

JULIA M. WHEALIN, Ph.D.

Professional Positions

February 2015 – Present

Informatics Research Psychologist, Clinical Informatics Services Department, VAPIHCS, 459 Patterson Street Honolulu, HI. Email: Julia.Whealin@va.gov

- Oversee a series of initiatives that: 1) design and evaluate the implementation and efficacy of electronic (eHealth) health tools; 2) design, disseminate and evaluate patient-centered and clinician-centered interventions; 3) evaluate the interface of behavior, health, and novel electronic health (e-health) interventions, and 4) evaluate risk and resilience factors to promote mental health in Veteran and other public service populations.
- Serve as superuser aiding the implementation of VA software programs, including the electronic health record and eHealth tools.

August 2010 – February 2015

Principal Investigator/Clinical Psychologist, National Center for PTSD, Pacific Islands Division (NC-PTSD-PID), Honolulu, HI

- Developed and directed a program of research and clinical initiatives focused on 1) promoting positive mental health and access to patient-centered care for Veterans with PTSD, 2) understanding the role of the individual, the family, and the community on mental health in Veterans with PTSD, 3) designing, implementing, and evaluating culturally-appropriate patient-centered interventions for Veterans with PTSD and 4) designing, implementing and evaluating interventions delivered via technological modalities.

November 2003 – August 2010

Deputy Director for Education/Research Health Scientist, NC-PTSD-PID, Honolulu, HI

- Designed and directed the development of patient centered clinical and educational interventions.
- Served as consultant to the U.S. Department of Defense (DOD) and other federal and local organizations helping to develop national initiatives such as the congressionally funded DOD website *afterdeployment.org* and the VA/DOD's "Iraqi War Clinician's Guide."
- Developed and directed multi-disciplinary clinical training program for Psychology (APA approved in 2004), Social Work, and Nursing interns and fellows.

September 1999 – November 2003

Health Care Education Specialist, NC-PTSD-PID, Honolulu, HI

- Developed and provided educational interventions for clinicians on topics related to the treatment of PTSD. Developed and oversaw federally-funded research projects.

September 1998 – August 1999

Post-Doctoral Fellow in Clinical Psychology, NC-PTSD-PID, Honolulu, HI

September 1996 – August 1997

Psychology Resident, Department of Psychology, James A. Haley Veteran's Hospital, Tampa, FL

Academic Affiliation

Associate Clinical Professor, University of Hawaii, John A. Burns School of Medicine, Department of Psychiatry, Honolulu, HI

Publications

- Gibson, R., Whealin, J., Dasaro, C., Udasin, I., Crane, M., Moline, J., Harrison, D., Luft, B., Todd, A., Schechter, C., Lowe, S., Feder, A., & Pietrzak, R. H. (in press). Prevalence and correlates of suicidal ideation in World Trade Center responders: Results from a population-based health monitoring cohort. *Journal of Affective Disorders*.
- Whealin, J. M., Ciro, D., Dasaro, C. R., Udasin, I. G., Crane, M., Moline, J. M., Harrison, D. J., Luft, B. J., Todd, A. C., Feder, A., & Pietrzak, R. H. (2022). Race/ethnic differences in prevalence and correlates of posttraumatic stress disorder in World Trade Center responders: Results from a population-based, health monitoring cohort. *Psychological Trauma: Theory, Research, Practice, and Policy*, 14(2), 199–208. doi.org/10.1037/tra0001081.
- Whealin, J. M., Saleem, J. J., Vetter, B., Roth, J., & Herout, J. (2021). Development and Cross-Sectional Evaluation of a Text Message Protocol to Support Mental Health Wellbeing. *Psychological Services*, <http://dx.doi.org/10.1037/ser0000601>.
- Whealin, J. M., Pitts, B., Tsai, J., Rivera, C., Fogle, B., Southwick, S. M., & Pietrzak, R. H. (2020). Dynamic interplay between PTSD symptoms and posttraumatic growth in older military veterans. *Journal of Affective Disorders*, 269, 185-191. doi: 10.1016/j.jad.2020.03.020.
- Pitts, B. L., Wen, V., Whealin, J. M., Fogle, B. M., Southwick, S. M., Esterlis, I., & Pietrzak, R. H. (2020). Depression and cognitive dysfunction in older U.S. military veterans: Moderating effects of BDNF Val66Met polymorphism and physical exercise. *American Journal of Geriatric Psychiatry*, 9, 959-967. doi.org/10.1016/j.jagp.2020.02.001.
- Whealin, J. M., Omizo, R. K., Lopez, C. A. (2019). Usage of and attitudes toward health information exchange before and after system implementation in a VA Medical Center. *Federal Practitioner*, 36(7), 322-326. <https://www.mdedge.com/fedprac/health-policy>. PMID: PMC6654168
- Pitts, B. L., Whealin, J. M., Harpaz-Rotem, I., Duman, R. S., Krystal, J. H., Southwick, S. M., & Pietrzak, R. H. (2019). BDNF Val66Met polymorphism and posttraumatic stress symptoms in U.S. military veterans: Protective effect of physical exercise. *Psychoneuroendocrinology*, 100, 198-202. doi.org/10.1016/j.psyneuen.2018.10.011.
- Lopez, C. A., Omizo, R. K., & Whealin, J. M. (2018). Impact of a tailored training on advanced electronic medical records use for providers in a Veterans Health Administration Medical System. *Journal of the American Medical Informatics Association-Open*, 1, 142-146. doi.org/10.1093/jamiaopen/ooy031.
- Pietrzak, R., Pitts, B. L., Harpaz-Rotem, I., Southwick, S., & Whealin, J. (2017). Factors protecting against the development of suicidal ideation in military veterans. *World Psychiatry*, 16(3), 326-327. doi:10.1002/wps.20467.
- Pitts, B., Whealin, J. M., & Kato, J. (2017). Risk factors for suicidal behavior depend on age for Veterans in the Pacific Islands. *Suicide and Life Threatening Behavior*. doi: 10.1111/sltb.12376.
- Whealin, J. M., Nelson, D., Kawasaki, M., & Mahoney, M. (2017). Factors impacting rural Pacific Island Veterans' access to care: A qualitative examination. *Psychological Services*, 14(3), 279-288. doi.org/10.1037/ser0000161.
- Whealin, J. M., Yoneda, A. C., Nelson, D., Himes, T. S., Kawasaki, M., & Yan, O. (2017). A culturally adapted family intervention for rural Pacific Island Veterans with PTSD. *Psychological Services*, 14(3), 295-306. doi.org/10.1037/ser0000186.
- Whealin, J. M., King, L., Shore, P., & Spira, J. L. (2017). Diverse Veterans' pre- and post-intervention perceptions of home telemental health for PTSD delivered via tablet. *International Journal of Psychiatry in Medicine*, 52(1), 3-20. doi: 10.1177/0091217417703291.
- Zhou, A. Q., Whealin, J. M., Wang, C., & Lee, R. M. (2017). A measure of perceived family stigma: Validity in a military sample. *Psychological Assessment*, 29(9), 1167-1181. doi: 10.1037/pas0000416.
- Onoye, J. M., Spont, M., Whealin, J. M., Pole, N., Mackintosh, M., Spira, J., & Morland, L. (2017). Research improving assessment of race, ethnicity, and culture to further PTSD research. *Psychological Trauma: Theory, Research, Practice, and Policy*, 9(2), 222-229. <http://dx.doi.org/10.1037/tra0000181>.

- Whealin, J. M., Jenchura, E. C., Wong, A., & Zulman, D. M. (2016). How veterans with PTSD and co-morbid health conditions utilize eHealth to manage their health care needs: A mixed methods analysis. *Journal of Medical Internet Research, 18*(10), e280. doi:10.2196/jmir.5594.
- Whealin, J. M., Seibert-Hatalsky, L. A., Howell, J., & Tsai, J. (2015). Telehealth preferences in ethno-racially diverse Veterans and National Guard members. *Journal of Rehabilitation Research and Development, 52*(6), 725-738. <http://dx.doi.org/10.1682/JRRD.2014.04.0113>.
- Whealin, J. M., Nelson, D. D., Stotzer, R. L., Guerrero, A., Carpenter, M., & Pietrzak, R. H. (2015). Risk and resilience factors associated with posttraumatic stress in ethno-racially diverse National Guard Members in Hawai'i. *Psychiatry Research, 277*(2-3), 270-277. doi:10.1016/j.psychres.2015.02.023.
- Hoerster, K. D., Jakupcak, M., Stephenson, K., Fickel, J. J., Simons, C.E., Hedeem, A., Dwight-Johnson, M., Whealin, J. M., Chaney, E., & Felker, B. L. (2015). A pilot trial of telephone-based collaborative care management for PTSD among Iraq/Afghanistan war Veterans. *Telemedicine and e-Health, 21*(1), 42-47. doi: 10.1089/tmj.2013.0337.
- Whealin, J. M., Kuhn, E., & Pietrzak, R. (2014). Applying Behavior Change Theory to technology promoting Veteran mental health care seeking. *Psychological Services, 11*(4), 486-94. doi: 10.1037/a0037232.
- Tsai, J., Whealin, J. M., & Pietrzak, R. H. (2014). Asian American and Pacific Islander military Veterans in the United States: Health service use and barriers to mental health services. *American Journal of Public Health, 104*, S538-S547. doi:10.2105/AJPH.2014.302124.
- Whealin, J. M., Stotzer, R. L., Pietrzak, R. H., Vogt, D., Shore, J., Morland, L., & Southwick, S. M. (2014). Deployment-related sequelae and treatment utilization in rural and urban war Veterans in Hawaii. *Psychological Services, 11*(1), 114-123. doi: 10.1037/a0032782.
- Whealin, J. M., Stotzer, R. L., Nelson, D., Li, F., Liu-Tom, H. T., & Pietrzak, R. H. (2013). Evaluating PTSD prevalence and resilience factors in a predominantly Asian American and Pacific Islander sample of Iraq and Afghanistan Veterans. *Journal of Affective Disorders, 150*(3), 1062-1068. doi: 10.1016/j.jad.2013.05.044.
- Stotzer, R., Whealin, J. M., & Nelson, D. (2012) Veterans in rural communities: Perceptions of stigma as a barrier to accessing mental health care. *Advances in Social Work, 13*, 1-16.
- Tsai, J., Whealin, J., Scott, J. C., Harpaz-Rotem, I., & Pietrzak, R. (2012). Examining the relation between combat-related concussion, a novel five-factor model of posttraumatic stress symptoms, and health-related quality of life in Iraq and Afghanistan veterans. *The Journal of Clinical Psychiatry, 73*, 1110-1118. doi: 10.4088/JCP.11m07587.
- Pietrzak, R., Tsai, J., Harpaz-Rotem, I., Whealin, J., & Southwick, S. (2012). Support for a novel five-factor model of posttraumatic stress symptoms in three independent samples of Iraq/Afghanistan veterans: A confirmatory factor analytic study. *Journal of Psychiatric Research, 46*, 317-322. doi:10.1016/j.jpsychires.2011.11.013.
- Pietrzak, R., Whealin, J., Stotzer, R., Goldstein, M., & Southwick, S. (2011). An examination of the relations between combat experiences and combat-related posttraumatic stress symptoms in a sample of Connecticut OEF-OIF Veterans. *Journal of Psychiatric Research, 12*, 1579-1584. doi: 10.1016/j.jpsychires.2011.07.010.
- Whealin, J. M., & Ruzek, J. (2008). Program evaluation for organizational cultural competence in mental health practices. *Professional Psychology: Research and Practice, 39*(3), 320-328. doi: 10.1037/0735-7028.39.3.320.
- Whealin, J. M., Ruzek, J., & Southwick, S. (2008). Cognitive behavioral theory and preparation for professionals at risk for trauma exposure. *Trauma, Violence, & Abuse, 9*(2), 100-113. doi: 10.1177/1524838008315869.
- Whealin, J. M., Zinzow, H. M., Salstrom, S. A., & Jackson, J. L. (2007). Gender differences in the experience of unwanted sexual attention and behaviors. *Journal of Child Sexual Abuse, 16*, 41-57.
- DeCarvalho, L. T., & Whealin, J. M. (2006). What pain specialists need to know about posttraumatic stress disorder in Operation Iraqi Freedom and Operation Enduring Freedom returnees. *Journal of Musculoskeletal Pain, 14*(3), 37-45.

- Whealin, J. M., & Jackson, J. L. (2002). Childhood unwanted sexual attention and young women's present self-concept. *Journal of Interpersonal Violence, 17*(8), 854-871.
- Whealin, J. M., Davies, S., Schaffer, A., Jackson, J. L., & Love, L. (2002). Family factors and childhood adjustment associated with unwanted attention to girls' sexuality by intra-familial perpetrators. *Journal of Family Violence, 17*(2), 151-165.
- Whealin, J. M. (2002). Women's exposure to unwanted sexual attention in childhood. *Journal of Child Sexual Abuse, 11*(1), 75-94.
- Whealin, J. M., Morgan, C. A. III, & Hazlett, G. (2001). The role of military studies in enhancing our understanding of PTSD. *National Center for PTSD Research Quarterly, 2*, 1-5.

Books

- DeCarvalho, L. T., & Whealin, J. M. (2012). *Healing stress in military families*. Hoboken, NJ: John Wiley & Sons, Inc.
- Whealin, J. M., DeCarvalho, L. T., & Vega, E. M. (2008). *Clinician's guide to treating stress after war: Education and coping interventions for veterans*. Hoboken, NJ: John Wiley & Sons, Inc.
- Whealin, J. M., DeCarvalho, L. T., & Vega, E. M. (2008). *Strategies for managing stress after war*. Hoboken, NJ: John Wiley & Sons, Inc.

Chapters

- Yoneda, A., Whealin, J. M., & Tsai, J. (2016). PTSD in Asian American and Pacific Islander Veterans: Prevalence, context, and implications for practice. In C. Martin, V. Preedy, & V. B. Patel (Eds.) *The Comprehensive Guide to Post-Traumatic Stress Disorders* (pp. 1-16). Springer International Publishing: Switzerland. doi:10.1007/978-3-319-08613-2_90-1. ISBN:978-3-319-08613-2.
- Whealin, J. M., Ruzek, J. I., & Vega, E. M. (2013). Cognitive behavioral methods for building resilience. In R. R. Sinclair & T. W. Britt (Eds.), *Building psychological resilience in military personnel: Theory and practice* (pp 115-136). Washington DC: American Psychological Association.
- Whealin, J. M., Sandoval de Lopez, T., Pietrzak, R. H., Yoneda, A., Woolaway-Bickel, K., & Southwick, S. M. (2012). Factors associated with OEF/OIF/OND Veterans' engagement in psychotherapy for PTSD. In *Post-Traumatic Stress Disorder: New Research*. (pp 125-138). Hauppauge, NY: Nova Science Publishers, Inc.
- Castelda, B. A., & Whealin, J. M. (2011). Preparing personnel for work-related trauma: A commentary and call for empirical research. In *Advances in Psychology Research, 74*, 197-206.
- Ruzek, J. I., Curran, E., Friedman, M. J., Gusman, F. D., Southwick, S. M., Swales, P., Walser, R. D., Watson, P. J., & Whealin, J. (2004). Treatment of the returning Iraq war veteran. In *Iraqi War Clinician's Guide (2nd Ed., pp. 33-45)*. White River Junction, VT: National Center for PTSD Department of Veterans Affairs publications.
- Ruzek, J. I., Curran, E., Friedman, M. J., Gusman, F. D., Southwick, S. M., Swales, P., Walser, R. D., Watson, P. J., & Whealin, J. (2003). Treatment of the returning Iraq war veteran. In *Iraqi War Clinician Guide (1st Ed., pp. 14-27)*. White River Junction, VT: National Center for PTSD Department of Veterans Affairs publications.
- Whealin, J. M. (2002). Men and sexual trauma. In Department of Veterans Affairs, *Post-Traumatic Stress Disorder: Implications for primary care* (pp. 30-31). Washington, DC: Department of Veterans Affairs.
- Whealin, J. M. (2001). Harassment in the workplace. In M. S. Schrieber (Ed), *Women: Economic empowerment and success* (pp. 221-225). Dubuque, IO: Kendall/Hunt Publishing.
- Whealin, J. M. (1999). Sexual harassment: An overview of the impact for women. In A. Kesselman, L. D. McNair, & N. Schniedewig (Eds.), *Women, images, and realities: A multicultural anthology (2nd ed., pp. 411-415)*. Mountain View, CA: Mayfield Publishing.

Recent Presentations

- Whealin, J. M. (June, 2021). Connected care tools and resources for PTSD. Presented at the VACO Connected Care Discussion Series webinars.

- Peterkin, T., & Whealin, J. (April, 2019). *Understanding Veterans and suicide prevention resources at the Veterans Administration*. Presented at the Prevent Suicide Hawaii Statewide Conference, Honolulu, Hawaii.
- Whealin, J. M. (November, 2018). *How veterans' health-related needs differ from other patients and the VA service options available to them*. In Omizo, R. K., "The Care of a Veteran" presented at John A. Burns School Medical Grand Rounds, Honolulu, Hawaii.
- Lopez, C. A., & Whealin, J. M. (September, 2018). *Streamlining electronic health record training in the VA*. Paper presented at the Field Health Informatics Counsel Meeting (national webinar).
- Peterkin, T., & Whealin, J. (September, 2018). *Readiness for separation and transition: A proposed suicide prevention project*. Poster presented at the 2018 VA Field Health Informatics Counsel Symposium, Orlando, FL.
- Gobin, R.L., Niznikiewicz, M.A., Vuyyuru, C., Whealin, J.M., Khun, E., & Pietrzak, R. H. (2017, August). *Investigation of an Internet intervention to improve mental health treatment seeking among Veterans*. Presented at the 2017 Military Health System Research Symposium, Kissimmee, FL.
- Whealin, J. M., Jenchura, E. C., Wong, A., & Zulman, D. M. (February, 2017). *How veterans with PTSD and co-morbid health conditions utilize eHealth to manage their health care needs*. Invited webinar presented for the Veterans Affairs My HealtheVet 2017 Research Grand Rounds Series.
- Whealin, J. M., Yoneda, A. C., Nelson, D., Hilmes, T., & Kawasaki, M. (2016, September). *The feasibility of a psychoeducation for PTSD program delivered via clinical televideo to ethnoracially-diverse rural Veterans and family members*. Presented at the Veterans Administration State of the Art Conference in Rural Health. Washington, DC.
- Zhou, A. Q., Lee, R. M., Wang, C., & Whealin, J. M. (2015, August). *Invariance of a new scale measuring family stigma towards seeking mental health services*. Poster presented at the 2015 Annual Convention of the American Psychological Association, Toronto, Canada.
- Zhou, A. Q., Lee, R. M., Wang, C., & Whealin, J. M. (2015, May). *Family stigma as a barrier to seeking mental health services among military Veterans*. Poster presented at the 2015 Annual Meeting of the Society for Prevention Science, Washington, DC.
- Whealin, J. M., Seibert-Haltasky, L. A., & Howell, J. M. (2014, November). *e-Mental health preferences in ethno-racially diverse Veterans and national guard members with and without PTSD*. Poster presented at the 28th Annual Convention of the International Society of Traumatic Stress, Miami, FL.
- Whealin, J. M., Yoneda, A. C., Hilmes, T. S., Nelson, D. & Kawasaki, M. M. (2014, June). *Culturally adapting a family intervention for rural Pacific Island Veterans*. Paper session presented at the 3rd biannual American Psychological Association Division 45 Research Conference, Eugene, OR.

Government Services

- Lead Developer, *Coping During COVID* Annie Text Message intervention, sponsored by the VA Office of Connected Care (2021)
- VISN Lead, Annie Text Messaging Program, Office of Connected Care (2021-present)
- Member, Subcommittee on Human Studies Investigational Review Board, Research & Development, Department of Veterans Affairs, VAPIHCS, Honolulu, HI (2001-2007, 2017-present)
- Member, Department of Veterans Affairs MyHealtheVet Clinical Advisory Board, Veterans and Consumers Health Informatics Office, Office of Informatics and Analytics (2014-2019)
- Member, Department of Veterans Affairs Patient Centered Care Innovation Task Force, Veterans Affairs Office of Patient Centered Care and Cultural Transformation (2013-2018)
- Member, Department of Veterans Affairs Cultural Competence Task Force, Veterans Affairs Office of Patient Services (2008-2013)
- Ad-hoc Consultant, VA national outreach campaign to reduce the stigma associated with seeking mental health services among Veterans, Office of Mental Health Services (2011-2013)
- Mentor, Veterans Affairs Psychology Training Director Mentorship Program (2009-2012)

Subject Matter Expert, afterdeployment.org (\$10.2 million self-guided interactive website for combat stress) helped conceptualize website and supervised clinical content development on sleep disorders, relationship problems, anger, and depression (2006-2008)

Member, Department of Defense/Veterans Affairs Telehealth and Technology Workgroup (2006-2008)

Contributor, *Reducing Health Care Disparities: Cultural Competency for Providers* and *Reducing Health Care Disparities: Cultural Competency for Leaders* videos, the VA Intranet Content Distribution Network (2010)

Member, Hawaii National Guard Health & Wellness Task Force, Honolulu, HI (2011-2012)

Advisory Council Member, Joint Service Family Support Network, Pacific Region (2004-2012)

Contributor, VA/DoD Iraqi War Clinician's Guide. White River Junction, VT: National Center for PTSD Department of Veterans Affairs publications (2003-2004)

Educational History

Ph.D./M.S, Clinical Psychology Program, The University of Georgia, Athens, GA

B.A., Department of Psychology, University of North Carolina at Chapel Hill, NC, with Highest Honors

Certificates & Awards

Graduate, American Medical Informatics Association VA Health Informatics "10x10" Certificate Program

Veterans Affairs Performance Awards

Veterans Affairs Certificates of Appreciation

Veterans Affairs Certificates of Achievement

Young Investigator Research Award, Department of Veterans Affairs VISN21

National Science Foundation Research Fellowships

Dashiell-Thurstone Award for Best Thesis

Professional Interests

The Interface of Behavior, Health, and Electronic Health (e-Health)

e-Health Educational and Clinical Intervention Modalities

Using Technology to Develop Novel Approaches for Access to and Engagement in Care

Mental Health Needs Specific to Veterans and Military Families

Prevention/Early Intervention for PTSD and other Military-Related Sequelae

Patient-Centered/Culturally Appropriate Health Care

Program Development/Implementation/Evaluation