BIOGRAPHICAL SKETCH
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NAME: STEINBERG, MARC L

eRA COMMONS USER NAME (credential, e.g., agency login): STEINBERGML

POSITION TITLE: Professor, Department of Psychiatry

EDUCATION/TRAINING *(Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable. Add/delete rows as necessary.)*

INSTITUTION AND LOCATION	DEGREE (if applicable)	Completion Date MM/YYYY	FIELD OF STUDY
Rutgers University	BA	05/1993	Psychology, Communication
University of South Florida	MA	05/1998	Clinical Psychology
University of South Florida	Ph.D.	05/2003	Clinical Psychology
VA New Jersey Healthcare System	Other	2000	Psychology Internship - Sub Abuse Tx Specialty Track
Robert Wood Johnson Medical School	Fellow	2002	Addictions Research Fellowship

A. Personal Statement

I am a licensed clinical psychologist and Professor in the Department of Psychiatry at Rutgers Robert Wood Johnson Medical School. I have worked on issues related to tobacco use and dependence for almost 20 years and have been funded by NIDA since 2004. My research focuses on tobacco use and dependence, including psychosocial treatment development and patient oriented laboratory studies. The overall goal of my program of research has been to examine how to best increase commitment to quitting nicotine/tobacco products and how-to best assist those who are ready to quit. I have focused primarily on psychosocial interventions such as motivational interviewing and cognitive behavior therapy in a variety of populations which traditionally experience barriers to successful cessation, including those with psychiatric comorbidity, those with socioeconomic disadvantage, and those with additional psychosocial stressors. Most recently, I have collaborated with co-I Michael Steinberg, MD on the pilot study of young adult ENDS users supporting the current application.

I am well positioned to serve as a principal investigator on this project, *Motivational Interviewing via telehealth for Cessation Induction in Young Adult ENDS Users Not Yet Ready to Quit*, which is consistent with my program of research on psychosocial interventions for tobacco use disorder. We will examine the efficacy of a four-session, motivational interviewing intervention delivered via telehealth for young adult ENDS users who respond to advertisements seeking individuals interested in reducing their ENDS use, but not interested in quitting. I have collaborated with co-investigator, Michael Steinberg, MD, MPH on research and training initiatives in the past and we are joined by co-investigator, Andrea Villanti, Ph.D., MPH, who is a new hire at Rutgers with an established track record of investigating cessation issues in young adult tobacco users. Michael Steinberg and I have a vast amount of experience in training counselors to provide tobacco dependence treatment. As a member of the Motivational Interviewing Network of trainers, I also have a vast amount of experience in training counselors (including study therapists) to provide motivational interviewing skillfully, in providing study therapists with clinical supervision, and in assessing treatment fidelity.

Ongoing projects that I would like to highlight include:
F31 DA052149, National Institute on Drug Abuse
Rachel Rosen (PI) / Marc Steinberg (Primary Mentor)
2020 – 2022
Using Ecological Momentary Assessment To Characterize Dynamic Patterns Of E-Cigarette Use In Adults Planning To Quit Vaping

R33 DA041163-01 (R21/R33), National Institute on Drug Abuse
Marc Steinberg (PI)
2016 – 2021 (in no-cost extension through 6/2022)
Persistence Targeted Smoking Cessation in Schizophrenia (PTSC-S)
Role: Principal Investigator

Citations:

1. **Steinberg ML**, Rosen RL*, Ortiz JC, Billingsley B*, **Steinberg MB**, Burnett D*. Motivational interviewing for e-cigarette cessation induction in young adults delivered via telehealth plus nicotine patch. PsyArXiv. 2022

2. Rosen RL* & **Steinberg ML**. Factors associated with attempts to quit e-cigarettes: Findings from the Population Assessment of Tobacco and Health Wave 4 (2017-2018). *Drug and Alcohol Dependence,* 2021:227:1-8. https://doi.org/10.1016/j.drugalcdep.2021.108973.

3. **Steinberg ML,** Rosen RL*, Versella MV, Borges AM*, Leyro TM. A pilot randomized clinical trial of motivational interventions in smokers from socioeconomic disadvantage. *Nicotine & Tobacco Research*, 2020:22(9): 1500-1508. https://doi.org/10.1093/ntr/ntaa047

4. **Steinberg ML,** Lu S-E, Williams JM. Varenicline for smoking reduction in smokers not yet ready to quit: A double-blind, proof-of-concept randomized clinical trial. *Addictive Behaviors*, 84, 20-26, 2018. 10.1016/j.addbeh.2018.03.026

B. Positions, Scientific Appointments, and Honors

Positions and Scientific Appointments

2020 -	Professor of Psychiatry, Rutgers Robert Wood Johnson Medical School, New Brunswick, NJ
2020 -	Consulting Editor, *Psychology of Addictive Behaviors*
2018 – 2020	SRNT Workgroup on Measures of Tobacco Abstinence
2017 – 2020	Rutgers University Senate; Elected At-Large Faculty Senator for a three-year term
2016 -	Deputy Editor, *Nicotine and Tobacco Research*
2015 - 2020	Advisory Committee member, SRNT Treatment Research Network
2015 - 2016	Member, Society for Research on Nicotine & Tobacco (SRNT) Electronic Communication Committee
2014 - 2020	Associate Professor of Psychiatry, Rutgers Robert Wood Johnson Medical School, New Brunswick, NJ
2014 - 2020	Member, Association for Behavioral and Cognitive Therapies (ABCT)
2013 - 2016	Associate Editor, Nicotine & Tobacco Research
2013 - 2016	Chair, Communications Committee- Treatment Network, Society for Research on Nicotine and Tobacco
2011 -	Member, Treatment Research Network, Society for Research on Nicotine and Tobacco (SRNT)
2011 - 2016	Member, New Jersey Psychological Association
2010 - 2012	Member, American Psychological Society (APS)
2008 -	Member, Rutgers Cancer Institute of New Jersey (CINJ), New Brunswick, NJ
2007 -	Courtesy appointment, Rutgers Center of Alcohol Studies, Piscataway, NJ
2007 - 2020	Member, Association for Treatment of Tobacco Use Disorders (ATTUD)
2007 - 2009	Member, American Public Health Association (APHA)
2006 - 2013	Assistant Professor (secondary appointment), Department of Health Education and Behavioral Science, Rutgers School of Public Health, New Brunswick, NJ
2005 -	Member, Motivational Interviewing Network of Trainers
2005 - 2014	Assistant Professor, Department of Psychiatry, Robert Wood Johnson Medical School, New Brunswick, NJ
2005 - 2010	Director, Mercer County Tobacco Dependence Program, Robert Wood Johnson Medical School, Trenton, NJ
2003 - 2005	Instructor of Psychiatry, Addiction Psychiatry, Robert Wood Johnson Medical School, New Brunswick, NJ

2002 -	Member, Society for Research on Nicotine and Tobacco
2000 - 2003	Research Fellow, Addiction Psychiatry, Robert Wood Johnson Medical School, New Brunswick, NJ
1999 - 2000	Pre-doctoral Psychology Intern, New Jersey VA Healthcare System, East Orange, NJ
1998 - 2000	Member, Association for the Advancement of Behavior Therapy

Honors

2012	Early Career Travel Award, NIDA, NIAAA, APA Divisions 28 (Psychopharmacology and Drug Abuse) and 50 (Addictions)
2010	Global Research Award for Nicotine Dependence, Pfizer
2004	Career Development Award, National Institute on Drug Abuse (NIDA)
2004	Recipient of Fifth Annual UBHC-RWJMS Investigator Development Award, University Behavioral Health Care & Robert Wood Johnson Medical School
1993	Graduated with Honors, Communication, Rutgers University
1993	Graduated with High Honors, Psychology, Rutgers University
1992	Elected Member, Golden Key National Honor Society, Rutgers University Chapter
1992	Elected Member, Psi Chi, National Honor Society of Psychology, Rutgers University Chapter

C. Contributions to Science

1. **Psychosocial interventions for tobacco cessation / cessation induction.** Much of my work has focused increasing motivation to change tobacco use (e.g., using motivational interviewing) and assisting those who are motivated to quit. To increase the proportion of tobacco users who quit, we need to both increase the number of tobacco users who make a quit attempt (i.e., cessation induction in those who may not initially be ready to quit) and to increase the effect of tobacco cessation interventions (i.e., aid-to-cessation). One contribution to the literature has been to demonstrate the efficacy of motivational interviewing in inducing quit attempts in e-cigarette users, in those from socioeconomic disadvantages, and in those with serious mental illness. Below are a representative sample of these studies:

   a. **Steinberg ML**, Rosen RL*, Ortiz JC, Billingsley B*, **Steinberg MB**, Burnett D*. Motivational interviewing for e-cigarette cessation induction in young adults delivered via telehealth plus nicotine patch. PsyArXiv. 2022

   b. **Steinberg ML,** Rosen RL*, Versella MV, Borges AM*, Leyro TM. A pilot randomized clinical trial of motivational interventions in smokers from socioeconomic disadvantage. Nicotine Tob Res., 2020:22(9): 1500-1508. https://doi.org/10.1093/ntr/ntaa047

   c. **Steinberg ML**, Billingsley BB*, Rosen RL*, Epstein EE, Lu S-E, Williams JM. A Novel Intervention Increases Task Persistence in Smokers with Schizophrenia: A Proof of Concept Study. Schizophrenia Research, 2020; 215:453-454. 10.1016/j.schres.2019.09.011

   d. **Steinberg ML**, Williams JM, Stahl NF*, Budsock PD, Cooperman NA. An Adaptation of Motivational Interviewing Increases Quit Attempts in Smokers With Serious Mental Illness. Nicotine Tob Res. 8(3):243-250, 2016. doi: 10.1093/ntr/ntv043] PubMed PMID: 25744954.

2. **Task Persistence / Distress Tolerance in Users of Tobacco Products.** An additional focus of my work has been on the concept of task persistence and how it relates to tobacco use and its treatment. Task persistence can be conceptualized as a behavioral marker for distress tolerance. Someone with greater task persistence will work longer towards a goal despite acute frustration and discomfort. One contribution to the literature includes finding that smokers without psychiatric comorbidity demonstrate higher levels of task persistence than those with schizophrenia, which indicates that task persistence may be one contributor to lower cessation rates among those with schizophrenia. In addition, we found that task persistence predicted smoking cessation treatment outcome in both smokers with and without schizophrenia. Below are a representative sample of these studies:

a. **Steinberg ML,** Billingsley BB*, Rosen RL*, Epstein EE, Lu S-E, Weikert N*, Williams JM. Persistence Targeted Smoking Cessation for Smokers with Schizophrenia or Schizoaffective Disorder: A Feasibility Study. *J Smoking Cessat,* 15(3): 157-162. https://doi.org/10.1017/jsc.2020.19

b. **Steinberg ML**, Billingsley BB*, Rosen RL*, Epstein EE, Lu S-E, Williams JM. A Novel Intervention Increases Task Persistence in Smokers with Schizophrenia: A Proof of Concept Study. *Schizophrenia Research*, 2020: 215:453-454. 10.1016/j.schres.2019.09.011

c. **Steinberg ML**, Williams JM. State, but not trait, measures of persistence are related to negative affect. J Stud Alcohol Drugs. 2013 Jul;74(4):584-8. PubMed PMID: 23739022; PubMed Central PMCID: PMC3711349.

d. **Steinberg ML**, Williams JM, Gandhi KK, Foulds J, Epstein EE, Brandon TH. Task persistence predicts smoking cessation in smokers with and without schizophrenia. Psychol Addict Behav. 2012 Dec;26(4):850-8. doi: 10.1037/a0028375. PubMed PMID: 22642860; PubMed Central PMCID: PMC3605732

Complete List of Published Work in MyBibliography:

http://www.ncbi.nlm.nih.gov/sites/myncbi/marc.steinberg.2/bibliography/45777141/public/?sort=date&direction=descending