverse cultures. *Prevention and Treatment, 5*(13), 1-9.
28. Finney, M., & **Urizar, G.** (2001). Ethnic and cultural diversity: Issues and challenges. *Health Psychologist, 23*(1), 9.
29. Sears, S.F., **Urizar, G.**, & Evans, G.D. (2000). Applying a stress-coping model of burnout and depression in extension agents. *Journal of Occupational Health Psychology, 5*(1), 56-62.
30. Sears, S.F., Todaro, J.F., **Urizar, G.**, Saia-Lewis, T., Sirois, B., Wallace, R., Sotile, W., Curtis, A.B., & Conti, J.B. (2000). Assessing the psychosocial impact of the ICD: A national survey of health care providers. *PACE – Pacing and Clinical Electrophysiology, 23*(6), 931-933.
31. Sears, S.F., Rodrigue, J.R., Sirois, B., **Urizar, G.**, & Perri, M.G. (1999). Extending psychometric norms for pre-cardiac transplantation evaluations: The Florida cohort 1990-1996. *Journal of Clinical Psychology in Medical Settings, 6*(3), 303-316.

## PUBLICATIONS

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### Book Chapters:

1. Aguilera, A., Miranda, J., Aguilar-Gaxiola, S., Organista, K.C., Gonzalez, G., McQuaid, J., Kohn-Wood, L.P., Le, H.N., Ghosh-Ippen, C., **Urizar, G.**, Soto J., Mendelson, T., Barrera, A.Z., Torres, L.D., Leykin, Y., Schueller, S., Liu, N., & Muñoz, R.F. (2016). Depression prevention and treatment interventions: The evolution of the Latino Mental Health Research Program. In G. Bernal (Ed.), *Culturally-informed evidence-based psychological practices for ethnic minorities: Challenges and solutions*. American Psychological Association.

## PUBLICATIONS

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### Manuscripts under Review:

1. **Urizar, G.**, Miller, K., Scheyer, K., Garovoy, N., Castro Sweet, C., & King, A. (under review). Effects of health behavior interventions on cortisol regulation among chronically stressed midlife and older adults. *International Journal of Behavioral Medicine*.
2. **Urizar, G.**, & Muñoz, R.F. (under review). Role of maternal depression on Latinx children's development: A prospective analysis from pregnancy to early childhood. *Child Psychiatry & Human Development*.
3. **Urizar, G.**, Nguyen, V., Devera, J., Saquillo, A.J., Dunne, L.A., Brayboy, C., Dixon-Hamlett, A., Clanton-Higgins, V., & Manning, G.R. (under review). Destined for Greatness: A family-based stress management intervention for African-American mothers and their children. *Social Science & Medicine*.
4. Stormes, K.N., Bowers, G.K., Streicker, N.A., Ayala, P., & **Urizar, G.** (under review). Implementation of propensity score matching to evaluate an NIH-funded undergraduate research-experience program. *American Journal of Evaluation*.

## PUBLICATIONS

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### Peer-Reviewed Abstracts:

1. **Urizar, G.** (2020). Prenatal predictors of infant sleep and health disturbances among Latino families. *Annals of Behavioral Medicine*, 54, S438.
2. Caicedo, B., & **Urizar, G.** (2020). An examination of familial and community support in low-income women's levels of physical activity adoption. *Annals of Behavioral Medicine*, 54, S588.
3. **Urizar, G.**, Dunkel Schetter, C., & Yim, I. (2020). Stress management intervention effects on birth outcomes: The role of prenatal maternal biomarkers. *Psychosomatic Medicine*, 82(6), A212.
4. Hammond, A., & **Urizar, G.** (2020). Pregnancy cortisol patterns predict postpartum weight retention in low-income minority women. *Psychosomatic Medicine*, 82(6), A67.
5. Flameno, A., & **Urizar, G.** (2020). The effects of a stress management intervention on reducing birth complications and the moderating role of prenatal maternal alpha amylase. *Psychosomatic Medicine*, 82(6), A34-A35.
6. Nguyen, V., Saquillo, A., & **Urizar, G.** (2020). The effects of mother's ethnicity and fetal attachment on prenatal cortisol levels. *Psychosomatic Medicine*, 82(6), A99.
7. Devera, J., & **Urizar, G.** (2020). Effects of exercise on the cortisol awakening response in low-income pregnant women. *Psychosomatic Medicine*, 82(6), A127.
8. Dinh, P., & **Urizar, G.** (2020). The effectiveness of prenatal stress management interventions in regulating postpartum cortisol levels as moderated by level of prenatal depression. *Psychosomatic Medicine*, 82(6), A35.
9. Tran, J., Lucero, J., Barros, I., Shakeshaft, M., Miller, K.G., & **Urizar, G.** (2020). The relationship between coping styles and prenatal salivary alpha amylase among low-income mothers. *Psychosomatic Medicine*, 82(6), A191.
10. Velasco, S., Logan, C., Durst, J., Rozenman, M., **Urizar, G.**, & Gonzalez, A. (2020). Does interpretation bias moderate the link between microaggressions and HRV in Latinxs? *Psychosomatic Medicine*, 82(6), A104.
11. Strutz, C., Gonzalez, A., & **Urizar, G.** (2020). Associations between maternal psychological control, ethnicity, and cortisol stress response among emerging adults. *Psychosomatic Medicine*, 82(6), A71.
12. **Urizar, G.**, Yim, I., & Dunkel Schetter, C. (2019). Stress management intervention effects on cortisol patterns among Latina and non-Latina mothers and their infants. *Psychosomatic Medicine*, 81(4), A161.
13. Silke, O., & **Urizar, G.** (2019). Maternal mindful disposition, alpha amylase, cortisol, and perceived stress: A longitudinal analysis on maternal and infant stress response. *Psychosomatic Medicine*, 81(4), A144.
14. Silke, O., & **Urizar, G.** (2019). Breastfeeding as a protective factor for dysregulated postpartum biological stress outcomes in low-income mothers and their infants. *Psychosomatic Medicine*, 81(4), A72-A73.

## PUBLICATIONS

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### Peer-Reviewed Abstracts (Continued):

15. Majeno, A., Nguyen, V., & **Urizar, G.** (2019). Cortisol responses to a laboratory stressor: Examining the role of ethnic microaggressions. *Psychosomatic Medicine, 81*(4), A62.
16. Flameno, A., & **Urizar, G.** (2019). Impact of a prenatal stress management intervention on infant cortisol and the moderating effect of mothers' pregnancy anxiety. *Psychosomatic Medicine, 81*(4), A1.
17. Vandenbelt, A., & **Urizar, G.** (2019). Moms need a hand: Influence of pregnancy anxiety on social support and cortisol among low-income mothers. *Psychosomatic Medicine, 81*(4), A84.
18. Dinh, P., & **Urizar, G.** (2019). Is laughter the best medicine? The associations between coping strategy use and cortisol as moderated by level of postpartum depression among low-income mothers. *Psychosomatic Medicine, 81*(4), A101.
19. Miranda, W., & **Urizar, G.** (2019). The association between physical activity and cortisol patterns in low-income, ethnic-minority mothers. *Psychosomatic Medicine, 81*(4), A73-A74.
20. Nguyen, V., & **Urizar, G.** (2019). Impact of maternal stress, postpartum depressive symptoms, and confidence in coping skills on alpha amylase among low-income mothers. *Psychosomatic Medicine, 81*(4), A82-A83.
21. Miranda, W., & **Urizar, G.** (2019). *The association between type and intensity of physical activity on cortisol levels among low-income, ethnic-minority mothers. Medicine & Science in Sports & Exercise, 51*(6), 434-435.
22. **Urizar G.**, Caliboso, M., & Gearhardt, C. (2018). Treatment fidelity of a stress management program for pregnant women: The SMART Moms Project. *Annals of Behavioral Medicine, 52*, S168.
23. **Urizar, G.** (2017). Impact of a prenatal cognitive behavioral stress management intervention on regulating cortisol levels among low-income mothers and their infants. *Psychosomatic Medicine, 79*(4), A143.
24. Thornburgh, G., Dunne, L., & **Urizar, G.** (2017). The effects of a stress management intervention on reducing birth complications and the mediating role of prenatal maternal cortisol. *Psychosomatic Medicine, 79*(4), A5.
25. Dunne, L., Thornburgh, G., & **Urizar, G.** (2017). The effects of maternal cortisol and postpartum depression on infant salivary cortisol. *Psychosomatic Medicine, 79*(4), A143.
26. Sanchez, H., McElroy, A., Rayo, J., & **Urizar, G.** (2017). The associations between anxiety, depression, and gender and cortisol reactivity. *Annals of Behavioral Medicine, 51*(1), S2819.
27. Thornburgh, G., Dunne, L., Brown, C., & **Urizar, G.** (2017). The effects of a stress management program on self-efficacy, stress, and mood among low-income African-American mothers. *Annals of Behavioral Medicine, 51*(1), S343.
28. Majeno, A., & **Urizar, G.** (2017). Experiences of ethnic microaggressions and cortisol reactivity to the Trier Social Stress Test in college students. *Annals of Behavioral Medicine, 51*(1), S2823.
29. **Urizar, G.**, Rodriguez, A., Yim, I., & Dunkel Schetter, C. (2016). CBSM effects on stress outcomes among low-income mothers: Role of ethnicity and prenatal anxiety. *Psychosomatic Medicine, 78*(3), A38.
30. Rayo, J., Sanchez, H., & **Urizar, G.** (2016). Association of physical activity on salivary cortisol levels. *Psychosomatic Medicine, 78*(3), A81.
31. McElroy, A., & **Urizar, G.** (2016). The nature of resilience on daily cortisol output among Latinas and non-Latinas. *Psychosomatic Medicine, 78*(3), A89.
32. Dunne, L., Cockerill, R., Brown, C., & **Urizar, G.** (2016). Association of mother's perceived stress on salivary cortisol levels among low-income children. *Psychosomatic Medicine, 78*(3), A98.
33. Panyam, P., & **Urizar, G.** (2016). Reduction of acute cortisol levels among low-income pregnant women through cognitive behavioral stress management. *Psychosomatic Medicine, 78*(3), A114.
34. Castro, S., & **Urizar, G.** (2016). Alpha-amylase as a biomarker for stress in pregnant women of low-income status. *Psychosomatic Medicine, 78*(3), A141.
35. Caliboso, M., & **Urizar, G.** (2016). Does treatment fidelity to a stress management program affect cortisol levels in pregnant women? *Annals of Behavioral Medicine, 50*, S66.



## PUBLICATIONS

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### Peer-Reviewed Abstracts (Continued):

36. **Urizar, G.**, Yim, I., & Dunkel Schetter, C. (2015). Preliminary results of cognitive behavioral stress management (CBSM) on cortisol levels among low-income pregnant women: The SMART Moms Project. *Psychosomatic Medicine*, 77(3), A82.
37. **Urizar, G.**, Clark, S., & Amirkhan, J. (2014). Stress overload and its effects on salivary cortisol during the Trier Social Stress Test: Results from the Healthy Moms, Healthy Babies Project. *Psychosomatic Medicine*, 76(3), A3.
38. Melgoza, Y., & **Urizar, G.** (2014). The effects of a cognitive behavioral stress management intervention on mothers perceived stress reactivity levels. *Psychosomatic Medicine*, 76(3), A7.
39. Shojaeddin, B., & **Urizar, G.** (2014). Attention control and its effects on perceived stress among low-income pregnant women. *Psychosomatic Medicine*, 76(3), A29.
40. **Urizar, G.**, Perian, T., Dunkel Schetter, C., & Yim, I. (2014). Impact of a prenatal cognitive behavioral stress management intervention on maternal stress and mood outcomes during pregnancy: The SMART Moms Project. *Psychosomatic Medicine*, 76(3), A72.
41. Gonzalez, A., & **Urizar, G.** (2014). Influence of ethnicity and anxiety on sleep deficiencies among pregnant women. *Psychosomatic Medicine*, 76(3), A75.
42. Roman, A.B., & **Urizar, G.** (2014). The effects of perceived stress and social support on maternal-fetal attachment in a population of low-income women. *Psychosomatic Medicine*, 76(3), A84.
43. Scheyer, K., Miller, K., **Urizar, G.**, Castro, C., & King, A.C. (2014). Relationship of caregiver status, perceived stress, and body mass index on cortisol patterns among older adults. *Psychosomatic Medicine*, 76(3), A92.
44. Morales, M., & **Urizar, G.** (2014). Effects of a CBSM intervention on prenatal social support during pregnancy. *Psychosomatic Medicine*, 76(3), A95.
45. Lucey, B., & **Urizar, G.** (2014). Increase in coping skills and their relation to reducing dysfunctional thoughts among low-income women during pregnancy. *Psychosomatic Medicine*, 76(3), A132.
46. **Urizar, G.**, Cuomo, J.E., Thoman, D., Castro, C., & King, A.C. (2013). Impact of telephone-based, health behavior change programs on cortisol regulation among older adults. *Psychosomatic Medicine*, 75(3), A37-A38.
47. **Urizar, G.**, & Muñoz, R. (2013). Pre- and postnatal depression and its effects on later social-emotional development and child attachment among low-income children. *Annals of Behavioral Medicine*, 45, S227.
48. Shen, J., **Urizar, G.**, & King, A. (2013). The effect of morningness/eveningness and sleep quality on depression. *Annals of Behavioral Medicine*, 45, S236.
49. Ramos, A., **Urizar, G.**, & Muñoz, R. (2013). The effects of acculturation and parental stress on children's socio-emotional and cognitive development. *Annals of Behavioral Medicine*, 45, S306.
50. Nowatka, P., & **Urizar, G.** (2013). The effects of morningness/eveningness chronotype on perceived stress and resilience during pregnancy. *Annals of Behavioral Medicine*, 45, S140.
51. **Urizar, G.** (2012). Socio-demographic differences on coping styles and cortisol patterns during pregnancy. *Annals of Behavioral Medicine*, 43(1), S125.
52. Cuomo, J.E., & **Urizar, G.** (2012). Exploratory factor analysis of the pregnancy experience scale (PES) and the prenatal social support scale (PSS). *Annals of Behavioral Medicine*, 43(1), S254.
53. Cuomo, J.E., & **Urizar, G.** (2012). Partner's effects on women's stress experienced during pregnancy. *Annals of Behavioral Medicine*, 43(1), S254.
54. **Urizar, G.**, & Yim, I.S. (2011). Depression status and its effects on cortisol patterns during pregnancy. *Psychosomatic Medicine*, 73(3), A97.
55. Smallwood, N., **Urizar, G.**, & Yim, I.S. (2011). The effects of body image on maternal depression and cortisol levels during pregnancy. *Psychosomatic Medicine*, 73(3), A96.
56. Freche, R., **Urizar, G.**, & Yim, I.S. (2011). Optimism, resilience, and coping on symptoms of depression and salivary cortisol stress response in a sample of pregnant women. *Psychosomatic Medicine*, 73(3), A39.

## PUBLICATIONS

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### Peer-Reviewed Abstracts (Continued):

57. **Urizar, G.**, Garovoy, N., Castro, C., & King, A.C. (2010). Effects of exercise and nutrition on cortisol regulation among older adults. *Psychosomatic Medicine*, 72(3), A75.
58. **Urizar, G.**, Miller, K., Freche, R., & Smallwood, N. (2010). Experience of stress among low-income pregnant women: The Healthy Moms, Healthy Babies Project. *Annals of Behavioral Medicine*, 39, S101.
59. Miller, K., **Urizar, G.**, Garovoy, N., Castro, C., & King, A.C. (2010). Depression, vitality, and cortisol in older adult caregivers and non-caregivers. *Psychosomatic Medicine*, 72(3), A55.
60. Miller, K. & **Urizar, G.** (2010). Resilience and benefit finding on the health behaviors of low income pregnant women. *Annals of Behavioral Medicine*, 39, S191.
61. Freche, R., **Urizar, G.**, Garovoy, N., Castro, C., & King, A.C. (2010). Ways of coping on the anxiety levels and diurnal cortisol patterns of older adult caregivers. *Psychosomatic Medicine*, 72(3), A43-A44.
62. Freche, R. & **Urizar, G.** (2010). The effects of optimism on the health behaviors of pregnant women. *Annals of Behavioral Medicine*, 39, S156.
63. Smallwood, N., **Urizar, G.**, Garovoy, N., Castro, C., & King, A.C. (2010). Body mass index, depression, and their association with physiological stress markers among older adults. *Psychosomatic Medicine*, 72(3), A69.
64. Smallwood, N. & **Urizar, G.** (2010). The effects of social support on body image during pregnancy. *Annals of Behavioral Medicine*, 39, S156.
65. Arizaga, J., Verter, E.D., **Urizar, G.**, & Muñoz, R.F. (2010). Variations of acculturation among Latino immigrants: A study on cortisol patterns. *Psychosomatic Medicine*, 72(3), A-42.
66. Bagherzadeh, N., **Urizar, G.**, & Muñoz, R.F. (2010). Effects of marital quality and parenting stress on child temperament. *Annals of Behavioral Medicine*, 39, S191.
67. **Urizar, G.**, Sanchez, J.A., & Muñoz, R.F. (2009). Pre- and postnatal depression and its effects on later cognitive development among low-income, multiethnic children. *Annals of Behavioral Medicine*, 37, S226.
68. Sanchez, J.A., **Urizar, G.**, & Muñoz, R.F. (2009a). A prospective outlook of maternal and mood self-efficacy and affect on child temperament. *Annals of Behavioral Medicine*, 37, S227.
69. Sanchez, J.A., **Urizar, G.**, & Muñoz, R.F. (2009b). Impact of poor maternal mood and positive self-efficacy on child socio-emotional development. *Annals of Behavioral Medicine*, 37, S227.
70. Romero, M., **Urizar, G.**, & Muñoz, R.F. (2009). Maternal body mass index and its effects on postnatal depression. *Annals of Behavioral Medicine*, 37, S22.
71. **Urizar, G.**, Garovoy, N., Castro, C., & King, A.C. (2009a). Exercise and diet behaviors and their effect on salivary cortisol among older adults. *Psychosomatic Medicine*, 71(3), A120-A121.
72. **Urizar, G.**, Garovoy, N., Castro, C., & King, A.C. (2009b). Association of depressive symptoms and stress on the salivary cortisol patterns of older adult caregivers and non-caregivers. *Psychosomatic Medicine*, 71(3), A68-A69.
73. Goguen, J., **Urizar, G.**, Garovoy, N., Castro, C., & King, A.C. (2009). Morningness/eveningness type and cortisol patterns among caregivers and non-caregivers. *Psychosomatic Medicine*, 71(3), A68.
74. Miller, K., **Urizar, G.**, Garovoy, N., Castro, C., & King, A.C. (2009). The effects of social support on cortisol patterns in older adults. *Psychosomatic Medicine*, 71(3), A95.
75. Story, T., **Urizar, G.**, Garovoy, N., Castro, C., & King, A.C. (2009). Physical activity and its effects on vitality among older adults. *Psychosomatic Medicine*, 71(3), A42-A43.
76. Freche, R., **Urizar, G.**, Garovoy, N., Castro, C., & King, A.C. (2009). Effect of sleep quality on the diurnal cortisol patterns among older adult caregivers and non-caregivers. *Psychosomatic Medicine*, 71(3), A125.
77. **Urizar, G.**, Garcia, B., Bolsewicz, M., & Muñoz, R.F. (2008). Impact of a prenatal depression intervention on reducing risk for postpartum birth complications. *Psychosomatic Medicine*, 70(3), A14.
78. Garcia, B., **Urizar, G.**, & Muñoz, R.F. (2008). Effect of prenatal maternal depression and stress on infant birth complications. *Annals of Behavioral Medicine*, 35, S130.

## PUBLICATIONS

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### Peer-Reviewed Abstracts (Continued):

79. Adle, E., **Urizar, G.**, & Muñoz, R.F. (2008). Role of social support on maternal depression and stress among low-income pregnant women. *Annals of Behavioral Medicine*, 35, S141.
80. **Urizar, G.** (2006). Depression risk status and cortisol in a low-income obstetric population: Impact of a prenatal intervention. *Psychosomatic Medicine*, 68(1), A30.
81. **Urizar, G.**, Ahn, D.K., & King, A.C. (2006). Health behavior change: How does it relate to emotional strain in caregivers? *Annals of Behavioral Medicine*, 31, S179.
82. **Urizar, G.**, & Muñoz, R.F. (2005). Effects of a prenatal mood management intervention on postnatal salivary cortisol levels in mothers and their infants. *Annals of Behavioral Medicine*, 29, S127.
83. **Urizar, G.**, Castro, C.M., Pruitt, L., Bliwise, D., & King, A.C. (2005). Does morningness-eveningness classification affect sleep characteristics in older adults presenting with sleep complaints? *Annals of Behavioral Medicine*, 29, S187.
84. **Urizar, G.**, Ahn, D.K., Hurtz, S.Q., Albright, C.L., & King, A.C. (2004). Influence of maternal stress on successful participation in a physical activity intervention: The IMPACT project. *Annals of Behavioral Medicine*, 27, S41.
85. **Urizar, G.**, Moreno, A., & Muñoz, R.F. (2004). Prenatal predictors of health outcomes in low-income mothers and their infants: Examination of salivary cortisol. *Annals of Behavioral Medicine*, 27, S65.
86. **Urizar, G.**, Muñoz, R.F., Milazzo, M., Sotelo, R., Delucchi, K., & Lorizio, W. (2003). Impact of a prenatal mood management course on biological markers of stress in a low-income obstetric population. *Annals of Behavioral Medicine*, 25, S39.
87. Milazzo, M., **Urizar, G.**, Sotelo, R., Christiansen, E., & Muñoz, R.F. (2002). Impact of relaxation instructions on both self-perceived and biological markers of stress in a Latina obstetric population. *Annals of Behavioral Medicine*, 24, S117.
88. Saia-Lewis, T., Sears, S.F., **Urizar, G.**, Sirois, B., Wallace, R., Conners, N., Lee, J.T., King, L., Curtis, A.B., & Conti, J.B. (2002). Pre-implant predictors of quality of life in implantable cardioverter defibrillator recipients. *Annals of Behavioral Medicine*, 24, S145.
89. Saia-Lewis, T., Sears, S.F., Sirois, B., **Urizar, G.**, Wallace, R., Conners, N., Lee, J.T., King, L., Curtis, A.B., & Conti, J.B. (2002). Dispositional optimism and health expectations predict experience of firings in ICD recipients. *Annals of Behavioral Medicine*, 24, S76.
90. **Urizar, G.** & Sears, S.F. (2001). Impact of psychosocial and cultural variables on health outcomes of Hispanic cardiac patients. *Annals of Behavioral Medicine*, 23, S117.
91. Todaro, J.F., Rodrigue, J.R., Sears, S.F., **Urizar, G.**, Lichter, C., & Samaha, A. (2001). Assessing the psychological functioning and quality of life of pediatric heart transplant recipients. *Psychosomatic Medicine*, 63(1), 179.
92. Burkart, T.A., Sears, S.F., Todaro, J.F., **Urizar, G.**, Saia, T.L., Sirois, B., Wallace, R., Sotile, W., Curtis, A.B., & Conti, J.B. (2000). Psychosocial management issues in implantable cardioverter defibrillator patients: Findings from a nationwide survey. *Journal of Investigative Medicine*, 48(1), 179A.
93. Sears, S.F., Todaro, J.F., Eads, A., **Urizar, G.**, Sirois, B., Sotile, W., Curtis, A.B., & Conti, J.B. (1999). The national survey of ICD health care providers: Differences in perceptions of patient psychosocial issues between physicians and nurses. *PACE*, 22(4), 895.
94. Sears, S.F., Eads, A., Marhefka, S., Sirois, B., **Urizar, G.**, Todaro, J., Sotile, W., Curtis, A.B., & Conti, J.B. (1999). The U.S. national survey of implantable cardioverter defibrillator recipients: Examining the global and specific aspects of quality of life. *European Heart Journal*, 20, 232.
95. Berlant, N.E., Newton, R.L., Durning, P., Campbell, C., **Urizar, G.**, Anton, S.D., Locke, B., Sears, S.F., Perri, M.G. (1999). Exercise promotion in a rural health clinic. *Annals of Behavioral Medicine*, 21, S30.
96. **Urizar, G.**, Sears, S.F., & Evans, G.D. (1998). A stress-coping-outcome model of burnout and depression in extension agents. *Annals of Behavioral Medicine*, 20, S136.

## PEER-REVIEWED CONFERENCE PRESENTATIONS

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1. Caicedo, B., Miranda, W., & **Urizar, G.** (2020). *The impact of a community and home-based physical activity intervention on low-income Latinx and non-Latinx mothers: A qualitative analysis.* Poster presented at the 100<sup>th</sup> Annual Convention of the Western Psychological Association, San Francisco, CA.
2. Murillo, J., & **Urizar, G.** (2020). *The effect of dietary intake on stress levels in pregnant women: Role of socioeconomic factors.* Poster presented at the 128<sup>st</sup> Annual Meeting of the American Psychological Association, Washington, DC.
3. Murillo, J., & **Urizar, G.** (2020). *The effect of exercise on stress levels in pregnant women: Role of socioeconomic factors.* Poster presented at the 100<sup>th</sup> Annual Convention of the Western Psychological Association, San Francisco, CA.
4. Dinh, P., & **Urizar, G.** (2020). *Self-blame and self-distraction coping as moderators of the relationship between stress and cortisol output.* Poster presented at the 100<sup>th</sup> Annual Convention of the Western Psychological Association, San Francisco, CA.
5. Dinh, P., & **Urizar, G.** (2020). *Denial and disengagement coping as moderators of the relationship between stress and cortisol output.* Poster presented at the 100<sup>th</sup> Annual Convention of the Western Psychological Association, San Francisco, CA.
6. Silke, O., & **Urizar, G.** (2019). *A mixed methods study of mindful disposition, perceived stress, and daily stressors of low-income mothers.* Poster presented at the 99<sup>th</sup> Annual Convention of the Western Psychological Association, Pasadena, CA.
7. Dinh, P., & **Urizar, G.** (2019). *A mixed methods approach examining humor coping use and cortisol by level of postpartum depression among low-income mothers.* Poster presented at the 99<sup>th</sup> Annual Convention of the Western Psychological Association, Pasadena, CA.
8. Flameno, A., & **Urizar, G.** (2019). *Impact of a prenatal stress management intervention on infant cortisol and the moderating effect of mothers' pregnancy anxiety: A mixed methods approach.* Poster presented at the 99<sup>th</sup> Annual Convention of the Western Psychological Association, Pasadena, CA.
9. Di Santo, A., Pence, B., Manswer, M., Logan, C., Velasco, S., & **Urizar, G.** (2019). *Anxiety sensitivity and cortisol response with Latinx emerging adults.* Poster presented at the 99<sup>th</sup> Annual Convention of the Western Psychological Association, Pasadena, CA.
10. Manswer, M., Logan, C., Velasco, S., Pence, B., Di Santo, A., **Urizar, G.**, Rozenman, M., & Gonzalez, A. (2019). *Anxiety sensitivity and cortisol response with Latinx emerging adults.* Poster presented at the 99<sup>th</sup> Annual Convention of the Western Psychological Association, Pasadena, CA.
11. Caicedo, B., & **Urizar, G.** (2019). *Use of triangulation in examining low income mothers' family support for physical activity.* Poster presented at 28<sup>th</sup> Annual Psychology Undergraduate Research Conference, University of California, Los Angeles.
12. Brayboy, C., Dixon-Hamlett, A., Clanton-Higgins, V., **Urizar, G.**, Nguyen, V., & Manning, G. (2018). *The Destined for Greatness Project: Impact of a culturally tailored stress management program for African-American mothers and their children.* Poster presented at the 18<sup>th</sup> Annual March of Dimes Conference, Irvine, CA.
13. Flameno, A., & **Urizar, G.** (2018). *SMART Moms: The impact of prenatal stress management on infant salivary cortisol patterns and the mediating role of mother's perceived stress.* Poster presented at the Annual Biomedical Research Conference for Minority Students (ABRCMS), Indianapolis, IN.
14. Silke, O., & **Urizar, G.** (2018). *Mindful disposition during pregnancy predicts greater benefit finding at postpartum.* Poster presented at the Annual Meeting of the International Symposium of Contemplative Research, Phoenix, AZ.
15. Sanchez Hernandez, H., & **Urizar, G.** (2018). High-mindfulness women show lower perceived stress reactivity, but not lower cortisol awakening response, than low-mindfulness women throughout and after pregnancy. Poster session presented at the 30<sup>th</sup> Annual Association for Psychological Science Convention, San Francisco, CA.
16. Silke, O., & **Urizar, G.** (2018). The effects of cognitive behavioral stress management on alpha amylase and perceived stress reactivity. Poster presented at the 98<sup>th</sup> Annual Convention of the Western Psychological Association, Portland, OR.

**PEER-REVIEWED CONFERENCE PRESENTATIONS (Continued)**

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17. Miranda, W., & **Urizar, G.** (2017). *Environmental influences on physical activity among low-income mothers*. Poster presented at the Annual Biomedical Research Conference for Minority Students (ABRCMS), Phoenix, AZ.
18. Chirino, A., Brown, C., Cortez, C., & **Urizar, G.** (2017). *What age works? The effective age for neurodegenerative prevention programs*. Poster presented at the Annual Biomedical Research Conference for Minority Students (ABRCMS), Phoenix, AZ.
19. Sanchez Hernandez, H., & **Urizar, G.** (2017). *Are mindfulness and social support in early pregnancy predictive of perceived stress reactivity and cortisol awakening response at postpartum?* Poster presented at the American Psychosomatic Society's Mid-Year Meeting, Berkeley, CA.
20. Brown, C., Cockerill, R., & **Urizar, G.** (2016). *Culture and happiness: Collectivism and affective well-being among low-income women*. Poster presented at the 4<sup>th</sup> Biennial American Psychological Association Division 45 Society for the Psychological Study of Culture, Ethnicity, and Race Research Conference, Stanford University, Palo Alto, CA.
21. Brown, C., Thornburgh, G., & **Urizar, G.** (2016). *Coping styles predict stress outcomes among postpartum women*. Poster presented at 25<sup>th</sup> Annual Psychology Undergraduate Research Conference, University of California, Los Angeles.
22. Majeno, A., Morales, M., Garcia Lira, A., & **Urizar, G.** (2016). *Differences in mental health and well-being in women living in Long Beach, California*. Second place poster presented at the 9<sup>th</sup> Annual National Conference on Health Disparities and National Environmental Justice Conference & Training Program, Washington, D.C.
23. Caliboso, M., Gearhart, C., & **Urizar, G.** (2016). *Validation of the Fidelity of Implementation Rating System*. Poster presented at the 96<sup>th</sup> Annual Convention of the Western Psychological Association, Long Beach, CA.
24. Sanchez, H., & **Urizar, G.** (2016). *The relationship between self-esteem and emotion regulation on perceived stress*. Poster presented at the 96<sup>th</sup> Annual Convention of the Western Psychological Association, Long Beach, CA.
25. Hernandez, D., Sanchez, H., & **Urizar, G.** (2016). *The association of dietary intake and perceived stress among low-income women*. Poster presented at the 96<sup>th</sup> Annual Convention of the Western Psychological Association, Long Beach, CA.
26. Garcia, A., & **Urizar, G.** (2016). *The association between women's sense of community and neighborhood*. Poster presented at the 96<sup>th</sup> Annual Convention of the Western Psychological Association, Long Beach, CA.
27. McElroy, A., Rayo, J., & **Urizar, G.** (2016). *The effects of a cognitive-behavioral stress management intervention on positive psychological constructs in low-income pregnant women*. Poster presented at the 96<sup>th</sup> Annual Convention of the Western Psychological Association, Long Beach, CA.
28. Cockerill, R., Dunne, L., & **Urizar, G.** (2016). *Life events and coping skills and their effects on resilience and benefit finding among low-income pregnant women: Results from the SMART Moms Project*. Poster presented at the 96<sup>th</sup> Annual Convention of the Western Psychological Association, Long Beach, CA.
29. Dunne, L., & **Urizar, G.** (2015). *Association of perceived stress, health, and sleep ratings on salivary cortisol levels among low-income mothers*. Poster presented at the 15<sup>th</sup> Annual Biomedical Research Conference for Minority Students, Seattle, WA.
30. Rayo, J., & **Urizar, G.** (2015). *Association of physical activity and sleep quality on salivary cortisol levels*. Poster presented at the 15<sup>th</sup> Annual Biomedical Research Conference for Minority Students, Seattle, WA.
31. Ramos, A., & **Urizar, G.** (2015). *Mother's dysfunctional attitudes and mindfulness on maternal-fetal attachment*. Poster presented at the 2015 Biennial Meeting of the Society for Research in Child Development, Philadelphia, PA.
32. Morales, C., Morales, M., Gonzalez, A., **Urizar, G.**, & Rios-Ellis, B. (2015). *Using photovoice to empower low-income minority women to exercise: The Active Moms Project*. Poster presented at the Annual Hispanic-Serving Health Professions Schools Professional Development Workshop at the NIH, Washington, DC.

### PEER-REVIEWED CONFERENCE PRESENTATIONS (Continued)

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33. Mondragon, A., Melgoza, Y., & **Urizar, G.** (2015). *The effects of perceived stress on the reliability of salivary cortisol collection among low-income pregnant women.* Poster presented at the Annual Hispanic-Serving Health Professions Schools Professional Development Workshop at the NIH, Washington, DC.
34. Gonzalez, A., **Urizar, G.**, Brayboy, C., Fields, S., Manning, G., & Shaw, P. (2015). *The mood management course for depressed African-American women: A pilot study.* Poster presented at the 4th Annual Latino Health Equity Conference, Long Beach, CA.
35. Sanchez, H., Caliboso, M., & **Urizar, G.** (2015). *The influence of ethnicity and class attendance on the anxiety levels of pregnant women participating in a stress management program.* Poster presented at the 4th Annual Latino Health Equity Conference, Long Beach, CA.
36. Melgoza, Y., Mondragon, A., Caliboso, M., & **Urizar, G.** (2015). *The effective usage of personal digital assistants in relation to salivary cortisol collection checklists on low-income pregnant women.* Poster presented at the 4th Annual Latino Health Equity Conference, Long Beach, CA.
37. Kofman, Y., & **Urizar, G.** (2015). *Role of ethnicity and stress management on the relationship between maladaptive cognitions and depression among low-income pregnant women.* Poster presented at the 16th Annual Convention of the Society for Personality and Social Psychology, Long Beach, CA.
38. Lucey, B., & **Urizar, G.** (2015). *The mediation of understanding between ethnicity and coping self-efficacy.* Poster presented at the 95<sup>th</sup> Annual Convention of the Western Psychological Association, Las Vegas, NV.
39. Rios-Ellis, B., **Urizar, G.**, Buonora, P., Galvez, G., Bird, M., Rascon, M., & Ortiz-Valenzuela, M.A. (2014). *Institutional assessment to support underrepresented students: Alliance for Health Opportunities Research Advancement (AHORA).* Poster presented at the 2014 Minority Health and Health Disparities Grantees' Conference, Washington, DC.
40. Kofman, Y., & **Urizar, G.** (2014). *CBSM impact on postpartum depression and stress by ethnicity.* Poster presented at the Minority Health and Health Disparities Grantees' Conference, Washington, DC.
41. Gonzalez, A., Morales, M., Morales, C., & **Urizar, G.** (2014). *Effects of a community-based program on physical activity among low income mothers: The Active Moms Project.* Poster presented at the 8<sup>th</sup> Annual National Health Disparities Conference, Long Beach, CA.
42. Kofman, Y., & **Urizar, G.** (2014). *The role of ethnicity, immigrant status, and depression on salivary cortisol patterns: Results from the Healthy Moms, Healthy Babies Project.* Poster presented at the 8<sup>th</sup> Annual National Health Disparities Conference, Long Beach, CA.
43. Caliboso, M., Lucey, B., & **Urizar, G.** (2014). *The impact of ethnicity and financial hardship on level of understanding of cognitive-behavioral stress management programs among low-income pregnant women.* Poster presented at the 8<sup>th</sup> Annual National Health Disparities Conference, Long Beach, CA.
44. Ramos, A.M., & **Urizar, G.** (2014). *Treatment fidelity of a stress management program for pregnant women.* Poster presented at the 94<sup>th</sup> Annual Convention of the Western Psychological Association, Portland, OR.
45. Santa, B., & **Urizar, G.** (2014). *Recruitment strategies for a community-based prenatal stress management program.* Poster presented at the 94<sup>th</sup> Annual Convention of the Western Psychological Association, Portland, OR.
46. Ramos, A.M., Santa, B., & **Urizar, G.** (2014). *Relationship satisfaction and levels of resiliency on negative thought patterns.* Poster presented at the 94<sup>th</sup> Annual Convention of the Western Psychological Association, Portland, OR.
47. Shojaeddin, B., Perian, T., & **Urizar, G.** (2014). *Effect of coping strategies on anxiety during pregnancy.* Poster presented at the 94<sup>th</sup> Annual Convention of the Western Psychological Association, Portland, OR.
48. Paredes, M., & **Urizar, G.** (2014). *Effects of cognitive behavioral stress management on coping self-efficacy.* Poster presented at the 94<sup>th</sup> Annual Convention of the Western Psychological Association, Portland, OR.

**PEER-REVIEWED CONFERENCE PRESENTATIONS (Continued)**

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49. Scheyer, K., & **Urizar, G.** (2014). *Elevated stress during pregnancy and its association with increased postpartum depression risk*. Poster presented at the 18th Annual UCLA Psychology Undergraduate Research Conference, Los Angeles, CA.
50. Perian, T., Ramos, A., & **Urizar, G.** (2014). *Proyecto Mamás LÍSTAS: The longitudinal effects of a prenatal stress management intervention on the stress levels of low-income Latina women*. Poster presented at the 3rd Annual Latino Health Equity Conference, Long Beach, CA.
51. Gonzalez, A., & **Urizar, G.** (2014). *Influence of ethnicity, years in the U.S., and anxiety on sleep deficiencies among pregnant women*. Poster presented at the 3rd Annual Latino Health Equity Conference, Long Beach, CA.
52. Lucey, B., & **Urizar, G.** (2014). *Factors associated with dysfunctional thought processes during pregnancy*. Poster presented at the 3rd Annual Latino Health Equity Conference, Long Beach, CA.
53. Rosales, C., Shen, J., & **Urizar, G.** (2014). *Does physical activity in a three-month physical activity program increase self-esteem in mothers with young children? A mixed methods study*. Poster presented at the 3rd Annual Latino Health Equity Conference, Long Beach, CA.
54. Ducat, C., & **Urizar, G.** (2014). *The effects of learned stress management skills on stress levels among low income pregnant women*. Poster presented at the 3rd Annual Latino Health Equity Conference, Long Beach, CA.
55. Paredes, M.M., & **Urizar, G.** (2014). *Parity status and its effects on relaxation and coping skills during a cognitive behavioral stress management intervention*. Poster presented at the 3rd Annual Latino Health Equity Conference, Long Beach, CA.
56. Campa, G., Gonzalez, A., & **Urizar, G.** (2014). *The effects of mindfulness and coping self-efficacy on sleep disturbances among English- and Spanish-speaking pregnant women*. Poster presented at the 3rd Annual Latino Health Equity Conference, Long Beach, CA.
57. Scheyer, K., & **Urizar, G.** (2014). *Effect of high stress levels on risk of postpartum depression among low-income pregnant women*. Poster presented at the 3rd Annual Latino Health Equity Conference, Long Beach, CA.
58. Majeno, A., & Urizar, G. (2013). *Maternal nativity and its impact on psychological experiences during pregnancy*. Poster presented at the 34th Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA.
59. Melgoza, Y., **Urizar, G.**, & Muñoz, R.F. (2013). *The relationship of childbirth complications on maternal and mood self-efficacy*. Poster presented at the 13th Annual Stanford Undergraduate Psychology Conference, Stanford, CA.
60. Santa, B., **Urizar, G.**, & Muñoz, R.F. (2013). *Maternal alexithymia and the relationship to social-emotional development in children*. Poster presented at the 13th Annual Stanford Undergraduate Psychology Conference, Stanford, CA.
61. Majeno, A., & Urizar, G. (2013). *Maternal appraisal of pregnancy-specific hassles and risk for antenatal depression*. Poster presented at the 2nd Annual Latino Health Equity Conference, Long Beach, CA.
62. **Urizar, G.**, & Muñoz, R.F. (2013). *Role of salivary cortisol on child developmental outcomes among low-income families*. Poster presented at the 121<sup>st</sup> Annual Meeting of the American Psychological Association, Honolulu, HI.
63. Sanchez, J.A., **Urizar, G.**, & Muñoz, R.F. (2009). *A longitudinal study of maternal mood, stress, and self-efficacy on child development: From pregnancy to early childhood*. Poster presented at the 2009 Biennial Meeting of the Society for Research in Child Development, Denver, CO.
64. Campbell, C.M., **Urizar, G.**, & Muñoz, R.F. (2009). *Effect of child weight gain on developmental outcomes during early childhood*. Poster presented at the 30<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, Montreal, Quebec.
65. Dennis, M.L., **Urizar, G.**, & Muñoz, R.F. (2009). *The effect of maternal Type D personality on developmental outcomes during early childhood*. Poster presented at the 18th Annual UCLA Psychology Undergraduate Research Conference, Los Angeles, CA.

## PEER-REVIEWED CONFERENCE PRESENTATIONS (Continued)

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66. Del Real, M., **Urizar, G.**, & Muñoz, R.F. (2009). *Birth order, child gender, child language and their influence on child development*. Poster presented at the 18th Annual UCLA Psychology Undergraduate Research Conference, Los Angeles, CA.
67. **Urizar, G.**, Miller, K., Story, T., Freche, R., Arizaga, J., Del Real, M. (2009). *Healthy Moms, Healthy Babies Study*. Poster presented at the Southern California MRISP-COR Conference on Mental Health Disparities.
68. **Urizar, G.**, & Muñoz, R.F. (2007). *Prediction of adverse neonatal health outcomes among low-income mothers and their infants: Role of prenatal depression and cortisol*. Poster presented at the 28th Annual Meeting of the Society of Behavioral Medicine, Washington, DC.
69. **Urizar, G.**, Goldberg, J., Perkins, C., Lee, R., Durkin, L., Kiernan, M. (2006). *Short bout use among overweight/obese adults: The Stanford Healthy Weight Project*. Poster presented at the 27<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA.
70. **Urizar, G.**, Diaz, M.A., Mendelson, T., & Muñoz, R.F. (2004). *Culturally competent interventions with immigrant families in community settings*. Symposium presented at the 112<sup>th</sup> Annual Meeting of the American Psychological Association, Honolulu, HI.
71. Le, H.N., **Urizar, G.**, Mendelson, T., Soto, J., Diaz, M., & Muñoz, R.F. (2004). *Preventing maternal depression in Latinas: Lessons learned*. Poster presented at the 12<sup>th</sup> Annual Meeting of the Society of Prevention Research, Quebec City, Canada.
72. Valenzuela, P., **Urizar, G.**, & Muñoz, R.F. (2003). *Los Primeros Años: Estudio de la relación entre la depresión materna y el desarrollo de los hijos (The First Years: Examining the relationship between maternal depression and child development)*. Poster presented at the 29<sup>th</sup> Interamerican Congress of Psychology, Lima, Peru.
73. **Urizar, G.**, Albright, C., Hurtz, S., Ahn, D., & King, A.C. (2003). *Influence of emotional well-being on physical activity in a multiethnic population: A prospective analysis*. Poster presented at the 24<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, Salt Lake City, UT.
74. Hurtz, S., Albright, C., **Urizar, G.**, & King, A.C. (2003). *Predictors of changes in physical activity levels among low-income Latina women: A prospective analysis*. Poster presented at the 24<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, Salt Lake City, UT.
75. Voisin, I., Muñoz, R.F., Le, H, & **Urizar, G.** (2001). *Maternal stress and depression during pregnancy and cortisol levels*. Poster presented at the 109<sup>th</sup> Annual Meeting of the American Psychological Association, San Francisco, CA.
76. Sears, S.F., Todaro, J.F., **Urizar G.**, Saia-Lewis, T., Sirois, B., Wallace, R., Sotile, W., Curtis, A.B., & Conti, J.B. (1999). *Assessing the psychosocial impact of the ICD: A national survey of health care providers*. Poster presented at the University of Florida (UF) Health Science Center Research Symposium, Gainesville, FL.
77. Sears, S.F., Marhefka, S., **Urizar, G.**, Sirois, B., Todaro, J.F., Sotile, W., & Conti, J.B. (1999). *The national survey of ICD patients and spouses: Assessment of global health outcomes*. Poster presented at the UF Health Science Center Research Symposium, Gainesville, FL.
78. Dede, D.E., Collins, M.W., Phalin, B., Moser, D.J., Houck, C., **Urizar, G.**, & Sears, S. F. (1999). *The impact of concussion on baseline neuropsychological functioning in college football players*. Poster presented at the 23<sup>rd</sup> Annual Meeting of the International Neuropsychological Society.

## TREATMENT MANUALS

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1. **Urizar, G.**, Sanchez, H., McElroy, A., Caliboso, M., & Mondragon, A. (2015). *Destined for Greatness Program: Facilitator's Guide*.
2. **Urizar, G.**, Caliboso, M., Mondragon, A., Sanchez, H., & McElroy, A. (2015). *Destined for Greatness Program: Stress Management for Moms*.
3. Dunne, L., Cockerill, R., Brown, C., Thornburgh, G., & **Urizar, G.** (2015). *Destined for Greatness for Kids: Child Development Curriculum*.
4. **Urizar, G.** (2013). *Active Moms: Health and Wellness through Physical Activity*.
5. **Urizar, G.** (2013). *Mamás Activas: Salud y Bienestar a través de la Actividad Física*.



### TREATMENT MANUALS (Continued)

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6. **Urizar, G.**, & Kofman, Y. (2012). *Introduction to the SMART Moms (Stress Management and Relaxation Training for Moms) Course: Instructor's Manual*.
7. **Urizar, G.**, & Kofman, Y. (2012). *The SMART Moms (Stress Management and Relaxation Training for Moms) Course: A Prenatal Stress Management Program*.
8. **Urizar, G.**, & Kofman, Y. (2012). *El Curso de Mamás LÍSTAS (Limitando el eStrés para Ayudar su Salud): Un Programa Prenatal para Aliviar Estrés*.
9. Muñoz, R.F., Le, H., Gosh-Ippen, C., Diaz, M., **Urizar, G.**, & Lieberman, A. (2007). *The Mothers and Babies Course: Instructor's Manual* (<http://www.medschool.ucsf.edu/latino/Englishmanuals.aspx>).
10. Muñoz, R.F., Le, H., Gosh-Ippen, C., Diaz, M., **Urizar, G.**, & Lieberman, A. (2004). *Mothers and Babies Course: A Reality Management Approach* (<http://www.medschool.ucsf.edu/latino/Englishmanuals.aspx>).
11. Muñoz, R.F., Le, H., Gosh-Ippen, C., Diaz, M., **Urizar, G.**, & Lieberman, A. (2004). *El Curso de Mamás y Bebés* (<http://www.medschool.ucsf.edu/latino/Spanishmanuals.aspx>).
12. Ramos, M., Diaz, M., Muñoz, R.F., & **Urizar, G.** (2001). *The Mothers and Babies Course: Relaxation Methods for Managing Stress* (<http://www.medschool.ucsf.edu/latino/pdf/Relaxation/RelaxationEN.pdf>).
13. Diaz, M., Ramos, M., Muñoz, R.F., & **Urizar, G.** (2001). *El Curso de Mamás y Bebés: Los Métodos de Relajación Nos Ayudan a Combatir el Estrés* (<http://www.medschool.ucsf.edu/latino/pdf/Relaxation/RelaxationSP.pdf>).

### DATA REPORTS AND WHITE PAPERS

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1. Rios-Ellis, B., **Urizar, G.**, Buonora, P., Galvez, G., Bird, M. (2014). *Charting a Path for Underrepresented Minority Success in Biomedical and Behavioral Research Careers*. Alliance for Health Opportunities Research Advancement (AHORA) Project Report. CSULB, Long Beach, CA.
2. Kingsford, L., Kelley, K., Buonora, P., Galvez, G., **Urizar, G.**, Rios-Ellis, B., & Mason, A.Z. (2013). *A Tradition of Commitment and Accomplishment: Facilitating Access and Success for Underrepresented and Underserved Students at California State University, Long Beach*. Report of the 2013 Taskforce Study on the Historical Commitment to the Development and Success of Underrepresented, Low-Income, and First-Generation University Students. CSULB, Long Beach, CA.

### INVITED ADDRESSES AND WORKSHOPS

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1. **Urizar, G.** (2020). *Classroom Connections: Community-Based Research + Teaching*. Invited address as part of "Community-Based Research Exchange Workshop Series" for faculty at the College of Liberal Arts, Center for Community Engagement, CSULB, Long Beach, CA.
2. **Urizar, G.** (2020). *Cooperación Internacional en Salud para el Desarrollo de Oportunidades de Investigación en Bolivia*. Invited address for university administrators, faculty, graduate/undergraduate students, and community members. Instituto de Investigaciones en Neurodesarrollo, Facultad de las Ciencias y Tecnologías de la Salud, Universidad San Francisco Xavier de Chuquisaca, Sucre, Bolivia.
3. Dunkel Schetter, C., Yim, I., Robles, T., & **Urizar, G.** (2018). *Testing plausible biological models in diverse community samples: An expert panel*. Invited plenary session presented at the 48<sup>th</sup> Meeting of the International Society of Psychoneuroendocrinology, Irvine, CA.
4. **Urizar, G.** (2018). *Maximizing your mentoring relationship*. Invited panel presented at the Annual California Pre-doctoral Program Scholar & Mentor Orientation, Long Beach, CA.
5. Dunne, L., McElroy, A., Watts, V., & **Urizar, G.** (2017). *PRO-Health Research Program: Disseminating innovative health interventions through community partnerships*. Invited research demonstration table presented at the Annual BUILD Research Symposium for faculty and students. CSULB, Long Beach, CA.
6. **Urizar, G.** (2016). *Latina mothers' participation in a prenatal stress management program and its long-term effects on postnatal infant cortisol levels*. Invited symposium in "Perinatal health: Culturally-relevant processes in Latino mother/child dyads" presented at the Annual Society for Advancement of Chicanos/Hispanics and Native Americans in Science (SACNAS) National Diversity in STEM Conference, Long Beach, CA.

**INVITED ADDRESSES AND WORKSHOPS (Continued)**

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7. **Urizar, G.** (2016). *Use of cortisol sensor technology to detect abnormal stress levels among at-risk adults*. Invited address as part of the ASSIST (Advanced Self-Powered Systems of Integrated Sensors and Technology) Skin for Engineers Workshop for nanotechnology researchers. Department of Electrical and Computer Engineering, Florida International University, Miami, FL.
8. **Urizar, G.** (2016). *Implementing health programs in underserved communities: The role of stress among low-income families*. Invited address as part of the Annual Psychology Day Conference for students. Department of Psychology, Cerritos College, Norwalk, CA.
9. **Urizar, G.** (2016). *Enhancing mentoring practices in student research training: Impact of the BUILD mentoring community*. Invited address as part of the 1<sup>st</sup> Annual Poster Session and Resource Fair for Inclusive Excellence in Teaching and Learning for faculty, staff, and students at the Faculty Center for Professional Development, CSULB, Long Beach, CA.
10. **Urizar, G.** (2015). *Stress and cortisol levels of low-income African-American and Latina women*. Invited address as part of "Celebrating National Minority Health Month" for faculty and students at the College of Health and Human Services, California State University, Monterey Bay, CA.
11. Manning, G., **Urizar, G.**, & Crivici, F. (2015). *Investing in the future: Collaborating to improve the health of African-American women and their infants*. Invited symposium presented at the Long Beach Department of Health's Public Health Week Conference, Long Beach, CA.
12. **Urizar, G.** (2014). *Cultural competency and stress management among low-income pregnant women using CBPR*. Invited training workshop in "Creative approaches to community-based participatory research with diverse Latino populations" presented at the 2014 Minority Health and Health Disparities Grantees' Conference, Washington, DC.
13. **Urizar, G.**, Perian, T., Ramos, A., Yim, I.S., & Dunkel Schetter, C. (2014). *Preliminary results of cognitive behavioral stress management (CBSM) on postpartum stress levels in low-income women: The SMART Moms Project*. Invited symposium in "Effects of prenatal environment on child and maternal health outcomes" presented at the 72<sup>nd</sup> Annual Scientific Meeting of the American Psychosomatic Society, San Francisco, CA.
14. **Urizar, G.** (2014). *Cultural competency and stress management among low-income pregnant women*. Invited symposium in "Conducting ethnoculturally sensitive research in psychology" presented at the 94<sup>th</sup> Annual Convention of the Western Psychological Association, Portland, OR.
15. **Urizar, G.** (2014). *Prenatal CBSM Effects on Postpartum Stress Levels: The SMART Moms Project*. Invited address for faculty, postdoctoral fellow, graduate students, and research staff. Stress Processes and Pregnancy Research Group, Health Psychology Department, UCLA, Los Angeles, CA.
16. **Urizar, G.** (2014). *Implementing Health Programs in Underserved Communities: The Role of Stress in Low-Income Families*. Invited address for faculty, graduate, and undergraduate students. Department of Psychology MARC/RISE/DIDARP Programs, California State University, San Bernardino, CA.
17. **Urizar, G.** (2012). *Impact of a Prenatal Stress Management Program on Regulating Maternal and Infant Cortisol*. Invited address for faculty, postdoctoral fellow, graduate students, and research staff. Stress Processes and Pregnancy Research Group, Health Psychology Department, UCLA, Los Angeles, CA.
18. **Urizar, G.** (2009). *The Nature of Stress*. Invited address for faculty. Half-Baked Seminar, Department of Psychology, CSULB, Long Beach, CA.
19. **Urizar, G.** (2008). *Preparing for the Holidays*. Invited address for African-American families. African American Infant Health Project, Department of Health and Human Services, Long Beach, CA.
20. Aquino, T. & **Urizar, G.** (2008). *Psychologies of Inner Peace*. Invited workshop for university faculty. College of Liberal Arts Faculty Retreat, CSULB, Long Beach, CA.
21. **Urizar, G.** (2007). *Examining social health inequalities in the classroom*. Invited symposium in "Building a repertoire of social justice-inspired pedagogical tools across disciplines in a contemporary university classroom" presented at the 4<sup>th</sup> Annual Teaching Professor Conference, Atlanta, GA.
22. **Urizar, G.** (2006). *Behavioral Cardiology: Psychology as an Integral Component in Cardiovascular Disease Management*. Invited workshop for psychology and social work interns and professionals. Cognitive Behavioral Therapy Seminar, Division of Psychosocial Medicine, San Francisco General Hospital, San Francisco, CA.

**INVITED ADDRESSES AND WORKSHOPS (Continued)**

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23. **Urizar, G.** (2005). *Sleep Management*. Invited address for Spanish-speaking, older, frail adults as part of the Stanford Successful Aging Workshop Series. Eastside Community Senior Center, San Jose, CA.
24. **Urizar, G.** (2005). *Comunicando Con Su Doctor (How to Communicate With Your Doctor)*. Invited address for Spanish-speaking, older, frail adults as part of the Stanford Successful Aging Workshop Series. Eastside Community Senior Center, San Jose, CA.
25. Garovoy, N. & **Urizar G.** (2005). *Impact of Hormones on Cardiovascular Risk: New Opportunities for Behavioral Intervention and Preventive Medicine Research*. Invited address for faculty and research staff. Stanford Prevention Research Center, School of Medicine, Stanford, CA.
26. **Urizar, G.** (2005). *Manejando Dolor Cronico (Pain Management)*. Invited address for Spanish-speaking, older, frail adults as part of the Stanford Successful Aging Workshop Series. Eastside Community Senior Center, San Jose, CA.
27. **Urizar, G.** (2004). *Stress Management: Applications for Health*. Invited address for older, frail adults as part of the Stanford Successful Aging Workshop Series. Stanford Prevention Research Center, Stanford University School of Medicine, Stanford, CA.
28. **Urizar, G.** (2003). *Role of Psychology in Cardiovascular Disease*. Invited workshop for psychology and social work interns and professionals. Cognitive Behavioral Therapy Seminar, Division of Psychosocial Medicine, San Francisco General Hospital, San Francisco, CA.
29. Goldberg, J., Danhauer, S., Oliveira, B., & **Urizar, G.** (2003). *Addressing Depression and Other Psychological Issues in Clinical Research*. Invited psychology in-service for research staff and faculty. Department of Medicine, Stanford University, Palo Alto, CA.
30. Muñoz, R.F., Gosh-Ippen, C., Le, H., Rao, S., & **Urizar, G.** (2001 & 2002). *Cognitive Behavioral Treatment of Major Depression*. Invited training workshop for psychiatry residents and mental health professionals. Department of Psychiatry, UCSF, San Francisco, CA.
31. **Urizar, G.** (2001). *Stigma and Receiving Psychological Services*. Invited address for low-income, Spanish-speaking clientele seeking mental health services. El Grupo de Plática y Salud, Division of Psychosocial Medicine, San Francisco General Hospital, San Francisco, CA.
32. **Urizar, G.** (2000). *Health Promotion & Stress Reduction: A Multidisciplinary Approach*. Invited address for outpatients from the public sector. Orientation to Wellness Group, Division of Psychosocial Medicine, San Francisco General Hospital, San Francisco, CA. Sears, S.F., Dede, D.,
33. **Urizar, G.**, Newton, R., & McCoy, K. (1999). *Preventing Burnout and Promoting Wellness*. Invited workshop for mental health staff of locked inpatient unit. Alachua County Rehabilitation Center, Gainesville, FL.
34. Sears, S.F. & **Urizar, G.** (1997). *Understanding and Preventing Burnout in Extension Agents*. Invited address for rural and urban community extension agents. Environmental Agents Conference, St. Augustine, FL.

**PROFESSIONAL AFFILIATIONS**

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2014 – Present	Western Psychological Association (WPA)
2006 – Present	American Psychosomatic Society (APS)
2000 – Present	American Psychological Association (APA) Society for Health Psychology (Division 38) Society for the Psychological Study of Ethnic Minority Issues (Division 45)
1998 – Present	Society of Behavioral Medicine (SBM) Ethnic Minority & Multicultural Health (EMMH) Special Interest Group

**PROFESSIONAL DEVELOPMENT WORKSHOPS**

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2016	Actigraphy Accelerometer Training Workshop, CSULB BUILD Initiative
2016	Qualitative Methods Workshop, Department of Psychology, CSULB
2015	Immunoassay Training Workshop, CSULB BUILD Initiative

**PROFESSIONAL DEVELOPMENT WORKSHOPS (Continued)**

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2015	Missing Data and Multiple Imputation Workshop, American Psychosomatic Society
2014	Introduction to Multilevel Modeling Workshop, University of California, Los Angeles
2009, 2014 & 2015	Scholarly Writing Institute, Center for Faculty Development, CSULB
2007	Grant Writing Institute, Office of University Research, CSULB

**TEACHING EXPERIENCE**

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**Undergraduate Courses:**

2009 – Present	Abnormal Psychology (PSY 370I), Department of Psychology, CSULB
2007 – Present	Psychology of Stress (PSY 379), Department of Psychology, CSULB
2007 – Present	Independent Research Study (PSY 499/599), Department of Psychology, CSULB
2006 – Present	Health Psychology (PSY 378), Department of Psychology, CSULB
2006 – 2007	Psychobiology (PSY 141), Department of Psychology, CSULB
2005 – 2006	Obesity in America (HUM BIO 133), Human Biology Department, Stanford University

**Graduate Courses:**

2012 – Present	Research Methods in Psychology (PSY 696), Department of Psychology, CSULB
2010 – Present	Health Behavior & Intervention (PSY 678), Department of Psychology, CSULB
2004 – 2005	Seminar in Stress Management, Department of Medicine, Stanford University
2001 – 2002	Seminar in Pain Management Assessment & Therapy, Division of Psychosocial Medicine, UCSF
2001 – 2002	Seminar in Cognitive Behavioral Theory & Practice Division of Psychosocial Medicine, UCSF

**Other Teaching Activities:**

2020	<i>Course Developer</i> , Psychology of Stress (PSY 379), <i>Research Across the Curriculum: Course Redesign Program</i> , CSULB BUILD Initiative, CSULB
2020	<i>Guest Judge</i> , Community Needs Assessment/Program Planning Graduate Seminar (HSC 624), Department of Health Sciences, CSULB
2017 – 2019	<i>Workshop Presenter</i> , Stress & Time Management Workshop Series, BUILD Student Learning Community, CSULB BUILD Initiative, CSULB
2016	<i>Guest Lecturer</i> , Interdisciplinary Approaches to Health Disparities (HHS 207), <i>Implementing Health Programs in Underserved Communities</i> , Department of Health Sciences, CSULB
2016	<i>Guest Lecturer</i> , Psychobiology (PSY 241), <i>Stress &amp; Health</i> , Department of Psychology, CSULB
2016	<i>Workshop Participant</i> , Culturally Aware Mentor Training Workshop, National Research Mentoring Network (NRMN), National Institutes of Health (NIH)
2015 – 2016	<i>Participant</i> , BUILD Mentoring Community, CSULB BUILD Initiative, NIH
2015	<i>Guest Lecturer</i> , BUILD Upper Division Student Learning Community, <i>Reflecting on Your BUILD Experiences</i> , CSULB
2015	<i>Workshop Participant</i> , BUILD Intercultural Innovations Workshop, <i>Effective Mentoring in a Multicultural Setting</i> , CSULB BUILD Initiative

**TEACHING EXPERIENCE**

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**Other Teaching Activities (Continued):**

- 2015 *Workshop Participant*, NRMN Train the Trainers Workshop: Facilitating Mentor and Mentee Training, National Research Mentoring Network, NIH
- 2015 *Course Developer*, Interdisciplinary Approaches to Health Disparities (HHS 207) Course Development Subcommittee Member, Department of Health Sciences, CSULB
- 2014 *Course Developer*, Health Psychology (PSY 378) Restructuring of Standard Course Outline, Department of Psychology, CSULB
- 2013 – 2014 *Evaluator*, Psychobiology (PSY 241) Course Redesign, *Increasing Student Success through Student Engagement*, College of Liberal Arts, CSULB (<http://contentbuilder.merlot.org/toolkit/html/snapshot.php?id=57175333106122>)
- 2013 *Workshop Participant*, Sanos y Fuertes Program, *Culturally Responsive Nutrition Promotion for Latinos Course: Faculty Training*, Center for Latino Community Health, CSULB
- 2012 *Course Developer*, Research Methods in Psychology Seminar (PSY 696) Restructuring of Standard Course Outline, Department of Psychology, CSULB
- 2009 *Workshop Participant*, California Predoctoral Program Mentor Training, California State University Chancellor's Office
- 2007 & 2011 *Second Reader*, Graduate Seminars in Research Methods (PSY 696) and Physiological Psychology (PSY 631), Department of Psychology, CSULB
- 2007 *Course Developer*, Psychology of Stress (PSY 379) Course Development, Department of Psychology, CSULB
- 2006 & 2007 *Guest Lecturer*, Research Methods (HDEV 320), *Health Psychology Research*, Department of Human Development, CSULB
- 2006 – Present *Course Coordinator*, Psychology of Stress (PSY 379), Abnormal Psychology (PSY 370I), and Health Psychology (PSY 378), Department of Psychology, CSULB
- 2006 *Workshop Participant*, College of Liberal Arts Series for New Faculty, CSULB

**Student Research Mentorship:**

- 2020 *Dissertation Committee Member*, Department of Psychology Doctoral Program in Clinical Psychology, University of California, Los Angeles
- 2017 – Present *Research Mentor*, Undergraduate Research Opportunities Program, CSULB
- 2016 – 2017 *Masters Thesis Committee Member*, Master of Public Health Program, CSULB
- 2016 – 2017 *Masters Thesis Committee Member*, Master of Social Work Program, CSULB
- 2015 – 2018 *Masters Thesis Committee Member*, Master of Science in Nutritional Sciences Program, CSULB
- 2015 – Present *Research Mentor*, BUILD Program, CSULB
- 2012 – Present *Research Mentor*, University Undergraduate Honors Program, CSULB
- 2012 – 2014 *Research Mentor*, Psychology Undergraduate Honors Program, CSULB
- 2011 – 2012 *Research Mentor*, Ronald E. McNair Scholars Program, CSULB
- 2011 *Dissertation Committee Member*, Department of Psychology and Social Behavior Doctoral Program in Health Psychology, University of California, Irvine
- 2010 – 2011 *Research Mentor*, Research Infrastructure for Minority Institutions (RIMI) Health Disparities Research Scholar Program, CSULB

**TEACHING EXPERIENCE**

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**Student Research Mentorship (Continued):**

2009 – Present	<i>Research Mentor</i> , California Predoctoral Sally Casanova Mentoring Program
2008 – Present	<i>Masters Thesis Chair &amp; Committee Member</i> , Masters of Arts in Psychological Research Program, CSULB
2006 – 2008	<i>Research Mentor</i> , Career Opportunities in Research (COR) Program, CSULB
2006 – Present	<i>Director</i> , PRO-Health Research Program, Department of Psychology, CSULB
2005 – 2006	<i>Masters Thesis Committee Member</i> , Master of Public Health Program, University of California, Berkley
2003 – 2005	<i>Student Mentor</i> , Stanford Medical Youth Science Program (SMYSP)
2000 – 2006	<i>Research Associate</i> , Latino Mental Health Research Program, UCSF

**ACADEMIC SERVICE**

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**Professional/Community Service:**

2017 – 2018	<i>Judge</i> , Student Conference Presentations, Annual Biomedical Research Conference for Minority Students (ABRCMS)																
2016	<i>Judge</i> , Student Conference Presentations, Society for Advancement of Chicanos/Hispanics and Native Americans in Science (SACNAS) National Diversity in STEM Conference, Long Beach, CA																
2013	<i>External Examiner</i> , Best Honors Thesis Award, “Celebrating Honors” Day, Psychology Department, Arizona State University																
2010	<i>Facilitator</i> , Diabetes Peer Health Educator Community Project, Villages at Cabrillo, Center for Community Engagement, CSULB																
2010	<i>Program Leader</i> , Depression Group for African American Mothers, African American Infant Health Project, Department of Health and Human Services, Long Beach, CA																
2010	<i>Book Reviewer</i> , Health Psychology Textbook, Pearson Publishing																
2009 – Present	<i>Advisory Board Member</i> , African American Infant Health Project, Department of Health and Human Services, Long Beach, CA																
2008	<i>Invited Speaker</i> , Preparing for the Holidays – Invited address for African-American families. African American Infant Health Project, Department of Health and Human Services, Long Beach, CA.																
2007 – 2008	<i>National Council Member</i> , Ethnic Minority & Multicultural Health (EMMH) Special Interest Group, Society of Behavioral Medicine																
2002 – Present	<i>Ad-Hoc Reviewer</i> : <table> <tr> <td>American Journal of Preventive Medicine</td> <td>Cytokine</td> </tr> <tr> <td>Annals of Behavioral Medicine</td> <td>Ethnicity and Disease</td> </tr> <tr> <td>Annals of Epidemiology</td> <td>General Hospital Psychiatry</td> </tr> <tr> <td>Health Psychology</td> <td>Journal of Primary Prevention</td> </tr> <tr> <td>International Journal of Behavioral Medicine</td> <td>Psychosomatics</td> </tr> <tr> <td>Journal of Consulting &amp; Clinical Psychology</td> <td>Psychosomatic Medicine</td> </tr> <tr> <td>Journal of Affective Disorders</td> <td>Women &amp; Health</td> </tr> <tr> <td>Maternal &amp; Child Health</td> <td></td> </tr> </table>	American Journal of Preventive Medicine	Cytokine	Annals of Behavioral Medicine	Ethnicity and Disease	Annals of Epidemiology	General Hospital Psychiatry	Health Psychology	Journal of Primary Prevention	International Journal of Behavioral Medicine	Psychosomatics	Journal of Consulting & Clinical Psychology	Psychosomatic Medicine	Journal of Affective Disorders	Women & Health	Maternal & Child Health	
American Journal of Preventive Medicine	Cytokine																
Annals of Behavioral Medicine	Ethnicity and Disease																
Annals of Epidemiology	General Hospital Psychiatry																
Health Psychology	Journal of Primary Prevention																
International Journal of Behavioral Medicine	Psychosomatics																
Journal of Consulting & Clinical Psychology	Psychosomatic Medicine																
Journal of Affective Disorders	Women & Health																
Maternal & Child Health																	
1999	<i>Assistant Program Leader</i> , Kids Day Camp '99, Hospice North Central Florida, Daytona Beach, FL																
1998	<i>Health Screening Aide</i> , Rural Chronic Disease Prevention Program, State of Florida Department of Health, Bronson, FL																

**ACADEMIC SERVICE****Professional/Community Service (Continued):**

1998 *Health Screening Aide*, Levy County Health Department, Smoking Cessation Program, Bronson, FL

**University and College Service:**

2020 – 2021 *Elected Committee Member*, Research, Creative, and Scholarly Activity (RSCA) Committee, College of Liberal Arts, CSULB

2020 – 2021 *Committee Member*, COIL Subcommittee, International Education Committee, Academic Senate, CSULB

2019 – Present Faculty Participant Recruitment Coordinator, McNair Scholars Program, CSULB

2018 Faculty Co-Chair, Latino Faculty Staff Association, CSULB

2017 – 2018 *Advisory Board Member*, Research Initiative for Scientific Enhancement (RISE) Program, College of Natural Sciences & Mathematics, CSULB

2017 & 2018 *Invited Speaker*, “*Publishing Research in Graduate School*”, Graduate Studies Resource Center, CSULB

2014 *Conference Director*, Alliance for Health Opportunities Research Advancement (AHORA) Conference, “*Charting a Path for Underrepresented Minority Success in Biomedical and Behavioral Research Careers*”, CSULB

2014 *Reviewer*, Third Annual Latino Health Equity Conference, CSULB

2013 *Juror*, Second Annual Latino Health Equity Conference, CSULB

2013 *Committee Member*, CSULB Taskforce for the Study of the Historical Commitment to the Development and Success of Underrepresented, Low Income and First-Generation University Students

2013 – Present *Faculty Fellow*, National Council of La Raza/CSULB Center for Latino Community Health, Evaluation, and Leadership Training, College of Health and Human Services

2009 – 2012 *Committee Member*, Faculty Council, College of Liberal Arts, CSULB

2009 *Conference Moderator*, Southern California MRISP-COR Conference on Mental Health Disparities, “*Forging Meaningful Partnerships with Community-Based Organizations*”, CSULB

2008 *Invited Speaker*, Immigration Awareness Week, CSULB

2008 & 2010 *Juror*, CSULB Student Research Competition, Social & Behavioral Sciences Category

2008 *Judge*, College of Liberal Arts (CLA) Student Research Showcase, CSULB

2008 *Invited Speaker*, Immigration Awareness Week, CSULB

2007 *Invited Speaker*, Students Active in Community Health (SACH), CSULB

2006 *Invited Speaker*, Career Opportunities in Research (COR) Program, CSULB

2005 *Invited Speaker*, Research Career Seminar, Department of Psychiatry, UCSF

2001 *Invited Speaker*, Health Careers Night, University of California, Berkeley

2000 – 2002 *Member*, Latino & Asian Task Force, Department of Psychiatry, UCSF

**ACADEMIC SERVICE****Department Service:**

2020 – Present	<i>Committee Member</i> , Lecturer Evaluation & Range Elevation Committee, Department of Psychology
2019 – 2020	<i>Chair</i> , Health Disparities Job Search, Department of Psychology
2019 – 2020	<i>Chair</i> , Evaluation of Tenured Faculty, Department of Psychology
2019 – Present	<i>Committee Member</i> , Student Scholarship Committee, Department of Psychology
2017 – 2018	<i>Chair</i> , Health Psychology Job Search, Department of Psychology
2016 – Present	<i>Committee Member</i> , Evaluation of Tenured Faculty, Department of Psychology
2015 – 2016	<i>Committee Member</i> , Behavioral Neuroscience Job Search, Department of Psychology, CSULB
2015 – 2016	<i>Committee Member</i> , Psychology Mission Statement, Department of Psychology
2015 – 2017	<i>Committee Member</i> , Psychology Honors Program, Department of Psychology, CSULB
2014 – 2018	<i>Committee Member</i> , Advisory Committee, Department of Psychology, CSULB
2013 – Present	<i>Committee Member</i> , Lecturer Evaluation, Department of Psychology, CSULB
2013 – 2014	<i>Committee Member</i> , Clinical Science Job Search, Department of Psychology, CSULB
2013	<i>Presenter</i> , RTP Workshop, Department of Psychology, CSULB
2012 – 2013	<i>Committee Member</i> , Psychology Graduate Committee, Department of Psychology
2011 – Present	<i>Committee Member</i> , Retention, Tenure, & Promotion (RTP), Department of Psychology
2011 – 2012	<i>Committee Member</i> , Developmental Job Search, Department of Psychology
2009 – 2014	<i>Chair &amp; Committee Member</i> , Masters of Arts in Psychological Research Program
2006 – 2009	<i>Co-Faculty Advisor</i> , Psi Chi (National Psychology Honor Society), CSULB
2006 – 2008	<i>Invited Faculty Advisor</i> , Black Psychology Student Association (BPSA), CSULB
2006/08 & 2014/15	<i>Committee Member</i> , Colloquium Committee, Department of Psychology, CSULB
2003 – 2004	<i>Seminar Coordinator</i> , Postdoctoral Professional Development Series Stanford Prevention Research Center, Stanford University School of Medicine
2003 – 2004	<i>Coordinator</i> , Behavioral Sciences Journal Club, Stanford University
2001 – 2002	<i>Psychology Fellow Representative</i> , UCSF Clinical Psychology Training Program
2000 – 2002	<i>Member</i> , Latino & Asian Task Force, UCSF Department of Psychiatry