

DATE PREPARED: February 15, 2010

NAME: Richard Samuel Surwit

PRIMARY APPOINTMENT: Psychiatry and Behavioral Sciences

CURRENT POSITION:

Professor and Vice Chairman
Chief, Division of Medical Psychology
Department of Psychiatry and Behavioral Sciences,
Duke University Medical Center

1988- Associate Professor in Medicine, Department of Medicine,
Duke University Medical Center
1990- Research Director, Duke Neurobehavioral Diabetes Program
1991- Professor of Psychology
Department of Psychology: Social and Health Sciences
Duke University
1993- Vice Chairman for Research
1997- Chief, Division of Medical Psychology

LICENSURE: Psychologist, North Carolina

SPECIALTY CERTIFICATION:

Diplomate, Clinical Psychology -
American Board of Professional Psychology (ABPP)
Fellow, Academy of Clinical Psychology (FAClinP)
Member, National Register for Health Care Providers in Psychology
Health Service Provider: Psychologist, North Carolina (HSP-P)

DATE OF BIRTH: October 7, 1946

PLACE: New York City, New York

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CHILDREN: Daniel and Sarah

EDUCATION:

Bayside High School	1961-1964	Diploma
Earlham College	1964-1968	A.B.
McGill University	1968-1972	Ph.D.
Harvard Medical School	1972-1974	Post-doctoral fellowship

PROFESSIONAL EXPERIENCE:

1977-83	Associate Professor of Medical Psychology, Department of Psychiatry, Duke University Medical Center
1976-77	Assistant Professor of Psychology, Department of Psychiatry, Harvard Medical School, Boston, Massachusetts
1974-77	Director, Psychophysiology Laboratory, Massachusetts Mental Health Center, Boston Massachusetts
1974-76	Instructor in Psychology, Department of Psychiatry, Harvard Medical School
1972-74	Research Fellow in Psychology, Department of Psychiatry, Harvard Medical School
1972-77	Behavior Therapy Consultant, Learning Therapies, Inc., Newton, Massachusetts
1971-72	Clinical Internship in Behavior Therapy, Allan Memorial Institute, Montreal, Quebec, Canada
1970	Clinical Internship in Behavior Therapy, Douglas Hospital, Verdun, Quebec, Canada
1969	Clinical Internship in Neuropsychology, Montreal Neurological Institute, Montreal, Quebec, Canada
1968-72	Teaching Assistant, McGill University

PUBLICATIONS:

(1) Published in refereed journals

1. Finch, D.M., **Surwit, R.S.** & Johnson, R.R. The effects of amygdectomy on shock-induced fighting behavior in rats. Psychonomic Science, 1968, 10, 360-370.
2. Ryback, D. & **Surwit, R.S.** Sub professional behavior modification in the development of token-reinforcement systems in increasing academic motivation and achievement. Child Study Journal, 1971, 1, 52-68.
3. **Surwit, R.S.** Biofeedback, a possible treatment for Raynaud'disease. Seminars in Psychiatry, 1973, 5, 483-490.

4. **Surwit, R.S.** & Poser, E.G. Latent inhibition in the conditioned electrodermal response. Journal of Comparative & Physiological Psychology, 1974, 86, 543-548.
5. Shapiro, D. & **Surwit, R.S.** Operant conditioning: a new theoretical approach in psychosomatic medicine. International Journal of Psychiatry in Medicine, 1974, 5, 377-387.
6. **Surwit, R.S.**, Shapiro, D. & Feld, J.L. Digital temperature autoregulation and associated cardiovascular changes. Psychophysiology, 1976, 3, 242-248.
7. **Surwit, R.S.** Simple vs. complex feedback displays in the training of digital skin temperature. Journal of Consulting & Clinical Psychology, 1977, 45, 146-147.
8. **Surwit, R.S.**, Hager, J.S. & Feldman, T. The role of feedback in voluntary control of blood pressure in instructed subjects. Journal of Applied Behavior Analysis, 1977, 10, 625-631.
9. **Surwit, R.S.**, Shapiro, D. & Good, M.I. A comparison of cardiovascular biofeedback, neuromuscular biofeedback, and meditation in the treatment of borderline essential hypertension. Journal of Consulting & Clinical Psychology, 1978, 46, 252-263.
10. Keefe, F.J. & **Surwit, R.S.** Electromyographic feedback - behavioral treatment of neuromuscular disorders. Journal of Behavioral Medicine, 1978, 1, 13-31.
11. **Surwit, R.S.**, Bradner, M.N., Fenton, C.H. & Pilon, R.N. Laterality of body focus and digital skin temperature in patients with Raynaud's disease. Psychophysiology, 1978, 15, 320-323.
12. Hager, J.L. & **Surwit, R.S.** Hypertension self-control with portable feedback unit or relaxation. Biofeedback Self Regulation, 1978, 3, 269-276.
13. **Surwit, R.S.** & Keefe, F.J. Frontalis EMG feedback: an electronic panacea? Behavior Therapy, 1978, 9, 779-792.
14. **Surwit, R.S.**, Bradner, M.N., Fenton, C. & Pilon, R.N. Individual differences in the behavioral treatment of Raynaud's disease. Journal of Consulting & Clinical Psychology, 1979, 47, 363-367.
15. **Surwit, R.S.**, **Pilon, R.N.** & Fenton, C.H. Behavioral treatment of Raynaud's disease. Journal of Behavioral Medicine, 1979, 1, 323-335.
16. Keefe, F.J., **Surwit, R.S.** & **Pilon, R.N.** A one-year follow-up of Raynaud's patients treated with behavioral therapy techniques. Journal of Behavioral Medicine, 1979, 2, 385-391.

17. Keefe, F.J., **Surwit, R.S.** & Pilon, R.N. Biofeedback, autogenic training and progressive relaxation in the treatment of Raynaud's disease. Journal of Applied Behavior Analysis, 1980, 13, 3-11.
18. **Surwit, R.S.** & Fenton, C.H. Feedback and instructions in the control of digital skin temperature. Psychophysiology, 1980, 17, 129-132.
19. Keefe, F.J., **Surwit, R.S.** & Pilon, R.N. Collagen vascular disease: Can behavior therapy help? Behavior Therapy & Experimental Psychiatry, 1981, 12, 171-175.
20. Rotberg, M.H. & **Surwit, R.S.** Biofeedback techniques in the treatment of visual and ophthalmologic disorders: A review of the literature. Biofeedback & Self-Regulation, 1981, 6, 375-388.
21. Keefe, F.J., Shapiro, A.R., Williams, R.B., & **Surwit, R.S.** EMG assisted relaxation training in the management of chronic low back pain. American Journal of Clinical Biofeedback, 1981, 4, 93-104.
22. Keefe, F.J., Block, A.R., Williams, R.B. & **Surwit, R.S.** Behavioral treatment of chronic low back pain: Clinical outcome and individual differences in pain relief. Pain, 1981, 11, 221-231.
23. **Surwit, R.S.** Behavioral approaches to Raynaud's disease. Psychotherapy and Psychosomatics, 1981, 36, 224-245.
24. **Surwit, R.S.**, Allen, L.M., Gilgor, R.S., & Duvic, M. The combined effect of prazosin and autogenic training on cold reactivity in Raynaud's phenomenon. Biofeedback and Self-Regulation, 1982, 7, 537-544.
25. Steptoe, A. & **Surwit, R.S.** Behavioral Medicine: Introduction. Journal of Psychosomatic Research, 1982, 26, 467-468.
26. **Surwit, R.S.**, Scovern, A.W., & Feinglos, M.N. The role of behavior in diabetes care. Diabetes Care, 1982, 5, 337-342.
27. **Surwit, R.S.** Behavioral treatment of Raynaud's syndrome in peripheral vascular disease. Journal of Consulting and Clinical Psychology, 1982, 50, 922-932.
28. **Surwit, R.S.**, Feinglos, M.N., & Scovern, A.W. Diabetes and behavior: A challenge for health psychology. American Psychologist, 1983, 38, 255-262.
29. **Surwit, R.S.**, & Feinglos, M.N. The effects of relaxation on glucose tolerance in non-insulin dependent diabetes, Diabetes Care, 1983, 6, 176-179.

30. **Surwit, R.S.**, Allen, L.M., Gilgor, R.S., Schanberg, S., Kuhn, C., & Duvic, M. Neuroendocrine response to cold in Raynaud's syndrome. Life Sciences, 1983, 32, 995-1000.
31. **Surwit, R.S.**, Gilgor, R.S., Duvic, M., Allen, L.M., & Neal, J.A. Intra-arterial reserpine for Raynaud's phenomenon: Adverse reactions without therapeutic benefit. Archives of Dermatology, 1983, 119, 733-735.
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34. **Surwit, R.S.** & Feinglos, M.N. Relaxation-induced improvement in glucose tolerance is associated with decreased plasma cortisol. Diabetes Care (Letter), 1984, 7, 203-204.
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37. **Surwit, R.S.** & Feinglos, M.N. Stress and diabetes. Behavioral Medicine Update (now Annals of Behavioral Medicine), 1984, 6:1, 8-11.
38. McCubbin, J.A., **Surwit, R.S.**, & Williams, Jr., R.B. Endogenous opiate peptides, stress reactivity, and risk for hypertension. Hypertension, 1985, 7, 808-811.
39. **Surwit, R.S.**, McCubbin, J.A., Livingston, E.G. & Feinglos, M.N. Classically conditioned hyperglycemia in the obese mouse. Psychosomatic Medicine, 1985, 47, 565-568.
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48. **Surwit, R. S.** and Feinglos, M. N. Relaxation therapy: A reply. Diabetes Care (letter), 1987 10, 794-795.
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- Psychological predictors of glucose control in patients with insulin-dependent diabetes mellitus. Diabetes Care, 1988, 11, 798-800.
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- training for non-insulin dependent diabetes: Predicting who will benefit. Diabetes Care, 1993,16, 1087-1094.
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 76. **Surwit, R.S.**, M.F. Seldin, C.M. Kuhn, C. Secor and M.N. Feinglos. Diet-induced obesity and diabetes in C57BL/6J and C57BL/KsJ Mice. Mouse Genome 1994,92,523-525.
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- Physiology and Behavior, 1995, 57, 1215-1220.
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116. Georgiades, A., Zucker, N., Friedman, K., Mosunic, C.J., Applegate, K., Lane, J.D., Feinglos, M.N., and **Surwit, R.S.** Changes in depressive symptoms and glycemic control in diabetes mellitus. Psychosomatic Medicine, 2007, 69, 235-241.
117. Brummett, B.H., Krystal, A.D., Siegler, I.C., Kuhn, C., **Surwit, R.S.**, Zuchner, S., Ashley-Koch, A., Barefoot, J.C., and Williams, R.B. Associations of a regulatory polymorphism of monoamine oxidase-A gene promoter (MAOA-uVNTR) with symptoms of depression and sleep quality. Psychosomatic Medicine, 2007, 69, 369-401.
118. Lane, J.D., Hwang, A.L., Feinglos, M.N., and **Surwit, R.S.** Caffeine in coffee impairs glucose metabolism in type 2 diabetes. Endocrine Practice, 2007, 13, 239-243.
119. Boyle S.H., **Surwit R.S.**, Georgiades A., Brummett B.H., Helms M.J., Williams R.B., and Barefoot J.C. Depressive symptoms, race and glucose concentrations: the role of cortisol as mediator. Diabetes Care, 2007, 30, 2484-2488.
120. O'Shea, S.I., Arcasoy, M.O., Samsa, G., Cummings, S.E., Thames, E.H., **Surwit, R.S.**, and Ortel, T.L. Direct-to-patient expert system and home INR monitoring improves control of oral anticoagulation. J. Thrombosis and Thrombolysis, 2008, 26, 14-21 .
121. **Lane, J.D.**, Feinglos, M.N., and Surwit, R.S. Caffeine increases ambulatory glucose and postprandial responses in coffee drinkers with type 2 diabetes. Diabetes Care, 2008, 31, 221-222.
122. Zhang, H, Stevens, RD, Young, SP, **Surwit, R**, Geogiades, A, Boston, R.A and Millington, D.S. A convenient liquid chromatographic-mass spectrometric method for assessment of glucose kinetics in vivo using 13c6-D-glucose as a tracer. Clinical Chemistry, 2009, 55, 527-532.
123. Newgard, C.B., An, J., Bain, J.R., Muehlbauer, M.J., Stevens, R.D., Lien, L.F., Haqq, A.M., Shar, S.H., Arlotto, M., Slentz, C.A., Rochon, J., Gallup, D., Ilkayeva, O., Wenner, B.R., Yancy, W.E.,

Eisenson, H., Musante, G., **Surwit, R.**, Millington, D.S., Butler, D., and Svetkey, L.P. A branched-chain amino acid-related metabolic signature that differentiates obese and lean humans and contributes to insulin resistance. Cell Metabolism, 2009, 9, 311-326.

124. Georgiades, A., Lane, J.D., Boyle, S.H., Brummett, B.H., Barefoot, J.C., Kuhn, C.M., Feinglos, M.N., Williams, R.B., Merwin, R.R., Minda, S., Siegler, I.C., and **Surwit, R.S.** Hostility and fasting glucose in African American women. Psychosomatic Medicine, 2009, 71, 642-645.
125. **Surwit, R. S.**, Lane J. D., Millington D.S., Zhang H., Feinglos M.N., Minda S, Merwin R, Kuhn C.M., Boston R.C., Georgiades A. Hostility and the minimal model of glucose kinetics in African American women. Psychosomatic Medicine, 2009, 71, 646-651
126. Batch, B.C., Kincaid, B.A., **Surwit, R.S.** The role of stress in the development and management of diabetes mellitus. International Diabetes Monitor, in press.
127. **Surwit, RS**, Willams, W.B.Lane, J.D., Kuhn, C.M., Feinglos, M.N., and Georgiades, A. Plasma epinephrine predicts fasting glucose in centrally-obese African American women, Obesity, in press.

(3) Articles published in non-refereed journals.

Williams, R.B. & Surwit, R.S. Behavior modification in the treatment of hypertension. Practical Cardiology, 1978, 4, 119-120.

Surwit, R.S. Warm thoughts for a cold winter. Psychology Today, 1978, 12, 112-115.

Surwit, R.S. Biofeedback training in clinical cardiovascular disease. Primary Cardiology, 1980, 6, 34-44.

Hastedt, P., Surwit, R.S., & Feinglos, M.N. Destabilizing effects of stress on diabetes control. IM-Internal Medicine for the Specialist, 1984, 5:10, 131-137.

Surwit, R.S., and Feinglos, M.N. The Stress Factor, Diabetes Forecast, 1988, 48:4, 48-53.

Surwit, R.S. Does stress play a role in diabetes. 1993, DiabetesNews, 24. 1-8

Surwit, R.S. Type 2 Diabetes and Stress. 2002, Diabetes Voice, 47:4, 38-40.

Surwit, R.S. My wife's breast, Men's Health, April, 2003, 90-95.

(4) Books Published

Forgione, A. & Surwit, R.S., with Page D. Fear: Learning to Cope. Van Nostrand, 1978.

Surwit, R.S., Williams, R.B., & Shapiro, D. Behavioral Approaches to Cardiovascular Disease. Academic Press, 1982.

Surwit, R.S., Williams, R.B., Steptoe, A., & Biersner, R., (eds).Behavioral Treatment of Disease: A NATO Symposium. Plenum Press, 1982.

Feinglos, M.N. and Surwit, R.S. Behavior and Diabetes Mellitus, Upjohn Company, 1988.

Surwit, R.S., with A. Bauman. The Mind-Body Diabetes Revolution: A Proven New Program for Better Diabetes Control. Free Press, New York, 2004.; Marlow and Company, 2005.

(5) Chapters or Sections of Books published

Shapiro, D. & Surwit, R.S. Learned control of physiological function and disease. In Handbook of Behavior Modification and Behavior Therapy. H. Leitenberg (ed.). New York: Plenum, 403-412, 1976.

Shapiro, D., Mainardi, A., & Surwit, R.S. Biofeedback and self-regulation in essential hypertension. In Biofeedback: Theory and Research. J. Beatty & G.E. Schwartz (eds.). New York: Academic Press, 313-347, 1977.

Surwit, R.S. & Shapiro, D. Biofeedback and meditation in the treatment of borderline hypertension. In Biofeedback and Behavior: A NATO Symposium. J. Beatty (ed.). New York: Plenum, 403-412, 1977.

Shapiro, D. & Surwit, R.S. Operant conditioning: a new theoretical approach in psychosomatic medicine. In Z.J. Lipowski, D.R. Lipsitt, P.C. Wybrow, (eds). Psychosomatic Medicine: Current Trends and Clinical Applications. New York, Oxford University Press, 1977.

Shapiro, D. & Surwit, R.S. Biofeedback. In Behavioral Medicine: Theory and Practice. O. Pomerleau & J.P. Brady (eds.). Baltimore: The Williams & Wilkins Company, 45-74, 1979.

Surwit, R.S. Biofeedback and the behavioral treatment of Raynaud's disease. In Clinical Biofeedback: Efficacy and Mechanisms. L. White & B. Tursky (eds.), Guildford Press, 222-232, 1982.

Surwit, R.S. Behavioral treatment of Raynaud's disease. In Behavioral Treatment of Disease: A NATO Symposium. R.S. Surwit, R.B. Williams, Jr., A. Steptoe, & R. Biersner (eds.), Plenum

Press, 1982.

Surwit, R.S. Pharmacologic and behavioral modulators of cardiovascular reactivity. In Stress, Reactivity, and Cardiovascular Disease: Proceedings of the Working Conference. S.M. Weiss, K.A. Matthews, T. Detre, & J.A. Graeff (eds.), U. S. Department of Health and Human Services, 1984.

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Surwit, R.S. & Jordan, J.S. Behavioral treatment of Raynaud's syndrome. In J.P. Hatch, J. Fisher & J. Rugh (eds.) Biofeedback: Studies in Clinical Efficacy, Plenum Press, 1987.

Surwit, R.S. Stress, behavior and glucose control in diabetes mellitus. In R. Ader, H Weiner, & A. Baum (eds.) Experimental Foundations of Behavioral Medicine: Conditioning Approaches. Lawrence Erlbaum, 1988.

Surwit, R.S., Ross, S.L., and Feinglos, R.S. Stress, behavior and the autonomic nervous system in type II diabetes mellitus. In C.S. Holmes (ed.) Neuropsychological and Behavioral Aspects of Diabetes Mellitus. Springer-Verlag, 1990.

Surwit, R.S. Glycemic responsivity to adrenergic stimulation and genetic predisposition to type II diabetes. In N. Schneiderman, P. McCabe and A. Baum (eds), Perspectives in Behavioral Medicine: Stress and Disease Process. Lawrence Erlbaum, 1992.

Surwit, R.S. and Kuhn, C.M. Diet-induced type 2 diabetes and obesity in the C57BL/6J mouse: A model of human disease. In E. Shafrir, (ed.) Lessons From Animal Diabetes III. Smith-Gordon, 1993.

Surwit, R.S. Diabetes: Mind over metabolism. In J. Gurin and D. Golman (eds). Mind/Body Medicine. New York, Consumer Reports Books, 1993.

Petro, A.E., and Surwit, R.S. The C57BL/6J mouse as a model of diet-induced diabetes and obesity. In, A.A.F. Sima and E. Shafrir, (eds). Animal Models of Diabetes: A Primer. Amsteldijk, Harwood Academic Publishers, 2000.

Collins, S. and Surwit, R.S. The β -adrenergic receptors and the control of adipose tissue metabolism and thermogenesis. In, A. Means (ed). Recent Progress in Hormone Research, vol. 56: 309-0328, 2001.

Martin, T., Collins, S., and Surwit, R.S. The C57BL/6J Mouse as a Model of Insulin Resistance and Hypertension., in E. Shafrir and Hansen, B.C. (Eds.) Insulin Resistance

and Insulin Resistance Syndrome. London: Taylor and Francis, pp.73-88, 2002.

Batch, Bryan C, and Surwit, Richard S. Diabetes mellitus type 2 and stress: Pathophysiology and treatment. In. Feinglos, M., and Bethel, MA, Eds. Type 2 Diabetes Mellitus: Evidence-Based Approach to Practical Management. Humana Press, pp. 433-438, 2008.

Van Tilburg, Miranda A.L., Georgiades, Anastasia, and Surwit, Richard S. Depression in type 2 diabetes. In. Feinglos, M., and Bethel, MA, Eds. Type 2 Diabetes Mellitus: Evidence-Based Approach to Practical Management. Humana Press, pp. 403-412, 2008.

(6) Books reviewed

Surwit, R.S. Review of the Biofeedback Syllabus: A Handbook for the Psychophysiological Study of Biofeedback. B.E. Brown & C. C. Thomas (eds.), American Journal of Psychiatry, 133, 12, 1486, 1976.

Surwit, R.S. Review of Behavioral Application to Medical Treatment. R.B. Williams & W.D. Gentry (eds.). Ballinger. Journal of Behavioral Medicine, 1978, 1, 145-156.

Surwit, R.S. Biofeedback: A New Behavior Therapy? Review of Biofeedback. J.V. Basmajian(ed.), Williams and Wilkins. Contemporary Psychology, 1979.

Surwit, R.S. A Review of Mesmerism: A Translation of the Original and Scientific Writings of F.A. Mesmer. Translated and compiled by G. Bloch, Introduction by E.R. Hilgard. William Kaufman, Inc., 1980. Psychosomatic Medicine, 1981, 43, 375-376.

Surwit, R.S. Biofeedback: Clinical Applications in Behavioral Medicine. D.S. Olton and A.R. Noonberg. Prentice-Hall. Contemporary Psychiatry, 1983, 2, 66-67.

Surwit, R.S. The art of relaxation. Review of Stress & tension control. F.J. McGuigan, W.E. Sime, and J. M. Wallace (eds). Plenum Press 1984. Contemporary Psychiatry, 1986, 5, 66-67.

Surwit, R.S. Non-Obese Goose Chase. Why Geese Don't Get Obese (and we do): How Evolution's strategies for Survival Affect Our Everyday Lives. Eric P. Widmaier. 212 pp. Freeman, 1998.

UNITED STATES PATENTS

Title	Serial/App. No.	Filing Date	Patent No.	Patent Issued	Status
Patient-Operated Glucose Monitor and Diabetes Management System	537188	5/14/87	1,304,135	6/23/92	Expired 6/23/2009

Title	Serial/App. No.	Filing Date	Patent No.	Patent Issued	Status
Patient-Operated Glucose Monitor and Diabetes Management System	06/864,506	5/19/86	4,731,726	3/15/88	Expired 5/19/2006
Systems, Methods and Computer Program Products for Monitoring, Diagnosing and Treating Medical Conditions of Remotely Located Patients	09/042,048	3/13/98	6,024,699	2/15/00	Expires 3/13/2018
Systems, Methods and Computer Program Products for Monitoring, Diagnosing and Treating Medical Conditions of Remotely Located Patients	09/470,774	12/23/99	6,589,169	7/8/03	Expires 3/13/2018
Systems, Methods and Computer Program Products for Monitoring, Diagnosing and Treating Medical Conditions of Remotely Located Patients	90926/99	12/21/98	754171	2/27/03	Expires 12/21/2018
Systems, Methods and Computer Program Products for Monitoring, Diagnosing and Treating Medical Conditions of Remotely Located Patients	2,322,568	12/21/98			Pending

HONORS:

- 1997 Fellow, North American Association for the Study of Obesity
- 1996 Who's Who in Science and Engineering
- 1996 Who's Who in the World
- 1996 Who's Who in America
- 1995 Who's Who in the Southeast
- 1994 Fellow, Academy of Clinical Psychology
- 1993 National Institute of Mental Health Research Scientist Award.

- 1992 Fellow, American Psychological Association, Division 6-Physiological and Comparative Psychology
- 1992 Fellow, American Psychological Association, Division 12-clinical Psychology
- 1991 Servier Lectureship, Australian Diabetes Society
- 1988 Fellow, Academy of Behavioral Medicine Research
- 1986 Fellow, Society of Behavioral Medicine
- 1983 Fellow, American Psychological Association, Division 38-Health Psychology
- 1980 National Institute of Mental Health Research Scientist Development Award
- 1978 Fellow, Academy of Behavioral Medicine Research
- 1972-74 National Institute of Mental Health, Postdoctoral Fellowship
- 1970-72 Medical Research Council (Canada), Research Traineeship
- 1968 Earlham College, Departmental Honors in Psychology
- 1968 Earlham College, Psychology Research Award

CURRENT MEMBERSHIPS:

- 1995 North American Association for the Study of Obesity
- 1994 American Institute of Nutrition
- 1985 American Psychosomatic Society
- 1983 American Diabetes Association
- 1979 Society of Behavioral Medicine
- 1978 Academy of Behavioral Medicine Research
- 1977 North Carolina Psychological Association
- 1974 American Psychological Association

PROFESSIONAL ACTIVITIES:

- 1978- Editor, Behavioral Medicine Series, Academic Press, Inc.
- 1977-83 Editorial Board, Journal of Behavioral Medicine.
- 1977-86 Editorial Board, Biofeedback and Self-Regulation.
- 1978-80 President, Biofeedback Society of North Carolina.
- 1980-81 Scientific Director, NATO Symposium on Behavioral Medicine .
- 1975-78 Editorial Board, Journal of Consulting and Clinical Psychology.
- 1981-83 Managing Editor, Behavioral Medicine Abstracts.
- 1982-87 Member, Research Review Committee, American Heart Association, North Carolina Affiliate, Inc.
- 1987-90 Associate Editor, Health Psychology.
- 1987-90 Member, Research Review Committee, American Diabetes Association (national).
- 1990- Member at Large, Society of Behavioral Medicine.
- 1992- Chair, Nominations Committee, Division 38, American Psychological

Association.
 1994-95 President, Society of Behavioral Medicine.
 1996- Associate Editor, Metabolism
 2008- Associate Editor, Obesity

TEACHING RESPONSIBILITIES:

	<u>Position</u>	<u>Course Taught</u>
1968	Teaching Assistant McGill University	Social Psychology
1969	Teaching Assistant McGill University	Learning & Motivation
1970-72	Teaching Assistant McGill University	Behavior Modification
1972	Assistant Professor	Introductory Psychology
1974-75	Instructor Harvard Medical School	Behavior Therapy
1976-77	Assistant Professor	Behavior Therapy
1976-77	Assistant Professor Harvard College	Psychophysiology
1977-83	Associate Professor Duke Medical Center	Clinical Psychology
1977-83	Associate Professor	Clinical Applications of Biofeedback and Behavior Therapies
1983	Professor Duke Medical Center	Clinical Application of Biofeedback and Behavior Therapies
1990-	Professor Department of Psychology: Social and Health Sciences Duke University	Behavioral Physiology
1998-	Professor Department of Psychology: Social and Health Sciences Duke University	Obesity and Eating Disorders

EXTERNAL SUPPORT:

Grants (Approved and funded)

Surwit, R.S., Principal Investigator, Raynaud's disease: Behavioral Analysis and Treatment, R01 MH 25104, 1974-77

Surwit, R.S., Co-Principal Investigator, Hypertension Self-Control with Portable Feedback Unit, 042 103580

Surwit, R.S., Co-Principal Investigator, Behavioral Treatment of Migraine Headaches, R03 MH 28742, 1976

Surwit, R.S., Principal Investigator, Behavioral Treatment of Raynaud's Disease and Allied Vasomotor Disorders, R01 HL 22547, 1978-1984

Surwit, R.S., Principal Investigator, Behavioral Treatment of Raynaud's Disease, Research Scientist Development Award KO2 MH00303, 1980-1993.

Surwit, R.S., Principal Investigator, NATO Symposium on Behavioral Medicine, ONR, N00014-80-G-0106, 1980-81

Surwit, R.S., Principal Investigator, NATO Symposium on Behavioral Medicine NATO GRANT SY.81/1, 1980-1981

Surwit, R.S., Principal Investigator, The Effect of Time of Day and Cold on Performance, ONR, N00014-82-0178, 1982-1984

Surwit, R.S., Principal Investigator, Behavioral Treatment of Diabetes Mellitus, R01 DK 29989, 1982-89.

Surwit, R.S., Co-Principal Investigator, John D. and Catherine T MacArthur Foundation Mental Health Research Network on Determinants and Consequences of Health-Promoting and Health-Damaging Behavior, 83-248, 1983-1989

Surwit, R.S., Principal Investigator, Effects of Stress, Diet and Exercise on Glucose Tolerance In Diabetic and Normal Miniature Swine, John D. and Catherine T. MacArthur Foundation, 83-128, 1983-1985.

Surwit, R.S., Principal Investigator, Genetics of Diet-Induced Diabetes in the C57BL/6J Mouse, American Diabetes Association, 1989-1991.

Surwit, R.S., Principal Investigator, Differential weight gain without hyperphagia in C57BL/6J mice, John D. and Catherine T. MacArthur Foundation, 1991-2

Surwit, R.S. Principal Investigator, Stress, Glycemic Reactivity and Risk for Type II diabetes, R01 DK 43106, 1991-.

Surwit, R.S. Principal Investigator, Genetics of a Murine Model of Type II Diabetes, R01 DK 42923, 1991-1994.

Surwit, R.S. Principal Investigator, ANS Dysfunction and Risk for Type II Diabetes in Blacks. 1 R21 DK45165, 1992-3

Surwit, R.S. Principal Investigator, Nutritional Factors in Diabetes, Hypertension and Obesity in C57BL/6J Mice, John D. and Catherine T. MacArthur Foundation, 1992-3.

Surwit, R.S., Principal Investigator, Neurobiology of Diabetes Mellitus, Research Scientist Award KO5 MH00303, 1993-.1998.

Surwit, R.S. Principal Investigator, Role of Sucrose in the Prevention and Treatment of Obesity, The Sugar Association. 1994-95

Surwit, R.S. Principal Investigator, Stress Management, Individual Differences & NIDDM, 1 R01 DK 49066, 1995-99

Surwit, R.S. Principal Investigator, Differential Response to CBT in type 1 and type 2 Diabetes, R01 DK57841-01, 2000-2005

Surwit, R.S. Principle Investigator, Race, Hositivity and Glucose Metabolism, 1 R01 HL61396-01 A1, 2003-

Surwit, R.S. Principle Investigator, Poject 2. The Genetics of Biobehavioral Factors for CVD, 1 P01 HI36587-16-2004-

CLINICAL ACTIVITY:

Behavioral medicine consultation 2 hours/week.

PARTICIPATION IN ACADEMIC AND ADMINISTRATIVE ACTIVITIES:

1977-93	Director, Behavioral Physiology Laboratory
1978-79	Medical Center 3rd Year Curriculum Committee
1978-79	Continuing Education Committee, Department of Psychiatry

1978-79 Continuing Education Committee, Division of Medical Psychology
 1978- Executive Committee, Division of Medical Psychology 1982-86
 Clinical Research Unit, Research Review Group
 1983-84 Medical Center Advisory Committee for Research Priorities
 1984-86 Clinical Research Unit, Core Laboratory Committee
 1989 Executive Committee, Graduate Program in Clinical Psychology
 1990- Research Director, Duke Neurobehavioral Diabetes Program
 1990- Executive Committee, Department of Psychology: Social and Health
 Sciences
 1991 Research Policy Planning Committee, Department of Psychiatry
 1991 Graduate Admissions Committee, Department of Psychology: Social and
 Health Sciences
 1991 Graduate Curriculum Committee, Department of Psychology: Social and
 Health Sciences
 1992-3 Chair: Graduate Admissions Committee, Department of Psychology:
 Social and Health Sciences
 1992 Chair: Research Steering Committee, Department of Psychiatry
 1993- Vice Chairman for Research, Department of Psychiatry
 1993 Member: Medical Center Task Force on Grants and Contracts
 1993- Appointments and Promotions Committee, Department of Psychiatry
 1994-7 Director of Research: Sarah W. Stedman Nutrition Center
 1995-7 Chair: Medical Center Standing Committee on Scientific Misconduct
 1995-7 Chair: Medical Center Advisory Committee on Obesity Research
 1997- Chief, Division of Medical Psychology
 2003-06 Member, GCRC Scientific Advisory Committee
 2007- Medical Director, Site Based Research, Department of Psychiatry and Behavioral
 Sciences