

CURRICULUM VITAE

Caroline R. Richardson, MD
Assistant Professor, University of Michigan
Research Scientist, VA Health Services Research & Development

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Education and Training

Sept 1982 - Jun 1986	Massachusetts Institute of Technology, Cambridge, MA, Bachelor of Science Degree in Theoretical Mathematics
Sept 1990 - Jun 1994	Harvard University Medical School, Boston, MA, MD Degree
Jul 1994 - Jun 1995	Family Practice Intern, PGY 1, St. Margaret Memorial Hospital, Pittsburgh, PA
Jul 1995 - Feb 1996	Family Practice Resident, PGY 2, Hunterdon Medical Center, Flemington, NJ
May 1996 - May 1998	Family Practice Resident, PGY 2-3 Thomas Jefferson University Hospital, Philadelphia, PA
Jul 1999 - Jun 2001	Research Fellow, Robert Wood Johnson Clinical Scholars Program University of Michigan Medical School, Ann Arbor, MI

Certification And Licensure

Certification:

Jul 1998	Board Certified in Family Medicine
Jul 1998 - present	Controlled Substance Registration Certificate, US Expiration 4/30/2009
Mar 2005 - present	Basic Cardiac Life Support, Expiration 3/2007
Mar 2005 - present	Advanced Cardiac Life Support, Expiration 3/2007

Licensure:

Jan 1998 - present	Physician License, Board of Medicine, State of Michigan Expiration 1/31/2008
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Jan 1998 - present Controlled Substance License, State of Michigan
Expiration 1/31/2008

Academic, Administrative, and Clinical Appointments

Academic Appointments:

Jul 1999 - Jun 2001 Lecturer, Department of Internal Medicine
University of Michigan Health Systems, Ann Arbor, MI

Aug 1998 - Jun 2003 Lecturer, Department of Family Medicine
University of Michigan Health Systems, Ann Arbor, MI

Jun 2003 - present Assistant Professor, Department of Family Medicine,
University of Michigan Health Systems, Ann Arbor, MI

Sept 2003 - May 2004 Visiting Lecturer, Department of Epidemiology,
Graduate School of Public Health, University of Pittsburgh, Pittsburgh, PA

Research Appointments:

Sept 1989 - Aug 1990 Gastroenterology Clinical Research Coordinator
Faulkner Hospital, Department of Gastroenterology, Boston, MA

Jul 1999 - Jun 2001 Research Fellow, Robert Wood Johnson Clinical Scholars Program
University of Michigan Medical School, Ann Arbor, MI

Jan 2000 - present Research Scientist
Institute for Research on Women and Gender,
University of Michigan, Ann Arbor, MI

Aug 2001 - present Research Scientist
VA Health Services Research and Development, Ann Arbor, MI

Clinical Appointments:

Aug 1998 - May 2002 Attending Physician, The Corner Adolescent Health Clinic,
Ann Arbor, MI

Aug 1998 - Jun 2003 Attending Physician, Chelsea Family Practice Inpatient Service,
Chelsea Community Hospital, Ann Arbor, MI

Aug 1998 - present Attending Physician, Dexter Family Practice Office, Dexter, MI

Other Appointments:

Sept 1980 - Aug 1982 Laboratory Manager/Programmer, Surgical Intensive Care Unit,
Jackson Memorial Hospital, Miami, FL

Jan 1983 - Aug 1985 Programmer, Psychology Dept., MIT, Cambridge, MA

May 1985 - Aug 1985 Statistical Programmer, Health Data Institute, Lexington, MA

Jan 1989 - Aug 1989 Computer Laboratory Manager, Department of Psychology,
Shands Hospital, Gainesville, FL

Research Interests

- 1) Physical activity
- 2) Chronic illness
- 3) Internet-mediated physical activity interventions

Grants

Present and Active:

NIH – NHLBI (1 K23 HL075098)

Motivational Feedback to Increase Walking Adherence

Principal Investigator, 09/30/04-08/31/09, \$875,868 total costs

Department of Veterans Affairs Rehabilitation Research and Development Program (D3358R)

Does Step-Count Feedback Enhance Counseling for Weight Loss?

Principal Investigator, 01/01/05-12/31/07, \$664,329 total costs

NIH – NIDDKD (1 R18 DK066166)

Effective Care Management of Depressed Diabetes Patients

Principal Investigator: Piette, 05/01/05-04/30/10, Co-Investigator, \$2,766,693 total costs

Center for Health Communications Research, Univ. of Michigan

Stepping Up to Health: Expanding the Reach

Principal Investigator, 01/01/06-12/31/06 (no cost ext 06/01/07), \$49,180 total costs

RWJF (57408)

Enhancing Adherence by Building e-communities

Principal Investigator, 07/01/06-06/30/09, \$300,000 total costs

Previous:

American Academy of Family Practice Foundation (AAFPP)

Restless Legs Syndrome in Primary Care Survey Study

Principal Investigator, 01/01/01-03/01/02, \$6,000 total costs

Michigan Retirement Research Center (MRRC)

Implications of High Risk Health Behaviors on Work-Force Participation: Disability, Retirement, and Lost Productivity

Principal Investigator: Langa, 10/01/01-09/30/02, Co-Investigator, \$50,000 total costs

Kaiser Family Foundation Grant

Effect of Internet Filters on Access to Health Information

Principal Investigator: Resnick, 01/01/02-12/31/02, Co-Investigator, \$185,706 total costs

VA Ann Arbor Healthcare System

Pilot Testing of a New Tool for Exercise Intervention and Measurement

Principal Investigator, 07/01/02-08/01/03

VA Ann Arbor Healthcare System (LIP 41-102)

Feasibility of a Step Count Feedback and Weight Loss Counseling Intervention

Principal Investigator, 08/01/03-09/01/04, \$10,000 total costs

VA Ann Arbor Healthcare System (LIP 41-106)

Validity of the Step-Count Monitoring Devices

Principal Investigator, 08/01/03-09/01/04, \$10,000 total costs

Department of Epidemiology – University of Pittsburgh Graduate School of Public Health

Validation of Objective Physical Activity Measures in Mobile Older Adults

Principal Investigator: Storti, 12/01/03-06/30/04, Co-Investigator, \$8,333 total costs

Center for Health Communications Research (CHCR) – University of Michigan (Direct sponsor)

NCI Center of Excellence in Cancer Communications Research (CECCR) (Prime sponsor)

Tailoring on Objectively Measured Physical Activity

Principal Investigator, 02/01/05-08/31/05, \$20,000 total costs

MDRTC (5 P60 DK020572)

Automated Step-count Feedback to Promote Physical Activity in Diabetes

Principal Investigator, 04/01/05-03/31/06 (no cost ext 08/01/06), \$42,500 total costs

Pending:

NIMH

Health Promotion and Fitness for Younger and Older Adults with SMI

Consultant

NIH/NCI

Optimizing Step-Count, Goal Setting and Tailored Feedback to Increase Walking

Principal Investigator: Ruffin, 04/01/07-03/31/11, Co-Investigator, \$2,388,113 total costs

NIH

Michigan Diabetes Research and Training Center Grant: Behavioral, Clinical and Health Systems (BCHS) Intervention Research Core

Principal Investigator: Anderson, 02/01/08-01/31/13, Co-Investigator, \$685,040 total costs

VA

Using a Functional Assessment to Optimize Oxygen Therapy in Chronic Lung Disease

Principal Investigator: Cohen, 04/01/07-03/31/08, Consultant, \$49,600 total costs

Honors And Awards

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| May 10, 2001 | Best Paper Presentation at Michigan Family Practice Research Day, Lansing, MI |
| April 22, 2002 | Gender Equity Award from AMWA for Interpersonal Violence and Abuse Sequence for Second Year Medical Students at the University of Michigan |
| May 23, 2002 | Clinical Scholars Program Research Mentor Award |
| May 15, 2004 | Honorable Mention, Society of Teachers of Family Medicine Best Research Paper Award for paper, "Does Pornography-blocking Software Block Access to Health Information on the Internet?" |
| May 24, 2004 | Token of Appreciation from Medical Students (TAMS) Award |
| March 30, 2006 | Shining Star Award from UMHS for work on Katrina Relief effort |

Memberships in Professional Societies

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| 1992 - present | American Academy of Family Practice (AAFP) |
| 1994 - present | Society for Teachers of Family Medicine (STFM) |
| 2001 - present | North American Primary Care Research Group (NAPCRG) |
| 2002 - present | American College of Sports Medicine (ACSM) |

Editorial Positions, Boards, and Peer-Review Service

1997 - present	Journal of Family Practice (Patient Oriented Evidence that Matters [POEMs] section), <i>Reviewer</i>
1999 - present	Academic Medicine, <i>Ad-hoc reviewer</i>
Dec 2002 - present	American Journal of Preventive Medicine, <i>Reviewer</i>
April 2003 - present	Medicine & Science in Sports & Exercise, <i>Reviewer</i>
May 2003 - present	Journal of Women's Health, <i>Reviewer</i>
Nov 2003 - present	Child Abuse & Neglect The International Journal, <i>Reviewer</i>
Nov 2003 - present	Journal of Medical Internet Research (JMIR), <i>Reviewer</i>
Jan 2004 - present	Obesity Research, <i>Reviewer</i>
Mar 2004 - present	American Journal of Managed Care, <i>Reviewer</i>
Apr 2004 - present	Ethnicity and Disease, <i>Reviewer</i>
Oct 2004 - present	Journal of General Internal Medicine, <i>Reviewer</i>
Oct 2004 - present	Psychological Medicine, <i>Reviewer</i>
Nov 2004 - present	ACP Medicine, <i>Reviewer</i>
Sep 2005 - present	European Journal of Pediatrics, <i>Reviewer</i>
Aug 2006 - present	BMC Psychiatry, <i>Reviewer</i>
Apr 2007 - present	Journal of the American College of Nutrition, <i>Reviewer</i>

Teaching

1998 - December 2002	Inpatient Service Attending, Chelsea Community Hospital Chelsea, MI
1998 - May 2002	Resident Preceptor, The Corner Adolescent Health Clinic Ypsilanti, MI
1999 - June 2006	Sequence Director, Interpersonal Violence and Abuse Required Sequence for 2 nd year Medical Students, University of Michigan Medical School, Ann Arbor, MI
July 2001 - June 2003	Mentor, Abby S. Letcher, RWJ fellowship

July 2001 - June 2003	Mentor, Lou A. Lukas, RWJ fellowship
Nov 2002 - June 2003	Mentor, Frederick W. Kron, House Officer III, Senior research project
April 2004 - present	Dissertation Review (Michelle Segar), University of Michigan
January 2005 - present	Dissertation Review (Derek Hansen), University of Michigan
January 2005 - present	Development of Obesity Standardized Patient materials for medical students
November 2006 - present	Dissertation Review (Jason Duvall), University of Michigan

Committee, Organizational, and Volunteer Service

Institutional:

Department:

Jan 1999 - Dec 2000	Diabetes CQI Committee
Apr 2005 - present	Member, Advisory Committee on Academic Promotions and Tenure, Department of Family Medicine, University of Michigan Medical School, Ann Arbor, Michigan.

National:

Mar 1999 - Mar 2000	NIH Consensus Panel on Restless Legs Syndrome Washington, D.C.
Aug 2004 - present	Member, STFM Research Committee
Apr 2005 - Nov 2006	Member, AMA Expert Committee on the Assessment & Prevention of Childhood Obesity and Adolescent Overweight & Obesity

Volunteer Service:

1986 - 1988	Peace Corps Volunteer, Lesobeng secondary school, Lesotho, Southern Africa
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Visiting Professorships, Seminars, and Extramural Invited Presentations

Extramural Invited Presentations:

1. Opportunities for Research for the Family Practitioner. MAFP Spring Residents' Conference, Livonia, MI, March 21, 2003.

2. Research in Family Medicine. St. Margaret Family Practice Fellows, Pittsburgh, PA, January 22, 2004.
3. Physical Activity and Chronic Disease. Grand Rounds Conference, West Penn Hospital, Pittsburgh, Pennsylvania, February 23, 2004.
4. Physical Activity and Health. Forbes Regional Hospital, Monroeville, PA, March 2, 2004.
5. Diabetes and Physical Activity. Nursing Horizons 2004: Innovations In Practice, School of Nursing, University of Pittsburgh, Pittsburgh, PA, March 12, 2004.
6. What Can Physicians do to Prevent Diabetes? Residency Research Network of South Texas (RRNeST), San Antonio, TX, April 30, 2004.
7. Physical Activity: the Elixir of Life. Department of Family and Community Medicine, University of Texas Health Science Center, San Antonio, TX, April 30, 2004.
8. Automated Physical Activity Self-Monitoring. Behavioral Cardiovascular Center, Columbia University, November 30, 2005.
9. Physical Activity and Technology. Reaching Out – Innovations in Technology Symposium, American Diabetes Association's 66th Scientific Session, Washington, DC, June 12, 2006.

Other Presentations:

1. Management of Chronic Hepatitis. Family Medicine Grand Rounds, Thomas Jefferson University, Philadelphia, PA, 1996.
2. Zinc Gluconate and the Common Cold: A Prospective Meta-Analysis. Presentation to the Department Committee on Research, Thomas Jefferson University, Philadelphia, PA, 1997.
3. Low Back Pain: An Evidence Based Approach. Family Medicine Morning Conference, Thomas Jefferson University, Philadelphia, PA, 1997.
4. Computers in the Office. Family Medicine Morning Conference, Thomas Jefferson University, Philadelphia, PA, 1997.
5. Pediatric Anemia. Family Medicine Grand Rounds, Thomas Jefferson University, Philadelphia, PA, 1997.
6. The Exercise Prescription. Family Medicine Grand Rounds, Thomas Jefferson University, Philadelphia, PA, 1997.
7. Applying Feminist Principles to the Professional Practice of Medicine. Feminist Professional Practice Seminar, Guest Lecturer University of Michigan, Ann Arbor, MI, February 1999.
8. The Exercise Prescription, Viral Hepatitis, and Pediatric Anemia. Continuing Medical Education Course, Boyne Highlands Family Practice Update, February 1-2, 2000.
9. Physical Activity, Physical Fitness and Exercise in Chronic Illness. RWJ Clinical Scholars Research Seminar, University of Michigan, Ann Arbor, MI, March 8, 2000.
10. Restless Legs Syndrome: how prevalent? UPRNet Conference, Traverse City, MI, April 14-15, 2000.

11. Beneficial Effects of Exercise in Disease: What is the Evidence? Annual Spring Update in Internal Medicine, Continuing Medical Education Conference, University of Michigan, Ann Arbor, MI, May 5, 2000.
12. Research Statistics. Research Workshop for Sports Medicine Fellows, American Medical Society for Sports Medicine, University of Michigan, Ann Arbor, MI, July 29, 2000.
13. Logistic Regression Techniques. Robert Wood Johnson Clinical Scholars Healthcare Literature Seminar: University of Michigan, Ann Arbor, MI, January 31, 2001.
14. History of Childhood Sexual Abuse: why ask? Spring Family Practice Update, Ann Arbor, MI, March 6-9, 2001.
15. Restless Legs Syndrome in a Family Practice Office Population. Michigan Family Practice Research Day, Lansing, MI, March 10, 2001.
16. The Benefits of Increasing Physical Activity in Low Income and High CV Risk Groups. Robert Wood Johnson Clinical Scholars Research Seminar, Ann Arbor, MI, April 19, 2001.
17. Restless Legs Syndrome in a Family Practice Office Population. Poster presentation. Society for Teachers of Family Medicine National Meeting, Denver, CO, April 29, 2001.
18. Physical Activity Promotion: Changing Resident and Patient Behavior. 22nd Forum for Behavioral Science in Family Medicine, Chicago, IL, September 29, 2001.
19. History of Childhood Sexual Abuse: Why Ask? 22nd Forum for Behavioral Science in Family Medicine, Chicago, IL, September 30, 2001.
20. The Benefits of Increasing Physical Activity in Low Income and High CV Risk Groups. Poster Presentation. CR Richardson, RA Hayward, PM Lantz. Cooper Institute for Aerobic Research Scientific Meeting: Mediators of Physical Activity, Dallas, TX, October 6, 2001.
21. Increasing Women's Pleasure and Participation in Physical Activity: Addressing the Objectification of Women. Poster Presentation. M Segar, CR Richardson. The Cooper Institute for Aerobic Research Scientific Meeting: Mediators of Physical Activity, Dallas, TX, October 6, 2001.
22. Cardiovascular Disease Risk, Socioeconomic Status, Physical Activity, and Mortality. Robert Wood Johnson Clinical Scholars National Meeting, Ft. Lauderdale, FL, November 9, 2001.
23. Measuring Physical Activity in Diabetes Research. HSR&D meeting, Ann Arbor, MI, December 4, 2001.
24. Opportunities and Challenges in Working with Health-Related Secondary Data sets: HRS/AHEAD Data. HSR&D meeting, Ann Arbor, MI, May 21, 2002.
25. Disability Costs of Poor Health Habits. RWJ 2002 National Meeting, Ft. Lauderdale, FL, November 7, 2002.
26. Prevalence of Restless Legs Syndrome in Family Practice Patients. NAPCRG 2002 Annual Meeting, New Orleans, LA, November 18, 2002.
27. Measuring Physical Activity and Fitness in Primary Care Research. NAPCRG 2002 Annual Meeting, New Orleans, LA, November 19, 2002.

28. Survival Analysis: The Big Picture. Robert Wood Johnson Clinical Scholars Healthcare Literature Seminar, Ann Arbor, MI, May, 2003.
29. VO2 max estimates incorporating rr variability: validity in sedentary women and in cardiac rehabilitation patients. Poster Presentation. Richardson CR, Draper TA, Rubenfire M, Hofer TP, Kiningham RB. ACSM 50th Annual Meeting, San Francisco, CA, May 29, 2003.
30. Restless Legs Syndrome in Primary Care. Poster Presentation. Richardson CR, Mihaescu M, Klinkman MS, Malow BA. APSS 17th Annual Meeting, Chicago, IL, June 7, 2003.
31. Internet Screening Software and Information Accessibility, Family Practice Updates CME, Towsley Center, Ann Arbor, MI, September 18, 2003.
32. Depression and Physical Activity, Family Practice Updates CME, Towsley Center, Ann Arbor, MI, September 18, 2003.
33. Does Internet Pornography-Blocking Software Block Access to Health Information?, STFM Annual Meeting, Atlanta, GA, September 24, 2003.
34. Does Pornography-Blocking Software Block Access to Health Information on the Internet?, 2003 STFM: NorthEast Region Meeting and Residency Fair, Pittsburgh, PA, October 18, 2003.
35. Increasing lifestyle physical activity in patients with serious mental illness. Poster Presentation. Richardson C, Marcus S, Neal D, Avripas S. Physical Activity and Mental Health: A Multidisciplinary Approach Conference, The Cooper Institute, Dallas, TX, October 24, 2003.
36. Prevention of Type II Diabetes with Diet and Exercise. Department of Family Medicine, Grand Rounds, Ford Auditorium, Ann Arbor, MI, September 8, 2004.
37. Prevention of Type II Diabetes with Diet and Exercise. Update in Family Medicine, CME, Towsley Center, Ann Arbor, MI, September 23, 2004.
38. Feasibility Of Using Enhanced Pedometer Feedback With Nutritional Counseling To Increase Walking And Decrease Weight In High-Risk Patients. Poster Presentation. CR Richardson, S Foley, KS Dial, JC Lowery. ADA FNCE, Anaheim Convention Center, Anaheim, CA, October 5, 2004.
39. Multidisciplinary Approaches to Anxiety and Depression. Medical students, Ann Arbor, MI, October 25, 2004.
40. The Psychology of Pedometers. HSR&D meeting, Ann Arbor, MI, November 8, 2004.
41. The Art and Science of Goal Setting. Department of Family Medicine Research Meeting, Ann Arbor, MI, February 1, 2005.
42. Subjective Measures of Physical Activity (guest lecturer). Nursing students taking the Physical Activity and Health in Nursing class, Ann Arbor, MI, February 8, 2005.
43. Medical Management of Obesity (guest lecturer). 2nd Year medical students, Ann Arbor, MI, February 10, 2005.
44. Measuring Physical Activity for Health Services Researchers. Workshop. HSR&D Annual Meeting, Baltimore, MD, February 18, 2005.

45. Objective Measures of Physical Activity (guest lecturer). Nursing students taking the Physical Activity and Health in Nursing class, Ann Arbor, MI, February 22, 2005.
46. Lifestyle Change to Prevent Diabetes (guest lecturer). Students taking the Obesity and Eating Disorders Class, SPH, Ann Arbor, MI, March 9, 2005.
47. Stepping Up to Health: a web-based intervention to promote walking in patients with diabetes, Center for Health Communications Research (CHCR), Ann Arbor, MI, March 16, 2005.
48. Walk Your Talk follow up: a lifestyle invention program promoting physical activity and health eating in people with serious mental illness. Washtenaw County Health Organization (WCHO), Ann Arbor, MI, April 5, 2005.
49. What can Physicians Learn from Supersize Me? STFM Annual Meeting, New Orleans, LA, May 2, 2005.
50. Energy and Metabolism in Human Growth & Development (guest lecturer). 1st Year medical students, Ann Arbor, MI, May 24, 2005.
51. Stepping Up To Health. MDRTC P & C meeting, Ann Arbor, MI, June 8, 2005.
52. Chronic Case Discussion. 3rd year medical students, Ann Arbor, MI, August 12, 2005.
53. Medical and Public Health Response to Disaster. Department of Family Medicine, Resident Conference, Women's Hospital, Ann Arbor, MI, October 5, 2005.
54. Stepping Up to Health: A progress report. Center for Health Communications Research, University of Michigan, Ann Arbor, MI, October 7, 2005.
55. Usability Testing of an Automated Step-count Feedback Intervention to Promote Physical Activity in Individuals with Diabetes. Poster Presentation. Richardson CR, Newton TL, Nandwana BR, Fortlage LA. ACSM/UIUC Walking for Health: Measurement and Research Issues and Challenges Conference, University of Illinois, Champaign-Urbana, IL, October 13, 2005.
56. Energy Balance. 2nd year medical students, Ann Arbor, MI, October 17, 18 & 20, 2005.
57. Physical Activity and Health. Nurse Practitioners, Ann Arbor, MI, October 20, 2005.
58. Promoting Physical Activity in Primary Care. Sports Medicine for the Primary Care Physician, CME, Towsley Center, Ann Arbor, MI, October 26, 2005.
59. CECCR Project Demonstration: Stepping Up to Health. CECCR Awards Conference, Duderstat Center, Ann Arbor, MI, November 17, 2005.
60. Veterans Walk for Health Study: overview and recruitment objectives. Veterans Walk for Health staff, Memphis VA, Memphis, TN, December 15, 2005.
61. Veterans Walk for Health Study: overview and recruitment objectives. Veterans Walk for Health staff, Oklahoma City VA, Oklahoma City, OK, January 12, 2006.
62. Interpersonal Violence and Abuse: introduction and epidemiology. 1st year medical students, Medical Science Bldg. 1, Ann Arbor, MI, January 23, 2006.
63. Stepping Up to Health: a web based walking program for people with Diabetes. RWJ CSP Research Seminar, Medical Science Bldg. 1, Ann Arbor, MI, January 25, 2006.

64. Careers in Family Medicine. Multi-cultural Pre-Health Association, Michigan Union, Ann Arbor, MI, January 25, 2006.
65. The Veterans Walk for Health Study: Design and Recruitment. Healthcare Providers, Tucson VA, Tucson, AZ, February 7, 2006.
66. Survival Analysis. RWJ CSP, Medical Science Bldg. 1, Ann Arbor, MI, February 8, 2006.
67. Enhancing Adherence by Building E-communities. Department of Family Medicine Research meeting, Research Office, Ann Arbor, MI, February 21, 2006.
68. Veterans Walk for Health. Medicine Grand Rounds, Kansas VA, Topeka, KS, February 23, 2006.
69. Health and Weight-loss Motives for Exercising Do Not Get Midlife Women Moving. Poster Presentation. Segar M, Peck S, Richardson C, Eccles J. Society of Behavioral Medicine 27th Annual Meeting, San Francisco, CA, March 2006.
70. Usability Testing of an Automated Step-count Feedback Intervention to Promote Physical Activity in Individuals with Diabetes. Poster Presentation. Newton TL, Nandwana BH, Fortlage LA, Richardson CR. Aging Research Symposium, Ann Arbor, MI, April 6, 2006.
71. Enhanced Pedometer Interventions: Theoretical and Practical Advantages. Poster Presentation. Richardson CR, Janney AW. International Congress on Physical Activity and Public Health (ICPAPH), Atlanta, GA, April 20, 2006.
72. Planning Data Analysis. STFM Faculty Development Series Workshop II: Research Skills, Getting Started with the Basics, STFM 2006 Annual Meeting, San Francisco, CA, April 26, 2006.
73. Getting Your Proposal Accepted: Tips From the Reviewers. Members of the STFM Program Committee and the STFM Research Committee. STFM 2006 Annual Meeting, San Francisco, CA, April 28, 2006.
74. Career Development Awards: What Are They and How Do I Get One? Richardson C, Reed B, Lindbloom E. STFM 2006 Annual Meeting, San Francisco, CA, April 30, 2006.
75. Preventive Medicine Overview, Definitions and Recommendations. Residents, Ann Arbor, MI, May 18, 2006.
76. Energy and Metabolism in Human Growth & Development (guest lecturer). 1st Year medical students, Ann Arbor, MI, May 23, 2006.
77. A Systematic Review of Pedometer-Based Walking Interventions for Weight Loss. Richardson C, Newton T, Sen A, Jimbo, M. ACSM 2006 Annual Meeting, Denver, CO, June 3, 2006.
78. Care of the Obese Patient. Residents, Ann Arbor, MI, August 2, 2006.
79. Physical Activity and Health. Nurse Practitioner students, Ann Arbor, MI, September 14, 2006.
80. Energy Balance (elective): Promoting Physical Activity Behavior Change. 2nd year medical students, Ann Arbor, MI, October 24, 2006.

81. Sports Medicine for the Primary Care Physician: Integrating Exercise Promotion into Primary Care Practice. Family Practice Updates CME, Towsley Center, Ann Arbor, MI, October 25, 2006.
82. Bout Steps vs. Total Steps for Pedometer Goal Setting. Poster Presentation. Richardson CR, Mehari KS, Fortlage LA, Janney AW, Sen A, Piette J. CACR UM Human Subjects Research-Networking Expo, Ann Arbor, MI, November 8, 2006.
83. Stepping Up to Health: An Update. Center for Health Communications Research, Ann Arbor, MI, December 8, 2006.
84. Stepping Up to Health With Chronic Pain. Chronic Pain and Fatigue Research Center, Ann Arbor, MI, January 22, 2007.
85. The Effect of Goal-Setting Strategies on Bout Step Count in Type 2 Diabetes. Poster Presentation. Richardson CR, Mehari KS, McIntyre LG, Janney AW, Fortlage LA, Sen A, Strecher VJ, Piette J. Society of Behavioral Medicine's 28th Annual Meeting and Scientific Sessions, Washington, DC, March 23, 2007.
86. Physical Activity, Health & Well-being. Update in Integrative Medicine, Towsley Center, Ann Arbor, MI, March 29, 2007.

Bibliography

Peer-Reviewed Journals and Publications:

1. Thorpy M, Ehrenberg BL, Hening WA, Mahowald M, Malow BA, Phillips B, Richardson CR, Wellbery C. Restless Legs Syndrome: detection and management in primary care. *Am Fam Phys*, 62(1):108-14, 2000.
2. Abraczinska DR, Ookubo R, Grace ND, Groszmann RJ, Bosch J, Garcia-Tsao G, Richardson CR, Matloff DS, Rodes J, Conn HO. Propranolol for the prevention of first esophageal variceal hemorrhage: a lifetime commitment. *Hepatology*, 34(6):1096-1102, 2001.
3. Segar M, Jayaratne T, Hanlon J, Richardson CR. Fitting fitness into women's lives: effects of a gender-tailored physical activity intervention. *Women's Health Issues*, 12(6):338-47, 2002.
4. Richardson CR, Resnick PJ, Hansen D, Rideout VJ. Does pornography blocking software block access to health information on the Internet? *JAMA*, 288(22):2887-94, 2002.
5. Hansen DL, Derry HA, Resnick PJ, Richardson CR. Adolescents searching for health information on the Internet: an observational study. *J Med Internet Res*, 5(4):e25, 2003.
6. Piette J, Richardson C, Valenstein M. Addressing the needs of patients with multiple chronic illnesses: the case of diabetes and depression. *Am J Manag Care*, 10:41-51, 2004.
7. Resnick PJ, Hansen D, Richardson CR. Calculating error rates for filtering software. *CACM*, 47(9):67, 2004.
8. Richardson CR, Kriska AM, Lantz PM, Hayward RA. Physical activity and mortality across cardiovascular disease risk groups. *Med Sci Sports Exerc*, 36(11):1923-9, 2004.
9. Pettee KK, Kriska AM, Richardson CR (2004). Physical activity epidemiology from supercourse: epidemiology, the Internet and global health. Available Online: <http://www.pitt.edu/~super1/lecture/lec16411/index.htm>

10. Richardson CR, Faulkner G, McDevitt J, Skrinar GS, Hutchinson DS, Piette JD. Integrating physical activity into mental health services for individuals with serious mental illness. Psychiatr Serv, 56(3):324-31, 2005.
11. Richardson CR. A lifestyle physical activity program for persons with serious mental illness. Psychiatr Serv, 56(3):354, 2005.
12. Richardson CR, Brown BB, Foley S, Dial KS, Lowery JC. Feasibility of adding enhanced pedometer feedback to nutritional counseling for weight loss. J Med Internet Res, 7(5):e56, 2005.
13. Richardson CR, Avripas SA, Neal DL, Marcus SM. Increasing lifestyle physical activity in patients with depression or other serious mental illness. J Psychiatr Pract, 11(6):379-88, 2005.
14. Pettee KK, Brach JS, Kriska AM, Boudreau R, Richardson CR, Colbert LH, Satterfield S, Visser M, Harris TB, Ayonayon HN, Newman AB. Influence of marital status on physical activity levels among older adults. Med Sci Sports Exerc, 38(3):541-6, 2006.
15. Richardson CR, Schwenk TL. Helping sedentary patients become more active: a practical guide for the primary care physician. J Clin Outcomes Manage, 14(3):161-171, 2007.

Patient Oriented Evidence that Matters (POEMs) Reviews for Journal of Family Practice:

1. Richardson, CR. Glucose-based oral rehydration therapy. J Fam Pract, 43(4):344-345, 1996.
2. Richardson, CR. Parents and pediatrics procedures. J Fam Pract, 44(2):131, 1997.
3. Richardson CR. Leukotriene receptor antagonists versus inhaled steroids in asthma. J Fam Pract, 48(7):495-496, 1999.
4. Richardson CR. Homemade spacers useful in asthma treatment. J Fam Pract, 48(12):997, 1999.
5. Richardson CR. Can we reduce the use of echocardiography by using other clinical information to identify patients at very low risk for left ventricular systolic dysfunction. J Fam Pract, 49(7):655-656, 2000.
6. Richardson CR. Can vaginal misoprostol be administered 1 to 3 days after mifepristone without loss of efficacy or an increase in adverse events? J Fam Pract, 50(1):9, 2000.
7. Richardson CR. Do dietary restrictions reduce fecal occult blood testing adherence? J Fam Pract, 50(12):1081, 2001.
8. Richardson CR. Educational interventions improve outcomes for children with asthma. J Fam Pract, 52(10):764-6, 2003.

Non Peer-Reviewed Publications:

1. Eyler AE, Richardson CR, Tyszkowski K. Office care of the patient who has been sexually assaulted. Clinics in Family Practice, 2(3):723-742, 2000.
2. Newell AR, Richardson CR, Eyler AE. Treatment of the adolescent survivor of sexual assault. Clinics in Family Practice, 2(4):883-917, 2000.
3. Waller A, Fochesato M., Bacolor JM. Physical Activity in Washtenaw County: a status report on physical activity levels, current local interventions, strategies that work and recommendations for community action. Ypsilanti, Michigan, January 20, 2003. (*Expert Review Team member and Statistical Consultant*)

Abstracts:

1. Barrett G, Bosch J, Garciatsao G, Groszmann RJ, Richardson CR, Navasa M, Rodes J, Conn HO, Grace ND. Hepatic venous-pressure gradient (HVPG) as a predictor of survival in patients with cirrhosis (abstract). Hepatology 12(4):850 Part 2, 1990.
2. Richardson CR, Draper TA, Rubenfire M, Hofer TP, Kinningham RB. VO2 max estimates incorporating rr variability: validity in sedentary women and in cardiac rehabilitation patients (abstract). Med Sci Sports Exerc, 35(5)Suppl:S154, 2003.
3. Richardson CR, Mihaescu M, Klinkman M, Malow BA. Restless Legs Syndrome: prevalence in a family practice office population (abstract). Sleep, 26 Abstract Supplement, 2003.
4. Newman MA, Storti KL, Pettee KK, Richardson CR, Boraz MA, Kriska AM. Seasonal variation of physical activity and fasting insulin levels in post-menopausal women: WOMAN clinical trial (abstract). Med Sci Sports Exerc, 36(5)Suppl:S186, 2004.
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