

NICHOLAS D. GIARDINO, PH.D.

CONTACT

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EDUCATION

Undergraduate	Brown University, Providence, RI Sc.B. in Psychology/Neuroscience
Graduate	Rutgers University, New Brunswick, NJ, M.S. & Ph.D. in Psychology (Clinical)
Internship	University of Washington, Department of Psychiatry and Behavioral Sciences, Seattle, WA
Postdoctoral Fellowship	Rehabilitation Research/Rehabilitation Psychology, University of Washington, Department of Rehabilitation Medicine
Clinical Research Training	University of Washington Training Support Program for Clinician Scientists
Postdoctoral Fellowship	University of Washington, Neuroimaging Research Group, Department of Radiology

LICENSURE

Licensed Psychologist, Rhode Island, Lic. # PS01544
Licensed Psychologist, Massachusetts, Lic. # PSY10001641
Licensed Psychologist, California, Lic. # PSY36189

CLINICAL POSITIONS

9/2025 – present	Licensed Psychologist, Private Practice, Sebastopol, CA
7/2023 – 8/2025	Licensed Psychologist, Private Practice, Providence, RI
6/2016 – 6/2023	Licensed Psychologist, RICBT, East Providence, RI

6/2014 – 6/2015	Licensed Psychologist, Anxiety Treatment Center of Ann Arbor, Ann Arbor, MI
9/2005 – 6/2014	Attending Psychologist, University of Michigan Outpatient Psychiatry, Ann Arbor, MI
12/2006 – 6/2009	Chief (Acting), PTSD Clinic, VA Ann Arbor Healthcare System, Ann Arbor, MI
9/2005 – 6/2014	Staff Psychologist, PTSD Clinic, VA Ann Arbor Healthcare System, Ann Arbor, MI
7/2004 – 8/2005	Licensed Psychologist, Private Practice, Woodinville, WA

ACADEMIC POSITIONS

6/2014 – 12/2015	Adjunct Assistant Professor, Department of Psychiatry, University of Michigan
11/2007 – 12/2015	Adjunct Assistant Professor, Department of Psychology, University of Michigan
9/2005 – 6/2014	Assistant Professor, Instructional Track, Department of Psychiatry, University of Michigan
8/2003 – 7/2004	Assistant Professor, Tenure Track, Department of Psychology, University of Cincinnati

GRANTS

1. NIH (NHLBI). 5T32HL007749-19. Multidisciplinary Training Program In Lung Disease. Standiford, PI. 7/1/93-6/30/15. Role: Faculty Member. \$785,153 (FY 2011).
2. Department of Defense. W81XWH-08-2-0208. Mindfulness and Self-Compassion Meditation for Combat Posttraumatic Stress Disorder: Randomized Controlled Trial and Mechanistic Study. Liberzon, PI. 10/1/08-9/30/14. Role: Co-Investigator. \$750,000.
3. Department of Veterans Affairs. CDA-2. Career Development Award. PTSD and Risk for Cardiovascular and Pulmonary Disease. 7/1/09-6/30/14. Role: PI. \$850,000.
4. University of Michigan. U018789. Psychophysiology of Panic Anxiety in Chronic Obstructive Pulmonary Disease. 10/1/06-4/30/08. Role. PI. \$27,000.
5. NIH (NHLBI). 5R01HL082480-02. Innate and Adaptive Immunity in COPD Exacerbations. Curtis, PI. 9/25/05-7/31/11. Role: Co-Investigator. \$1,992,543.

6. Dept. of Veterans Affairs. MERIT. Neurofunctional Markers of SSRI Treatment Response in PTSD. Phan, PI. 12/01/08-11/30/11. Role: Co-Investigator. \$450,000.
7. Michigan Institute for Clinical & Health Research. Impact of Sleep Quality on Extinction Recall and Extinction Generalization of Conditioned Fear. Pickett, PI. 3/1/10-2/29/12. Role: Co-Investigator. \$35,635.
8. NIH (NIMH). 1R01MH074852-01A1. Psychological Modulation of the Human HPA Stress Axis. Abelson, PI. 4/1/07-3/31/12. Role: Co-Investigator. \$1,250,000.
9. Mind & Life Institute and University of Michigan Integrative Medicine Pilot Program. Pilot Study of Effects of Mindfulness and Compassion Meditation on Emotion and Emotion Regulation Neurocircuitry. King, PI. 10/1/11-9/30/13. Role: Co-Investigator. \$23,000.
10. NIH. HHSN268200736192C. Long-Term Oxygen Therapy Treatment Trial (LOTT) – Regional Clinical Centers (RCC's). Martinez, PI. 10/31/06-10/30/13. Role: Co-Investigator. \$1,787,703.
11. Department of Veterans Affairs. 1I01HX000332-01. Effectiveness of an Automated Walking Program Targeting Veterans with COPD. Richardson, PI. 7/1/10-6/30/13. Role: Co-Investigator. \$892,976.

AWARDS

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| 5/1995 | Albert Arnold Bennett, Class of 1872, Award for Academic Achievement
Brown University |
| 11/2000 | Stanley Foundation Research Scholars Award, Department of Psychiatry and
Behavioral Sciences, University of Washington |
| 6/2004 | NIH Clinical Research Student Loan Repayment Award |
| 5/2004 | Travel Award, Behavioral Science Assembly, American Thoracic Society Annual
Meeting |

EDITORIAL BOARDS AND PEER-REVIEW SERVICE

Editorial Boards:

Frontiers in Respiratory Physiology, Review Editor

Peer-Reviewer:

Journal of Rehabilitation Psychology
Journal of Psychosomatic Research
Environmental Health Perspectives
American Journal of Physiology

Applied Psychophysiology & Biofeedback
Journal of Aging and Health
Depression and Anxiety
Archives of Physical Medicine and Rehabilitation
Chest
Physiology & Behavior
Biological Psychiatry
Journal of Traumatic Stress
International Journal of Psychophysiology
American Journal of Respiratory and Critical Care Medicine
European Respiratory Journal

TEACHING

Postdoctoral Fellows

Todd Favorite (VA)	9/06 – 9/07
Heide Klumpp (UM)	9/06 – 8/08
Thane Erickson (UM)	9/06 – 8/08
Barbara Pamp (VA)	9/08 – 8/09
Scott Picket (UM)	9/08 – 8/09
Christine Rabinak (VA/UM)	2/10 – 8/13
Elke Vlemincx (UM)	9/11 – 8/13

Dissertation Committees

Alicia Hofelich (Psychology)	6/11 – 4/12
Roxane Chan (Nursing)	9/10 – 5/13

Courses taught

6/95 – 8/95	Comparative Psychology – full course responsibility
6/96 – 8/96	Research Methods in Psychology – full course responsibility
6/97 – 8/97	Systems of Psychotherapy – full course responsibility
10/97 –	Co-instructor for Heart Rate Variability Biofeedback clinical workshops
6/98 – 8/98	Abnormal Psychology – full course responsibility
9/98 – 12/98	Fieldwork in Psychology – full course responsibility
9/00 – 7/03	Systems of Human Behavior – virtual clinic attending
9/00 – 7/03	Introduction to Clinical Medicine – special skills interview training
9/02-7/03	Cognitive Behavior Therapy - Clinical supervisor for Psychiatry residents
11/03	Psychophysiological Recording: Seminar presentation
9/03 – 12/03	Introduction to Psychology – full course responsibility
1/04 – 5/04	Research Methods in Clinical and Health Psychology – full course responsibility
9/06-6/14	PGY1 Core. Post Traumatic Stress Disorder.

EXTRAMURAL INVITED PRESENTATIONS

Lehrer, P., & Giardino, N. D. (1997, October). *Biofeedback for heart rate variability: a promising approach to improving autonomic homeostasis*. Symposium, International Society for the Advancement of Respiratory Psychophysiology annual meeting, North Falmouth, MA.

Otto, T., & Giardino, N. (2000, June). *Pavlovian conditioning of emotional responses to olfactory and contextual stimuli: a potential model for the development and expression of chemical intolerance*. Invited presentation, New York Academy of Sciences, The Role of Neural Plasticity in Chemical Intolerance. New York, NY.

Giardino, N. D., Friedman, S. D., Petropoulos, H., Murallo, A., & Dager, S. R. (February, 2005). *Respiratory and autonomic nervous system regulation in panic disorder*. Invited presentation, Psychiatric Research Society, Park City, UT.

Giardino, N., Abelson, J., King, A., Sudheimer, K., McLean, S., & Liberzon, I. (March 2007). *Cognition, emotion, and stress response*. Symposium, American Psychosomatic Society annual meeting, Budapest, Hungary.

Giardino, N. D. (March 2007). *Post traumatic stress disorder: An overview for physical medicine and rehabilitation*. Invited grand rounds presentation. Department of Rehabilitation Medicine, St. Joseph Mercy Hospital, Ann Arbor, MI.

Giardino, N.D. (April 2008). *Breathlessness in COPD: Dyspnea vs. Fear of dyspnea*. Invited presentation, Chinese Academy of Medical Sciences, Beijing, China.

Giardino, N. D. (April 2009). *Heart rate variability: Methods and applications*. Invited presentation, Applied Psychophysiology and Biofeedback annual meeting, Albuquerque, NM.

Giardino, N.D. (May 2009). *Adaptive breathing strategies in chronic obstructive pulmonary disease*. Symposium presentation, American Thoracic Society annual meeting, San Diego, CA.

Giardino, N.D. (May 2010). *Depression and obstructive lung disease: state of the science and future directions*. Symposium chair and presenter, American Thoracic Society annual meeting, New Orleans, LA.

Giardino, N.D. (October 2010). *Is dyspnea an emotion?* Presidential address, International Society for the Advancement of Respiratory Psychophysiology annual meeting, New York, NY.

BIBLIOGRAPHY

Peer-reviewed Journal Publications

1. Giardino, N. D., Aloyz, R. S., Zollinger, M., Miller, M. W., & DesGroseillers, L. (1996). The L5-67 and LUQ-1 peptide precursors of *Aplysia californica*: Distribution and localization of immunoreactivity in the central nervous system and in peripheral tissues. *Journal of Comparative Neurology*, 374, 230-245.
2. Giardino, N. D., & Lehrer, P. M. (2000). Behavioral conditioning and idiopathic environmental intolerances. *Occupational Medicine*, 15, 519-528.
3. Otto, T., & Giardino, N. D. (2001). Pavlovian conditioning of emotional responses to olfactory and contextual stimuli: A potential model for the development and expression of chemical intolerance. *Annals of the New York Academy of Sciences*, 933, 291-309.
4. Giardino, N. D., Lehrer, P. M., & Edelberg, R. (2002). Comparison of finger plethysmograph to ECG in the spectral analysis of heart rate variability. *Psychophysiology*, 39, 246-253.
5. Giardino, N. D., Schmaling, K. B., & Afari, N. (2002). Relationship satisfaction moderates the association between catastrophic cognitions and asthma symptoms. *Journal of Asthma*, 39, 749-756.
6. Schmaling, K. B., Giardino, N. D., Korslund, K. E., Roberts, L. J., & Sweeny, S. (2002). The utility of interdisciplinary training and service: Psychology training on a psychiatry consultation-liaison service. *Professional Psychology: Research and Practice*, 33, 413-417.
7. Lehrer, P., Feldman, J., Giardino, N., Song, H., & Schmaling, K. (2002). Psychological aspects of asthma. *Journal of Consulting and Clinical Psychology*, 70, 691-711. Invited Review.
8. Giardino, N. D., & Schmaling, K. B. (2002). Behavioral factors in asthma. *Behavior Analyst*, 3, 203-212. Invited Review.
9. Giardino, N. D., & Borson, S. (2002). COPD and depression: Incidence and treatment options. *Journal of Respiratory Diseases*, 23, 365-366.
10. Schmaling, K. B., Hernandez, D. V., & Giardino, N. D. (2003). Provider and patient adherence with asthma evaluation and treatment. *Advances in Psychosomatic Medicine*, 24, 98-114.
11. Giardino, N. D., Glenny, R. W., Borson, S., & Chan, L. (2003). Respiratory sinus arrhythmia is associated with the efficiency of pulmonary gas exchange in healthy humans. *American Journal of Physiology. Heart and Circulatory Physiology*, 284, H1585-H1591.

12. Giardino, N. D., Jensen, M. P., Turner, J. A., Ehde, D. M., & Cardenas, D. D. (2003). Social environment moderates the association between catastrophizing and pain reports in persons with spinal cord injury. *Pain, 106*, 19-25.
13. Fiedler, N., Giardino, N. D., Natelson, B., Ottenweller, J. E., Weisel, C., Lioy, P., Lehrer, P., Ohman-Stickland, P., Kelly-McNeil, K., & Kipen, H. (2004). Response to controlled diesel vapor exposure among chemically sensitive Gulf War veterans. *Psychosomatic Medicine, 66*, 588-598.
14. Giardino, N. D., Chan, L., & Borson, S. (2004). Combined heart rate variability and pulse oximetry biofeedback for chronic obstructive pulmonary disease: A feasibility study. *Applied Psychophysiology and Biofeedback, 29*, 121-133.
15. Storm, S., Beaver, S. K., Giardino, N., Kliot, M., Franklin, G. M., Jarvik, J. G., & Chan, L. (2005). Compliance with electrodiagnostic guidelines for patients undergoing carpal tunnel release. *Archives of Physical Medicine and Rehabilitation, 86*, 8-11.
16. Martinez, F. J., Sciurba, F., Mumford, J., Curtis, J. L., Giardino, N. D., Weinmann G., et al. (2007). Gender differences in severe pulmonary emphysema. *American Journal of Respiratory and Critical Care Medicine, 176*: 243-52.
17. Yawn, B. P., Giardino, N. D., & Criner, G. J. (2007). COPD and mood disorders, part 1: Anxiety and depression. *Journal of Respiratory Diseases, 28*, 94-103. Invited Review/Practice Guideline.
18. Yawn, B. P., Giardino, N. D., & Criner, G. J. (2007). COPD and mood disorders, part 2: Sleep problems. *Journal of Respiratory Diseases, 28*, 149-154. Invited Review/Practice Guideline.
19. Giardino, N. D., Friedman, S. D., & Dager, S. R. (2007). Anxiety, respiration, and cerebral blood flow: Implications for functional brain imaging. *Comprehensive Psychiatry, 48*, 103-112.
20. Han, M. K., Postma, D., Mannino, D., Giardino, N. D., Buist, S., Curtis, J. L., Martinez, F. J. (2007). Gender and chronic obstructive pulmonary disease: Why it matters. *American Journal of Respiratory and Critical Care Medicine, 176*:1179-84. Review.
21. Fan, V. S., Ramsey, S. D., Giardino, N. D., Make, B. J., Emery, C. F., Diaz, P. T., et al. (2007). Sex, depression, and risk of hospitalization and mortality in COPD. *Archives of Internal Medicine, 167*: 2345-53.
22. Martinez, F. J., Curtis, J. L., Sciurba, F., Mumford, J., Giardino, N. D., Weinmann, G., et al. (2007). Sex differences in severe pulmonary emphysema. *American Journal of Respiratory and Critical Care Medicine, 176*: 243-52.

23. Fan, V. S., Giardino, N. D., Blough, D. K., Kaplan, R. M., Ramsey, S. D., & Group, T. N. (2008). Costs of pulmonary rehabilitation and predictors of adherence in the national emphysema treatment trial. *COPD*, 5: 105-16.
24. Kucewicz, J. C., Dunmire, B., Giardino, N. D., Leotta, D. F., Paun M., Dager, S. R., Beach, K. W. (2008). Tissue pulsatility imaging of cerebral vasoreactivity during hyperventilation. *Ultrasound Med Biol*, 34:1200-8.
25. Abelson, J. L., Khan, S., Lyubkin, M. & Giardino, N. (2008). Respiratory irregularity and stress hormones in panic disorder: Exploring potential linkages. *Depression and Anxiety*, 25:885-7.
26. Decramer, M., Rennard, S., Troosters, T., Mapel, D. W., Giardino, N., Mannino D., et al. (2008). COPD as a lung disease with systemic consequences--clinical impact, mechanisms, and potential for early intervention. *COPD*, 5, 235-56. Review.
27. Giardino, N. D. (2009). Doing no harm: A commentary of 'The clinical significance of co-morbid post-traumatic stress disorder and borderline personality disorder: Case study and literature review'. *Personality and Mental Health*, 3: 227-230. Invited Commentary.
28. Rauch, S. A., Favorite, T., Giardino, N., Porcari, C., Defever, E., & Liberzon, I. (2010). Relationship between anxiety, depression, and health satisfaction among veterans with PTSD. *Journal of Affective Disorders*, 121, 165-8.
29. Han, M. K., Swigris, J., Liu, L., Bartholmai, B., Murray, S., Giardino, N., Thompson, B., Frederick, M., Li, D., Schwarz, M., Limper, A., Flaherty, K., Martinez, F. J. (2010). Gender influences health-related quality of life in IPF. *Respiratory Medicine*, 104, 724-30.
30. Chan, L., Giardino, N. D., Rubinfeld, G., Baldwin, L., Fordyce, M. A., & Hart, L. G. (2010). Geographic differences in use of home oxygen for obstructive lung disease: A national Medicare study. *Journal of Rural Health*, 26, 139-45.
31. Abelson, J. L., Khan, S., & Giardino, N. D. (2010). HPA axis, respiration and the airways in stress—A review in search of intersections. *Biological Psychology*, 84, 57-65. Review.
32. Giardino, N. D., Curtis, J. L., Abelson, J. L., King, A. P., Pamp, B., Martinez, F. J., & Liberzon, I. (2010). The impact of panic disorder on interoception and dyspnea reports in chronic obstructive pulmonary disease. *Biological Psychology*, 84, 142-6.
33. Giardino, N. D., Curtis, J. L., Andrei, A., Fan, V. S., Benditt, J. O., Lyubkin, M., Nauheim, K., Criner, G., Make, B., Wise, R. A., Murray, S. K., Fishman, A. P., Sciurba, F. C., Liberzon, I. L., & Martinez, F. J. (2010). Anxiety is associated with diminished exercise performance and quality of life in severe emphysema. *Respiratory Research*, 11, 29.

34. Lyubkin, M., Giardino, N. D. & Abelson, J. L. (2010). Relationship between respiratory, endocrine, and cognitive-emotional factors in response to a pharmacological panicogen. *Depression and Anxiety*, 27, 1011-16.
35. Troosters, T., Weisman, I., Dobbels, F., Giardino, N., & Valluri S. R. (2011). Assessing the Impact of tiotropium on lung function and physical activity in GOLD stage II COPD patients who are naïve to maintenance respiratory therapy: a study protocol. *Open Respir Med J*, 5, 1-9.
36. Rejai, S., Giardino, N. D., Krishnan, S, Ockene, I. S., Rubenfire, M., Jackson, E. A. (2012). Quality of life and baseline characteristics associated with depressive symptoms among patients with heart disease. *Clin Epidemiol*, 4, 181-6.
37. Martinez, C. H., Raparla, S., Plauschinat, C. A., Giardino, N. D., Rogers, B., Beresford, J., Bentkover, J. D., Schachtner-Appel, A., Curtis, J. L., Martinez, F. J., Han, M. K. (2013). Gender differences in symptoms and care delivery for chronic obstructive pulmonary disease. *J Womens Health*, 21, 1267-74.
38. King, A. P., Erickson, T. M., Giardino, N. D., Favorite, T., Rauch, S. A., Robinson, E., Kulkarni, M., Liberzon I. (2013). A pilot study of group mindfulness-based cognitive therapy (MBCT) for combat veterans with posttraumatic stress disorder. *Depress Anxiety*, 30, 638-45.
39. Martinez, C. H., Moy, M. L., Nguyen, H. Q., Cohen, M., Kadri, R., Roman, P., Holleman, R. G., Kim, H. M., Goodrich, D. E., Giardino, N. D., Richardson, C. R. (2014). Taking Healthy Steps: rationale, design and baseline characteristics of a randomized trial of a pedometer-based Internet-mediated walking program in veterans with chronic obstructive pulmonary disease. *BMC Pulm Med*, 14, 12.
40. Robison-Andrew, E. J., Duval, E. R., Nelson, C. B., Echiverri-Cohen, A., Giardino N., Defever, A., Norrholm, S. D., Jovanovic, T., Rothbaum, B. O., Liberzon, I., Rauch, S. A. (2014). Changes in trauma-potentiated startle with treatment of posttraumatic stress disorder in combat Veterans. *J Anxiety Disord*, 28, 358-62.
41. Holtz, B., Krein, S. L., Bentley, D. R., Hughes, M. E., Giardino, N. D., Richardson, C. R. (2014). Comparison of Veteran experiences of low-cost, home-based diet and exercise interventions. *J Rehabil Res Dev*, 51, 149-60.
42. Chan, R. R., Giardino, N., Larson, J. L. (2015). A pilot study: mindfulness meditation intervention in COPD. *Int J Chron Obstruct Pulmon Dis*, 10, 445-54.
43. Moy, M. L., Collins, R. J., Martinez, C. H., Kadri, R., Roman, P., Holleman, R. G., Kim, H. M., Nguyen, H. Q., Cohen, M. D., Goodrich, D. E., Giardino, N. D., Richardson, C. R. (2015). An Internet-Mediated Pedometer-Based Program Improves Health-Related Quality-of-Life Domains and Daily Step Counts in COPD: A Randomized Controlled Trial. *Chest*, 148, 128-37.

44. King, A. P., Block, S. R., Sripada, R. K., Rauch, S. A., Porter, K. E., Favorite, T. K., Giardino, N., Liberzon I.(2016). A Pilot Study of Mindfulness-Based Exposure Therapy in OEF/OIF Combat Veterans with PTSD: Altered Medial Frontal Cortex and Amygdala Responses in Social-Emotional Processing. *Front Psychiatry*, 7, 154.
45. Moy, M. L., Martinez, C. H., Kadri, R., Roman, P., Holleman, R. G., Kim, H. M., Nguyen, H. Q., Cohen, M. D., Goodrich, D. E., Giardino, N. D., Richardson, C. R. (2016). Long-Term Effects of an Internet-Mediated Pedometer-Based Walking Program for Chronic Obstructive Pulmonary Disease: Randomized Controlled Trial. *J Med Internet Res*, 18, 215.

Book Chapters

1. Giardino, N. D., Lehrer, P. M., & Feldman, J. M. (1999). The role of oscillations in self-regulation: A revision of the classical model of homeostasis. In D. Kenney, J. G. Carlson, F. J. McGuigan, & J. L. Sheppard (Eds.), *Stress and health: Research and clinical applications*. (pp. 27-51). Chur, Switzerland: Harwood Academic Publishers.
2. Feldman, J. M., Giardino, N. D., & Lehrer, P. M. (2000). Asthma and panic disorder. In D. I. Mostofsky, & D. H. Barlow (Eds.), *The management of anxiety in medical disorders*. (pp. 220-239). Needam Heights, MA: Allyn & Bacon.
3. Lehrer, PM, Siddique, M, Feldman, J, Giardino, N. (2002). Asthma. In D. Moss, I. Wickramasekera, A. McGrady, & T. Davies (Eds.). *Handbook of mind-body medicine in primary care: Behavioral and physiological tools*. (pp. 235-248). Thousand Oaks, CA: Sage Publications.
4. Schmalings, K. B., Lehrer, P. M., Feldman, J., & Giardino, N. (2002). Asthma. In A. M. Nezu, C. M. Nezu, P. A. Geller, & I. B. Weiner (Eds.), *Comprehensive handbook of psychology, Health Psychology*. New York: Wiley.
5. Giardino, N. D., & Rende, R. (2003). Somatic complaints from early childhood to early adolescence. In S. A. Petrill, R. Plomin, J. DeFries, & J. K. Hewitt (Eds.), *Nature, nurture, and the transition to early adolescence*. (pp. 76-92). New York: Oxford University Press.
6. Giardino, N. D., McGrady, A., & Andrasik, F. (2007). Stress management and relaxation therapies for somatic disorders. In P. M. Lehrer, & R. H. Woolfolk (Eds.), *Principles and practice of stress management*, 3rd ed. (pp. 682-702). New York: Guilford Press.
7. Fan, V. S., & Giardino, N. D. (2011). Anxiety and depression. In L. Nici & R. ZuWallack (Eds.), *Chronic obstructive pulmonary disease: Co-morbidities and systemic consequences*. (pp. 95-118). New York: Springer.
8. Giardino, N. D., & Shea, M. J. (2012). Distinguishing cardiac from psychologic somatic symptoms. In M. Riba, L. Wulsin & M. Rubenfire (Eds.), *Psychiatry and heart disease*. (pp. 99-105). New York: John Wiley & Sons, Ltd.