

Departmental Seminar

**Psycho-social risk factors for the development
and progression of coronary artery disease:
Studies in behavioral cardiology**

Speaker: Dr. Heather L. Rogers, Ph.D., M.P.H.
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Date: February 7, 2012 (Tuesday)
Time: 11:30 a.m. – 12:30 p.m.
Venue: Room 624, Knowles Building

Abstract:

Coronary artery disease (CAD), also known as coronary heart disease or simply heart disease, is the leading cause of death in most developed countries. It has been the second leading cause of death in Hong Kong since the 1960's. Of all the risk factors for CAD, modifiable risk factors are most prominent. Modifiable risk factors include both behavioral (e.g., sedentary lifestyle and smoking) and psychosocial factors (e.g., stress and anger). This talk primarily examines the research studies documenting the impact of five major psychosocial factors – chronic stress, acute stress, lack of social support, hostility, and depression – on CAD development, progression, and outcomes. We will also review the effectiveness of cognitive-behavioral interventions to improve disease measures and identify future research needs in this area.

Speaker's Biography:

Dr. Rogers is a faculty member of the Department of Social and Behavioral Health at Virginia Commonwealth University and works as Senior Safety and Health Research Analyst at Concurrent Technologies Corporation. She earned her doctorate in medical psychology from the Uniformed Services University of the Health Sciences, where she received a Master's degree in Public Health and a Master of Science degree in medical psychology. She has a Master's degree in clinical health psychology from the Complutense University of Madrid, Spain and a bachelor of science degree in psychology from Western Michigan University. Dr. Rogers' research interests include bio-psycho-social aspects of chronic diseases and methodology in health psychology research. She completed a postdoctoral fellowship in behavioral cardiology. She has over 15 publications in psychology and medical journals and regularly collaborates with colleagues abroad on research studies to advance the field.