

CURRICULUM VITAE

Meghan Beier, PhD, MA

Rehabilitation Psychologist, [Rowan Center for Behavioral Medicine](#)

Founder, [Find Empathy](#)

Adjunct Professor, [Johns Hopkins University School of Medicine](#)

PERSONAL INFORMATION

Work Address

Rowan Center for Behavioral Medicine

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Towson, MD 21240

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VOCATIONAL POSITIONS AND EDUCATION

Current Appointments

2023-Present **Rehabilitation Psychologist**

Rowan Center for Behavioral Medicine

2022-Present **Part-Time Adjunct Assistant Professor**

Division of Rehabilitation Psychology and Neuropsychology

Department of Physical Medicine and Rehabilitation

Johns Hopkins University School of Medicine

2020-Present **Founder**

Find Empathy

Continuing education for mental health professionals passionate about supporting individuals with serious medical conditions

2015-2021 **Assistant Professor & Rehabilitation Neuropsychologist**

Division of Rehabilitation Psychology and Neuropsychology

Department of Physical Medicine and Rehabilitation

Johns Hopkins University School of Medicine

Education and Training

Undergraduate:

2006 **BS** (double major), *magna cum laude*, Messiah College, Grantham, PA

Doctoral/Graduate:

2010 **MA**, Clinical Health Psychology, Ferkauf Graduate School of Psychology, Yeshiva University, Bronx, NY

2011-2012 **Pre-Doctoral Internship**, Neuropsychology Track, Veterans Affairs Maryland Health Care System, Baltimore, MD

2012 **PhD**, Clinical Psychology, Health Emphasis, Neuropsychology Minor, Ferkauf Graduate School of Psychology, Yeshiva University, Bronx, NY

Postdoctoral:

2012-2014 **National Multiple Sclerosis Society Rehabilitation Research Fellowship**, UW Medicine Multiple Sclerosis Center, Department of Rehabilitation Medicine, University of Washington School of Medicine, Seattle, WA

Professional Experience

2020-present **Founder**, Find Empathy Owned and Operated by Empathie, LLC, Glen Arm, MD.

2015-present **Assistant Professor**, Johns Hopkins University School of Medicine, Baltimore, MD
Founded: Multiple sclerosis rehabilitation research lab and Multiple Sclerosis Rehabilitation Psychology Clinic

2013-2015 **Acting Instructor**, Department of Rehabilitation Medicine, University of Washington School of Medicine

2014-2015 **Attending Psychologist**, University of Washington Medicine Multiple Sclerosis Center, Seattle, WA

Special Hospital Privileges: Neuropsychological Assessment of Adults

2014-2015 **Rehabilitation Neuropsychologist**, Center for Polytrauma Care, VA Puget Sound Health Care System

PUBLICATIONS

Research Focus

Meghan Beier, PhD completed training in Clinical Psychology, Health Psychology, Neuropsychology, and completed a two-year National Multiple Sclerosis Society (NMSS)-funded Rehabilitation Research Fellowship in the Department of Rehabilitation Medicine at the University of Washington. Dr. Beier's research focused on the use of technology to increase access to the assessment and intervention of psychological and cognitive symptoms. As a post-doctoral fellow, she developed a tablet application, iCAMS, for assessing cognition. She established preliminary reliability and validity of an open-sourced web-based cognitive assessment toll, Test My Brain (<https://testmybrain.org>) in multiple sclerosis. Dr. Beier was also part of the initial Johns Hopkins Rehabilitation Precision Medicine team to incorporate web-based tracking of psychosocial and cognitive assessment in patient groups at high risk for hospital readmission.

Original Research [OR]

1. Foley, F, Zemon, V, Campagnolo, D, Marrie, RA, Cutter, G, Tyry, T, **Beier, M**, Farrell, E, Vollmer, T, and Schairer, L. *The Multiple Sclerosis Intimacy and Sexuality Questionnaire – re-validation and development for 15-item version with a large US sample*. Multiple Sclerosis Journal. (2012); 19(9):1197-203. doi: 10.1177/1352458512471876
2. Snyder, S, Foley, F, Farrell, E, **Beier, M**, and Zemon, V. *Psychological and physical predictors of illness intrusiveness in patients with multiple sclerosis*. Journal of Neurological Sciences. (2013); 332(1-2): 41-44. doi: 10.1016/j.jns.2013.06.009
3. **Beier, M**, D'Orio, V, Spat, V, Shuman, M, and Foley, F. *Alcohol and substance use in multiple sclerosis*. Journal of Neurological Sciences. (2014); 338: 122-127. doi: 10.1016/j.jns.2013.12.029
4. **Beier, M**, Bombardier, CH, Hartoonian, N, Motl, RW, and Kraft, GH. *Improved physical fitness correlates with improved cognition in multiple sclerosis*. Archives of Physical Medicine and Rehabilitation. (2014); 95:1328-34. doi: 10.1016/j.apmr.2014.02.017
5. Terrill, A, Hartoonian, N, **Beier, M**, Salem, R, and Alschuler, K. *The 7-item generalized anxiety disorder scale as a tool for measuring generalized anxiety in multiple sclerosis*. International Journal of MS Care. (2014); 17(2):49-56. doi: 10.7224/1537-2073.2014-008.
6. Hughes, A, **Beier, M**, Hartoonian, N, Turner, A, Amtmann, D, and Ehde, D. *Self-Efficacy as a longitudinal predictor of perceived cognitive impairment in individuals with multiple sclerosis*. Archives of Physical Medicine and Rehabilitation. (2014); 96(5):913-9. doi: 10.1016/j.apmr.2015.01.008
7. Hartoonian, N, Terrill, AL, **Beier, M**, Turner, AP, Day, MA, and Alschuler, KN. *Predictors of anxiety in multiple sclerosis*. Rehabilitation Psychology. (2014). 60(1):91-8. doi: 10.1037/rep0000019

8. **Beier, M**, Amtmann, D, and Ehde, D. *Beyond depression: predictors of self-reported cognitive function in adults living with MS*. Rehabilitation Psychology. (2015); 60(3):254-62. doi: 10.1037/rep0000045
9. Amtmann, D, Bamer, A, Johnson, KL, Ehde, D, **Beier, M**, Elzea, JL, and Bombardier, C. *A comparison of multiple patient reported outcome measures in identifying major depressive disorder in people with multiple sclerosis*. Journal of Psychosomatic Research. (2015); pii: S0022-3999(15)00520-6. doi: 10.1016/j.jpsychores.2015.08.007
10. Hughes, AJ, Turner, AP, Alschuler, KN, Atkins, D, **Beier, M**, Amtmann, D, and Ehde, DM. *Association between Sleep Disturbance and Perceived Cognitive Dysfunction over 12 Months in Individuals with Multiple Sclerosis*. Behavioral Sleep Medicine. (2016); May 11:1-13. doi: 10.1080/15402002.2016.1173553
11. Gromisch, ES, Zemon, V, Holtzer, R, Chiaravalloti, ND, DeLuca, J, **Beier, M**, Farrell, E, Snyder, S, Schairer, LC, Glukhovskiy, BA, Botvinick, J, Sloan, J, Picone, M, Kim, S, and Foley, FW. *Assessing the criterion validity of four highly abbreviated measures from the Minimal Assessment of Cognitive Function in Multiple Sclerosis (MACFIMS)*. The Clinical Neuropsychologist. (2016); 30(7):1032-49. doi: 10.1080/13854046.2016.1189597
12. **Beier, M.**, Gromisch, E.S., Alschuler, A., Hughes, A., Madathil, R., Chiaravalloti, N.D., Foley, F.W. *Proposed cut scores for tests of the Brief International Cognitive Assessment for MS (BICAMS)*. Journal of Neurological Sciences. (2017); Available Online: Aug 16, 2017. doi: 10.1016/j.jns.2017.08.019
13. Nguyen, J., Rothman, A., Fitzgerald, K., Whetstone, A., Syc-Mazurek, S., Aquino, J., Balcer, L.J., Frohman, E.M., Frohman, T., Crainiceanu, C., **Beier, M.**, Newsome, S.D., Calabresi, P., and Saidha, S. *Visual pathway measures are associated with neuropsychological function in multiple sclerosis*. Current Eye Research. (2018); Available Online: April 10, 2018. doi: 10.1080/02713683.2018.1459730
14. Hughes, A., Dunn, K.M., Chaffee, T., Bhattarai, J., and **Beier, M.** *Diagnostic and clinical utility of the GAD-2 for screening anxiety symptoms in individuals with multiple sclerosis*. Archives of Physical Medicine and Rehabilitation. (2018); Available Online: June 28, 2018. doi: 10.1016/j.apmr.2018.05.029
15. Fitzgerald, Mische, L., **Beier, M.**, Calabresi, P., Mowry, E. *Diet quality is associated with mobility and cognitive function in people with multiple sclerosis*. 2018; 24; 144-145.
16. Kalb, R., **Beier, M.**, Benedict, RHB., Charvet, L., Costello, K., Feinstein, A., Gingold, J., Goverover, Y., Halper, J., Harris, C., Kostich, L., Krupp, L., Lathi, E., LaRocca, N., Thrower, B., and DeLuca, J. *Recommendations for cognitive screening and management in multiple sclerosis care*. Multiple Sclerosis Journal. (2018) Nov; 24(13):1665-1680. doi: 10.1177/1352458518803785
17. **Beier, M.**, Hartoonian, N., D’Orio, V.L., Terrill, A.L., Bhattarai, J., Paisner, N.D., and Alschuler, K.N. *Relationship of perceived stress and employment status in individuals with multiple sclerosis*. WORK: A Journal of Prevention, Assessment & Rehabilitation. (2019) 62(2): 243-249. doi 10.3233/WOR-192859
18. Hughes AJ, Bhattarai J, Paul S, **Beier M.** *Depressive symptoms and fatigue as predictors of objective-subjective discrepancies in cognitive function in multiple sclerosis*. Multiple Sclerosis and Related Disorders. (2019) 30: 192-197.
19. **Beier, M.**, Hughes, AJ, Williams, M., Gromisch, E. *Brief and Cost-Effective Tool for Assessing Verbal Learning in Multiple Sclerosis: Comparison of the Rey Auditory Verbal Learning Test (RAVLT) to the California Verbal Learning Test – II (CVLT-II)*. Journal of Neurological Sciences. (2019); 400: 104-109. Doi:10.1016/j.jns.2019.03.016
20. Wojcik CM, **Beier M**, Costello K, DeLuca J, Feinstein A, Goverover Y, Gudesblatt M, Jaworski M 3rd, Kalb R, Kostich L, LaRocca NG, Rodgers JD, Benedict RH; National MS Society Cognition Work Team. *Computerized Neuropsychological Assessment Devices in Multiple Sclerosis: A Systematic Review for Clinical Application*. Mult Scler. 2019 Dec; 25(14):1848-1869. doi: 10.1177/1352458519879094.
21. **Beier, M.**, Alschuler, K., Amtmann, D., Hughes, A., Madathil, R., and Ehde, D. *iCAMS: Assessing the reliability of a BICAMS tablet application*. Int J MS Care. 2020 Mar-Apr; 22(2): 67–74. doi: 10.7224/1537-2073.2018-108
22. Roman, S, Fitzgerald, KC, **Beier, M**, Mowry, EM. *Safety and feasibility of various fasting-mimicking diets among people with multiple sclerosis*. Multiple Sclerosis and Related Disorders. 2020 July; 42 (102149). doi.org/10.1016/j.msard.2020.102149.
23. Kellerman, Q.D., Hartoonian, N., **Beier, M.L.**, Leipertz, S.L., Maynard, C., Hostetter, T., Haselkorn, J. K., & Turner, A. P. (2020). *Risk factors for suicide in a national sample of veterans with multiple sclerosis*. Archives of PM&R. 2020 July; 101(7): 1138-1143.
24. Denlinger, K., **Beier, M.**, Kudchadkar, S. (2021). *Psychometric Testing of the Activity Measure for Post-Acute Care (AM-PAC) in the Pediatric Acute Care Setting*. Pediatric Physical Therapy. 2021 June 3; doi:10.1097/PEP.0000000000000807. Epub ahead of print. PMID: 34086622.

25. Zink, E.K., Kumble, S., **Beier, M.**, Stevens, R.D., Bahouth, M.N. (accepted). *Physiological responses to supine cycle ergometry treatment for early recovery of critically ill patients with external ventricular drainage*. Neurocritical Care.
26. Hughes, A., Botanov, Y., **Beier, M.** (2022). *Dialectical Behavior Therapy Skills Training for Individuals with Multiple Sclerosis and their Support Partners: A Pilot Randomized Controlled Trial*. *Multiple Sclerosis and Related Disorders*. January 2022. DOI:10.1016/j.msard.2021.103481
27. Amtmann, D., Bamer, A.M., Salem, R., McMullen, K.A., **Beier, M.**, Weinfurt, K., Seils, D., Alschuler, K.N. (accepted) *Extension and evaluation of the PROMIS Sexual Function and Satisfaction measures for use in adults living with multiple sclerosis*. *Journal of Sexual Medicine*.
28. French, M.A., Roemmich, R.T., Daley, K., **Beier, M.**, Penttinen, S., Raghavan, P., Searson, P., Wegener, S., Celnik, P. (2022). *Precision rehabilitation: optimizing function, adding value to health care*. *Archives of PM&R*. DOI: <https://doi.org/10.1016/j.apmr.2022.01.154>

Review Articles [RA]

29. Alschuler, K and **Beier, M.** *Intolerance of uncertainty: shaping an agenda for research on coping with MS*. *International Journal of MS Care*. (2015); 17(4):153-8. doi: 10.7224/1537-2073.2014-044
30. Turner, A, Alschuler, K, Hughes, A, **Beier, M.**, Haselkorn, JK, Sloan, AP, and Ehde, DM. *Mental health comorbidity in MS: Depression, anxiety and bipolar disorder*. *Current Neurology and Neuroscience Reports*. (2016); 16(12):106. doi: 10.1007/s11910-016-0706-x

Book Chapter

1. Bhattarai, J and **Beier, M.** "Mood disorders in multiple sclerosis" chapter 16 in *Multiple Sclerosis for the Non-Neurologist* (ed. Picone). Wolters Kluwer: Alphen aan den Rijn, Netherlands; 2018.

Research Letters/White Papers/Brief Reports [RL]

1. **Beier, M.** (2014). *Evaluation and Treatment of Cognitive Impairments Associated with MS*. MS Clinical Summaries for the NMSS Greater Northwest Chapter Insurance Advisory Committee, National Multiple Sclerosis Society.
2. Foley, F and **Beier, M.** (2015). *Assessment and Treatment of Sexual Dysfunction in Multiple Sclerosis*. A Clinical Bulletin from the Professional Resource Center of the National MS Society. Available from: www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/Clinical-Bulletin-Sexuality.pdf
3. Foley, F and **Beier, M.** (2017). *Talking to your patients about difficult topics: Talking about sexual dysfunction* (R. Kalb, Ed.). National Multiple Sclerosis Society Professional Resource Center.

Under Review

N/A

In Progress

Beier, M., Chaffee, T., Bhattarai, J., and Hughes, A. (in progress). *200 to 2,000: Expanding the Scope of Multiple Sclerosis Cognitive Research by Establishing the Reliability of a Free Web-based Cognitive Assessment*. Submit to *Neurology*.

NATIONAL & INTERNATIONAL REPUTATION
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Media Releases or Interviews [MR]

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| 6/7/13 | Linda Wasmer Andrews. <i>Thinking About Thinking When You Have MS: Fatigue affects how people with multiple sclerosis view cognitive symptoms</i> . Psychology Today.
Link to Online Article: http://www.psychologytoday.com/blog/minding-the-body/201306/thinking-about-thinking-when-you-have-ms |
| 11/13/13 | Anna Kucera. <i>I want to cure MS</i> . MS Connection. |

- Link to Online Article: <http://www.msconnection.org/Blog/November-2013/I-want-to-cure-MS>
- 12/2/13 National Multiple Sclerosis Society. *Research News: Trainees in MS Research and Clinical Care Connect at the 2013 Tykeson Fellows Conference*
Link to Online Article: <http://www.nationalmssociety.org/About-the-Society/News/Trainees-in-MS-Research-and-Clinical-Care-Connect>
- Spring 2019 Momentum Magazine. *A closer look at cognition: Cognitive function screening can identify problems and help improve treatment for people with MS.*
Link to Online Article: http://www.momentummagazineonline.com/wp-content/uploads/2019/03/NMS-027_Spring-2019-reduced.pdf
- 7/1/19 Don Rauf. *Cognitive Function Testing for Multiple Sclerosis: Why Do It? And When?* Everyday Health. Link to Online Article: <https://www.everydayhealth.com/multiple-sclerosis/cognitive-function-testing-ms-why-it-when/>
- 8/5/19 People Magazine. *Selma Blair. What is Multiple Sclerosis?* August 5, 2019 Issue, page 45.
- 9/9/19 Johns Hopkins Medicine. *New app offers faster and easier assessment for multiple sclerosis: New App makes MS Cognitive Assessment Easier and Faster?* ScienceDaily. Link to Online Article: www.sciencedaily.com/releases/2019/09/190909081744.htm
- 9/17/2019 Becky Upham. *How MS Contributes to Isolation and What You Can Do to Stay Connected.* Everyday Health. Link to Online Article: <https://www.everydayhealth.com/multiple-sclerosis/how-ms-contributes-isolation-what-you-can-stay-connected/>
- 11/5/2019 Becky Upham. *The Reasons People with MS Leave Their Jobs Differs by Stage of Life, Study Finds.* Everyday Health. Link to Online Article: <https://www.everydayhealth.com/multiple-sclerosis/the-reasons-people-with-ms-leave-their-jobs-differs-by-stage-of-life-study-finds/>
- 11/30/2019 Tori Rodriguez. *Tapping Technology to Improve Mental and Cognitive Health in MS: A growing emphasis on access to care and ease of use drives a digital revolution in the treatment of mental comorbidities in multiple sclerosis.* Neurology Live. Link to Online Article: <https://www.neurologylive.com/journals/neurologylive/2019/november-2019/tapping-technology-to-improve-mental-and-cognitive-health-in-ms>
- 10/3/2019 Quinn Phillips. *When and Why a Neuropsychologist Belongs on Your MS Care Team.* Everyday Health. Link to Online Article: <https://www.everydayhealth.com/multiple-sclerosis/benefits-neuropsychologist-healthcare-ms/>
- 10/3/2019 Quinn Phillips. *10 Ways to Preserve Your Brain Health If You Have MS.* Everyday Health. Link to Online Article: <https://www.everydayhealth.com/multiple-sclerosis/ways-preserve-cognitive-health-multiple-sclerosis/>
- 3/5/2020 Patrick Sullivan. *Let's Talk About Multiple Sclerosis.* HealthCentral.com. Link to Online Article: <https://www.healthcentral.com/condition/multiple-sclerosis>
- 4/3/2020 Patrick Sullivan. *Let's Talk About Multiple Sclerosis Treatment.* HealthCentral.com. Link to Online Article: <https://www.healthcentral.com/condition/multiple-sclerosis-treatment>
- 4/3/2020 Patrick Sullivan. *Let's Talk About Multiple Sclerosis Medication.* HealthCentral.com. Link to Online Article: <https://www.healthcentral.com/condition/multiple-sclerosis-medication>
- Patrick Sullivan. *Let's Talk About Multiple Sclerosis.* HealthCentral.com. Link to Online Article:
- 5/5/2020 Patrick Sullivan. *Let's Talk About Multiple Sclerosis Signs and Symptoms.* HealthCentral.com. Link to Online Article: <https://www.healthcentral.com/condition/multiple-sclerosis-signs-symptoms>
- 5/14/2020 Patrick Sullivan. *Let's Talk About Multiple Sclerosis Diagnosis.* HealthCentral.com. Link to Online Article: <https://www.healthcentral.com/condition/multiple-sclerosis-diagnosis>

5/15/2020 Patrick Sullivan. *Let's Talk About Multiple Sclerosis Causes*. HealthCentral.com. Link to Online Article: <https://www.healthcentral.com/condition/multiple-sclerosis-causes>

Spring 2020 Vicky Uhland. *Cognitive behavioral therapy for individuals with multiple sclerosis*. Momentum Magazine. Link to Online Article: https://momentummagazineonline.com/wp-content/uploads/2020/02/NMS-032_Spring-2020f.pdf

2020 Jennifer Cuthbertson. *Could You Have Anxiety or Depression?* Arthritis Foundation. Link to Online Article: <https://www.arthritis.org/health-wellness/healthy-living/emotional-well-being/anxiety-depression/could-you-have-anxiety-or-depression>

9/25/2020 Julie Halpert. *Feeling Depressed and Worried About Your MS? You're Not Alone*. Link to Online Article: <https://www.healthcentral.com/article/depression-and-anxiety-with-multiple-sclerosis?preview=true>

9/22/2022 Holly Burns. *What if You Can't Find the Silver Lining in Your Illness?* Link to Online Article: <https://www.nytimes.com/2022/11/22/well/mind/cancer-diagnosis-gratitude.html>

Other Media [OM]

1. **Beier, M.** (April 22, 2015). *Multiple Sclerosis and Anxiety*. Rowan Center for Behavioral Medicine Blog. Available from: www.rowancenterla.com/new-blog/2015/4/22/multiple-sclerosis-and-anxiety.
2. Hartoonian, N and **Beier, M.** (May 11, 2015). *Physical Activity in Multiple Sclerosis: Does it Improve Cognition?* Rowan Center for Behavioral Medicine Blog. Available from: <http://www.rowancenterla.com/new-blog/2015/5/11/physical-activity-in-multiple-sclerosis-does-it-improve-cognition-1>.
3. **Beier, M.** (August 26, 2015). *Techniques to Improve Memory for People with Multiple Sclerosis*. Rowan Center for Behavioral Medicine Blog. Available from: www.rowancenterla.com/new-blog/2015/8/25/techniques-to-improve-memory-for-people-with-multiple-sclerosis

GRANT FUNDING

EXTRAMURAL Funding

Research Extramural Funding:

PREVIOUS:

2014 The Effect of Aerobic Exercise on Cognition in Multiple Sclerosis
National Multiple Sclerosis Society
Total Costs: \$1.4M
PI: Bombardier
Consultant, Honorarium, to train research staff in administration of the neuropsychological test protocol

2014-2015 Standardization and Normative Data of the Symbol Digit Modalities Test – Oral Version
National Multiple Sclerosis Society
PI: Strober
Co-Investigator, 7% effort

2014-2015 Project ECHO: intensive case-based training on MS care to rural providers in Washington, Alaska, and Montana via teleconferencing
National MS Society
Total Costs: \$162,000
PI: Johnson
Expert Panel Member

2013-2015 Improving the Quality of Care for Pain and Depression in Persons with Multiple Sclerosis
IH-1304-6379
Patient-Centered Outcomes Research Institute
Total Costs: \$1,487,115
PI: Ehde
Co-Investigator, 30% effort

2013-2015 University of Washington Rehabilitation Research and Training Center on Promoting
Healthy Aging for Individuals with Long-Term Physical Disabilities
H133B130018
National Institute on Disability and Rehabilitation Research
Total costs: \$4,375,000
PI: Molton
Co-Investigator, 10% effort

2013-2015 Brief International Cognitive Assessment for MS (BICAMS) Tablet Application
The Consortium of Multiple Sclerosis Centers
Total costs: \$40,000
Principal Investigator, 20% effort

2016-2018 Neurophysiological Markers and Recovery Predictors Following Repeated Mild Traumatic
Brain Injuries
18650
NIH NICHD/DOD
Total Costs: \$1.2M
PI: Cantarero
Co-Investigator, donated time

2017-2019 200 to 2,000: Expanding the Scope of Multiple Sclerosis Cognitive Research by Establishing
the Reliability of a Web-based Cognitive Assessment
PP-1609-25972
National Multiple Sclerosis Society
Total Costs: \$44,000
Principal Investigator, 10% effort

2016-2020 Intranasal Insulin for Improving Cognitive Function in Multiple Sclerosis
W81XWH-16-1-0693
US Department of Defense
Total Costs: \$961,578
PI: Mowry
Co-Investigator, 25% effort

2018-2020 Reducing depression and anxiety in individuals with MS and their caregivers: An emotion
regulation skills training intervention
PP-1804-30860
National Multiple Sclerosis Society
Total Costs: \$44,000
PI: Hughes
Co-Investigator, 5% effort

2015-2022 Mentor-Based Postdoctoral Fellowship: Advancing Multiple Sclerosis Research through
Neuroscience

MB 0032
National Multiple Sclerosis Society
Total Costs: 306,270.30
Principal Investigator/Grantee Owner, 3% effort

2020-2025 Mentor-Based Postdoctoral Fellowship: Advancing Psychosocial Wellness in Multiple Sclerosis Through Mentored Training in Rehabilitation Research
National Multiple Sclerosis Society
Total Costs: \$442,065
PI: Hughes
Co-Investigator, 3%

CLINICAL ACTIVITIES

Clinical Focus

Meghan Beier, PhD is a Rehabilitation Psychologist specializing in multiple sclerosis (MS). Dr. Beier obtained her Ph.D. from Yeshiva University. She also completed a 2-year National Multiple Sclerosis Society (NMSS) funded MS rehabilitation research fellowship in the Department of Rehabilitation Medicine at the University of Washington. Her clinical focus has been the cognitive and emotional symptoms common to multiple sclerosis.

Medical, other state/government licensure

2015-Present State of Maryland, Credential Number: 05543
2014-2015 State of Washington, Credential Number: PY 60437152

EDUCATIONAL ACTIVITIES

Classroom instruction

2014-2015 REHAB 499 Undergraduate Research, University of Washington
4/24/2018 050.105 Introduction to Cognitive Neuropsychology, “*Neuropsychology of Multiple Sclerosis*”
11/27/2018 050.105 Introduction to Cognitive Neuropsychology, “*Neuropsychology of Multiple Sclerosis*”

Workshops / Seminars

JHMI/Regional:

2015-Present Rehabilitation Psychology Fellow Didactics, Johns Hopkins

- November 12, 2015: *Intolerance of Uncertainty*
- November 19, 2015: *Aging in Rehabilitation*
- March 31, 2016: *Sexual Functioning II*
- September 29, 2016: *Management and Administration: EPIC*

National:

2014-2015 Project ECHO, tele-didactic program for community neurologists and PCPs, University of Washington

- “*Hidden Symptoms of MS*”
- “*Pregnancy and Reproductive Issues in MS, Sexual Dysfunction*”

2013-present University of Washington MS Center Monthly Educational Series

- “*Cognitive Change in Multiple Sclerosis*”
- “*Navigating Anxiety with MS*”

2013-2014 Neuropsychology Seminar for Psychology Residents and Postdoctoral Fellows, University of Washington

- "Dementia Evaluations"
- "Multiple Sclerosis"
- 2013 University of Washington MS Center Men's Group
 - "Cognitive Change in Multiple Sclerosis"
- April 2010 In-service Training, Bancroft NeuroHealth, Plainsboro, NJ
 - "Substance/alcohol use in the TBI population"
 - "Motivational interviewing in the TBI population"
 - "Texas Functional Living Scale, the Rancho Scale and the Glasgow Coma Scale"
- March 2010 In-service Training, Multiple Sclerosis Clinic, Holy Name Medical Center, Teaneck, NJ
 - "Cognitive assessment in patients with multiple sclerosis"

Mentoring

Pre-doctoral Advisees /Mentees

- 2014-2015 Noah Paisner, undergraduate pre-medical research mentee, University of Washington
- 2016-2017 Nancy Hausterman, MA, clinical neuropsychology practicum student, Johns Hopkins
- 2021-2022 Christa Lewis, MA, multiple sclerosis research extern

Post-doctoral Advisees /Mentees

- 2014-2015 Abbey Hughes, PhD; postdoctoral research fellow, University of Washington, UW Medicine MS Center
- 2014-2015 Renee Madathil, PhD, clinical rehabilitation psychology fellow, University of Washington
- 2016-2017 Christopher Cranston, PhD, neuropsychology postdoctoral fellow, Johns Hopkins
- 2016-2018 Michael Williams, PhD, neuropsychology postdoctoral fellow, Johns Hopkins
- 2017-present Jagriti (Jackie) Bhattarai, PhD, National MS Society Rehabilitation Research Fellow, Johns Hopkins
- 2018-2019 Kathryn Harris, PhD, neuropsychology postdoctoral fellow, Johns Hopkins
- 2019-2020 Kristian Nitsch, PhD, neuropsychology postdoctoral fellow, Johns Hopkins
- 2020-2021 Lakeya McGill, PhD, rehabilitation psychology postdoctoral fellow, Johns Hopkins

ORGANIZATIONAL ACTIVITIES

Institutional Administrative Appointments

- 2016-2019 Outpatient Psychology Clinic Lead (10% FTE)
- 2016-2021 Johns Hopkins Rehabilitation Therapy Services Research and QI Consultant (20% FTE)
- 2019-2021 Johns Hopkins Physical Medicine & Rehabilitation Compensation Committee

Editorial Board appointments

- 2017-present Consulting Editor for *Rehabilitation Psychology*

Journal peer review activities

- 2012-2013 Ad-hoc reviewer, *The Clinical Neuropsychologist*
- 2014 Ad-hoc reviewer, *International Journal of MS Care*
- 2012-2016 Ad-hoc reviewer, *Archives of Physical Medicine & Rehabilitation*
- 2016 Ad-hoc reviewer, *Journal of Behavioral Medicine*
- 2016 Ad-hoc reviewer, *The Journal of Neuropsychiatry and Clinical Neurosciences*
- 2016 Ad-hoc reviewer, *Disability and Health Journal*
- 2015-Present Ad-hoc reviewer, *Rehabilitation Psychology*
- 2017 Ad-hoc reviewer, *Medicine & Science in Sports & Exercise*
- 2017 Ad-hoc reviewer, *Disability and Rehabilitation*
- 2018 Ad-hoc reviewer, *European Journal of Neurology*

Other peer review activities

2015-2018 Annual Rehabilitation Psychology Conference, presentation and poster reviewer

National/International Advisory Committees, Review Groups/Study Sections

2015-2018 Membership Chair for Section 2 (Women's Issues in Rehabilitation Psychology) of APA Division 22 (Rehabilitation Psychology)

2017-2019 Cognition in Multiple Sclerosis Consensus Position Work Group, National Multiple Sclerosis Society

2018-Present Consortium of Multiple Sclerosis Centers (CMSC) Advocacy Committee

2018-Present Wellness Research Working Group, National Multiple Sclerosis Society

2019-2020 American Academy of Neurology Multiple Sclerosis Measure Development Work Group

2020-2021 Project Floodlight: International Advisory Board, Roche

2020 National MS Society National Medical Advisory Committee: Best Practices for Telemedicine

2020-Present Can Do Multiple Sclerosis Outcomes Advisory Committee

2021-2022 Multiple Sclerosis CME Program Advisory Committee, SPARK Healthcare

2021 Dive Heroes, Scientific Advisory Committee

2021-Present National Multiple Sclerosis Society National Medical Advisory Council

2021-Present Rehabilitation & Mental Health Work Group – NMAC

2021-Present iConquer MS, MS Care Partner Engagement PCORI Steering Committee

2021 Consortium of MS Centers - Mini Mental Health Training Program

Professional Societies

2007-2012 *New York State Psychological Association (NYSPA)*

2008-2012 *New Jersey State Psychological Association (NJPA)*

2007-Present American Psychological Association (APA)

- Division 20: The Division on Adult Development and Aging
- Division 22: Rehabilitation Psychology
- Division 40: Clinical Neuropsychology

2011-2019 *American Congress of Rehabilitation Medicine (ACRM)*

- Neurodegenerative Diseases Networking Group
- International Networking Group
- Early Career Networking Group

2013-Present *Consortium of MS Centers (CMSC)*

Conference Organizer

National:

2013-2014 Consortium of MS Centers (CMSC), Subcommittee for Obtaining APA Continuing Education Credits

2014-2015 Rehabilitation Psychology 2016 Conference Planning Committee

Consultantships

2015-Present Clinical Consultant and Presenter for Can Do MS

RECOGNITION

Awards, Honors

2013 **Independent Practice Division Scholar.** New York State Psychological Association's ABPP Committee

2014 **Poster Award.** Terrill, A, Hartoonian, N, **Beier, M**, Turner, A, and Alschuler, K. (2014, February). *Evaluating Risk Factors for Anxiety in Multiple Sclerosis*, 16th Annual Rehabilitation Psychology Conference, San Antonio, TX.

- 2015 **Poster Award.** Hughes, AJ, **Beier, M**, Turner, A, Amtmann, D, and Ehde, D. (2015, February). *Self-efficacy as a Longitudinal Predictor of Perceived Cognitive Functioning in Individuals with Multiple Sclerosis*. 17th Annual Rehabilitation Psychology Conference, San Diego, CA.
- 2015 **ECTRIMS Travel Grant for the Quality of Scientific Contribution to the Congress.** **Beier, M**, Gromisch, ES, Hughes, A, Alschuler, K, Madathil, R, Chiaravalloti, N, and Foley, FW. (2015). *Proposed Cut Scores for Tests of the Brief International Cognitive Assessment of Multiple Sclerosis (BICAMS)*.
- 2017 **First Place in the second annual TCN/AACN Student Project Competition.** Gromisch, ES, Zemon, V, Holtzer, R, Chiaravalloti, ND, DeLuca, J, **Beier, M**, Farrell, E, Snyder, S, Schairer, LC, Glukhovskiy, BA, Botvinick, J, Sloan, J, Picone, M, Kim, S, and Foley, FW. *Assessing the criterion validity of four highly abbreviated measures from the Minimal Assessment of Cognitive Function in Multiple Sclerosis (MACFIMS)*. *The Clinical Neuropsychologist*. (2016); 30(7):1032-49.
- 2018 By competitive application, accepted into the seventh cohort of the **Johns Hopkins Emerging Women's Leadership Program**.
- 2021 **Herndon Award for Outstanding IJMCS Article.** For "*iCAMS: Assessing the Reliability of a Brief International Cognitive Assessment for Multiple Sclerosis (BICAMS) Tablet Application.*"
- 2022 By competitive application, accepted into the **USA Women Entrepreneurship Cooperative (USAWEC)**, a unique 5-month business leadership and management program.

Invited Talks

Regional:

- 10/29/15 **Beier, M.** *Cognition and Multiple Sclerosis*. MSAA Women's MS Educational Summit, Linthicum, MD
- 11/21/15 Costello, K and **Beier, M.** *Managing Symptoms Associated with MS*. The 11th Annual Johns Hopkins Multiple Sclerosis Symposium Series, Baltimore, MD
- 11/21/15 Costello, K and **Beier, M.** *Educational Breakout Sessions: Case Studies, Track 2: Primary Care Providers*. The 11th Annual Johns Hopkins Multiple Sclerosis Symposium Series, Baltimore, MD
- 6/25/16 **Beier, M.** and Zackowski, K. *Strategies for living with TM*. 2016 Regional Transverse Myelitis Symposium, Baltimore, MD
- 8/26/17 **Beier, M.** *Healthy Behaviors: Nutrition*. Live Fully, Live Well: A Wellness Program for People with MS & Their Support Partners, National Multiple Sclerosis Society, Baltimore, MD
- 9/19/17 **Beier, M.** *MS Cognitive Challenges*. Genentech Institutional Day. Baltimore, MD
- 11/7/17 Hughes, A. and **Beier, M.** *Mental Health for Patients with Multiple Sclerosis*. Johns Hopkins Community Physicians Medical Case Conference Series, Baltimore, MD.
- 4/10/18 **Beier, M.** *The Role of Neuropsychology in Multiple Sclerosis*. University of Maryland Pre-Medical Society, University of Maryland, College Park.
- 4/24/18 **Beier, M.** *Neuropsychology of Multiple Sclerosis*. Johns Hopkins University, Baltimore, MD
- 11/5/2019 **Beier, M.** *Multiple Sclerosis Cognition*. Johns Hopkins University, Baltimore, MD
- 10/15/22 **Beier, M.** *Finding Balance In Your Life*. *Can Do MS Community Program, Baltimore, MD*

National:

- 11/8/13 **Beier, M.** *General Session: Lunch – Research Panel Discussion*. 2013 Society Leadership Conference: National MS Society
- 4/8-10/16 **Beier, M.** *Participant Group Discussion: Barriers and Solutions*. Take Charge Program. Can Do MS, Loveland, CO
- 4/12/16 Schafer, J, **Beier, M**, and Hughes, AJ. *Myelin, Movement, and the Mind: Hot Topics in MS Research*. Can Do MS Webinar & Telelearning Program. www.cando-ms.org/multiple-sclerosis-programs/webinar-series/webinar-research-updates

- 8/9/16 **Beier, M and Rohrig, A.** *Workout Your Worries: Anxiety and Exercise in MS.* Can Do MS Webinar & Telelearning Program.
- 8/10-13/16 **Beier, M.** *Tips for Communicating More Effectively.* CAN DO Program, Denver, CO
- Beier, M.** *MS & Intimacy: Creative Programming.* CAN DO Program, Denver, CO
- 9/10/16 **Beier, M.** *Getting Your Head Around MS-Related Mood and Cognitive Changes.* JUMPSTART Program. Can Do MS, Dallas, TX
- 9/30-10/2/16 **Beier, M.** *Tips for Communicating More Effectively.* TAKE CHARGE Program. Can Do MS, Norfolk, VA
- 3/18/17 **Beier, M.** *Cognitive Changes: Collaborative Coping Counts.* JUMPSTART Program, Can Do MS, Oklahoma City, OK
- 10/2/17 **Beier, M.** *Addressing Cognition and Mood in Advanced MS.* Caring for the Patient with Advanced Multiple Sclerosis: A Program for MS Clinical Fellows, National Multiple Sclerosis Society, Boston, MA.
- 10/10/17 **Beier, M. & Nesbitt, C.** *Discover the Invisible: Pain and Depression in MS.* Can Do MS Webinar & Telelearning Program.
- 12/2/17 Hughes, A. & **Beier, M.** *Mood Changes.* JUMPSTART Program, Can Do MS, Baltimore, MD
- 5/8/18 **Beier, M. & Blaschuk, C.** *Sometimes It's Hard to Be a Woman: Women's Health Issues in MS.* Can Do MS Webinar & Telelearning Program. www.cando-ms.org/multiple-sclerosis-programs/webinar-series/sometimes-its-hard-to-be-a-woman-special-considerations-for-womens-health-issues-in-multiple-sclerosis
- 5/19/18 **Beier, M.** *Motivation and Goal Setting.* JUMPSTART Program, Can Do MS, Denver, CO
- 10/1/18 **Beier, M.** *Addressing Cognition and Mood in Advanced MS.* Caring for the Patient with Advanced Multiple Sclerosis: A Program for MS Clinical Fellows, National Multiple Sclerosis Society, Boston, MA
- 10/20/18 **Beier, M.** *Motivation and Goal Setting.* JUMPSTART Program, Can Do MS, Salt Lake City, UT
- 10/25/18 **Beier, M.** *MS 101 Learning Series: Cognition.* National MS Society Quarterly Staff Webinar.
- 1/8/2019 **Beier, M. & Lakin, L.** *Health and Wellness.* Can Do MS Webinar & Telelearning Program.
- Feb-June '19 **Beier, M.** CAN DO II: Continuing the Connection
- 3/9/2019 **Beier, M.** *Motivation and Goal Setting.* JUMPSTART Program, Can Do MS, Hartford, CT
- 4/7/2019 **Beier, M.** *Recommendations for Cognitive Screening in Multiple Sclerosis.* Multiple Sclerosis Hope Day, New York City, NY.
- 5/14/2019 **Beier, M. & Freeman, D.** *It Takes a Village: When Cognition Shifts Roles.* Can Do MS Webinar & Telelearning Program.
- 5/31/2019 Hughes, A. J., Brown, A., Patel, K., & **Beier M.** *Contributions of the Rey Auditory Verbal Learning Test to cognitive impairment on the Brief International Cognitive Assessment for Multiple Sclerosis.* Accepted for oral presentation at the 33rd annual meeting of the Consortium of Multiple Sclerosis Centers Annual Meeting, May, Seattle, WA.
- 5/31/2019 Hughes, A. J., Brown, A., Patel, K., Chaffee, T., & **Beier, M.** *Neurobehavioral correlates of hazardous cannabis use in multiple sclerosis.* Accepted for oral presentation at the 33rd annual meeting of the Consortium of Multiple Sclerosis Centers Annual Meeting, May, Seattle, WA.
- 7/13/2019 **Beier, M.** *Motivation and Goal Setting.* JUMPSTART Program, Can Do MS, Omaha, NE
- 11/2/2019 **Beier, M.** *Talking about MS: The "Third Wheel" in your Relationships.* A Virtual Program for Families Newly Diagnosed with MS, Can Do MS, Atlanta, GA
- 11/9/2019 **Beier, M. & Hancock, L.** *Mind Over MS: Mood, Cognition, and How to Cope.* 2019 Multiple Sclerosis Summit, Multiple Sclerosis Coalition, Chicago, IL
- 11/15/2019 **Beier, M.** *Wellness: Putting Power Back into the Hands of Your Patients.* Tykeson Fellows Conference, Atlanta, GA
- 12/14/20 **Beier, M.** *Wellness Exploration: Cognition.* MS MindShift Sponsored by Celgene, Baltimore, MD
- 2/22/2020 **Beier, M. & Hosey, M.** *How to Build Your Professional Brand and Share your Expertise with the World.* Division 22 Rehabilitation Psychology, San Diego, CA

- 5/1/2020 **Beier, M.** University of Alberta MS Centre Symposium. Stress, Pain and Cannabis in MS
*canceled due to COVID-19
- 5/12-16/20 **Beier, M.** *Communication*. Can Do Multiple Sclerosis, Atlanta, GA (moved to virtual meeting due to COVID-19)
- July-Nov '20 **Beier, M.** *CAN DO II: Continuing the Connection*.
- 7/24/2020 **Beier, M.** *Managing MS-Related Mood & Cognition*, Ask an MS Expert, National MS Society.
<https://youtu.be/eblsdW-h2eo>
- July 2020 **Beier, M.** *Episode 152: Managing MS-Related Cognitive Issues and Depression with Dr. Meghan Beier*, Real Talk MS.
- 8/11/2020 **Beier, M.** *Intimacy and Multiple Sclerosis*. Can Do MS Webinar
- 8/21/20 **Beier, M.** *MS Cognitive Symptoms, Assessment, and Strategies*, Ask an MS Expert, National MS Society. <https://youtu.be/Q46b-mxCYts>
- 8/24/20 **Beier, M.** *Episode 156: Managing Cognitive Dysfunction in MS with Dr. Meghan Beier*, Real Talk MS.
- 9/3/20 **Beier, M.** & Murphy, C. *Set Yourself Up for Success for WFH and Beyond: Positive Mental Strategies for Performance*. StartX Founder Wellness Initiative Workshop, Palo Alto, CA (virtual workshop due to COVID-19)
- Fall 2020 **Beier, M.** & Carriere, L. *Effective Conversations with Healthcare professionals and Loved Ones*. Can Do Multiple Sclerosis Emotional Resilience Toolkit. <https://www.cando-ms.org/multiple-sclerosis-programs/emotional-resilience>
- Fall 2020 **Beier, M.** & Kalb, R. *Strengthening Your Social Relationships and Supports*. Can Do Multiple Sclerosis Emotional Resilience Toolkit. <https://www.cando-ms.org/multiple-sclerosis-programs/emotional-resilience>
- 11/5/20 **Beier, M.** *Wellness Exploration: Cognition*. MS MindShift Sponsored by Bristol Meyers Squibb (virtual workshop due to COVID-19)
- 1/9/21 **Beier, M.** *Making Goals that Keep You Active*, Can Do JumpStart.
- 1/21/21 **Beier, M.** & Bostick, M. *Creating Diet Goals that Stick*, Can Do JumpStart.
- 2/18/21 Hosey, M., **Beier, M.**, Hardin, A., Madathil, R., & Jackson, J. *Building Awareness of Rehab Psychology's Role in Chronic Disease Management During the COVID-19 Era*. Annual Rehabilitation Psychology 2021 Conference (virtual due to COVID-19).
- 3/4/2021 Hosey, M., **Beier, M.**, Hardin, A., Madathil, R., & Jackson, J. *Building Awareness of Psychologists' Role in Chronic Disease Management During the COVID-19 Era*. APAHC Virtual Conference 2021 (virtual due to COVID-19).
- 3/22/21 **Real Talk MS Podcast**. Building Your Resilience with Dr. Meghan Beier.
- 4/29-30/21 **Beier, M.** *Communication Workshop*. Can Do Multiple Sclerosis. (virtual due to COVID-19).
- 5/5/21 **Beier, M.** & Hughes, A. *How MS Impacts Your Mood & Cognition*. Can Do MS Webinar.
- 5/20/21 **Beier, M.** *Can Do JumpStart: Mood and Cognition*. Can Do MS. (virtual due to COVID-19).
- 5/26/21 **MS News Today Podcast**. Interview with Meghan Beier, PhD, Neuropsychologist & Expert on Mood and Cognition Symptoms.
- 8/5/21 **Beier, M.** *Multiple Sclerosis Wellness*. MS MindShift Sponsored by Bristol Meyers Squibb (virtual workshop)
- 9/1/21 **Beier, M.** & Miller, T. *Planning for an Unpredictable Future*. Can Do MS Webinar.
- 10/26/21 Bostick, M., Pharr, E. & **Beier**. *Role of Psychology in Nutrition. The Importance of Assessing Nutritional health in Patients with MS*. Consortium of MS Centers. Orlando, FL.
- 12/2-4/21 **Beier, M.** *Can Do Multiple Sclerosis* (virtual meeting due to COVID-19).
- 12/15/21 **Women in the MS World**. Part Two Round Table Interview. Watch online:
<https://youtu.be/vcqqqFZbN9o>
- Jan – June '22 **Beier, M.** *CAN DO II: Continuing the Connection*.
- 2/8/22 **FUMS 099 Podcast**. The Psychology of MS with Dr. Meghan Beier.
- 2/16/22 **MS Disrupted Podcast**. Move It or Lose It. Episode 40 - Interview Dr. Meghan Beier – Neuropsychologist – Johns Hopkins
- 2/21/22 **Real Talk MS Podcast**. Managing Your Emotional Health as COVID-19 becomes Endemic with Dr. Meghan Beier and Emily Reilly.

- 2/25/22 **Ask an MS Expert:** Managing Emotional Health During the Pandemic. Watch Online: <https://youtu.be/fhDRFtCHEg4>
- 3/9-30/22 Kalb, R., Wheeler, Y. & **Beier, M.** *Coaching 4 Part Series: Communication.* Can Do MS.
- 3/23/22 Beier, M. Wine Down Wednesday.
- 3/28/22 **Beier, M.** Move It or Lose It Podcast.
- 3/9-30/22 **Beier, M.** *Four Part Communication Coaching Series.* Can Do MS.
- 3/28/22 **Beier, M.** *Advanced Topics: Multiple Sclerosis.* University of Rochester
- 4/13/22 Kaplin, A., **Beier, M.**, & Quittner, A. *Systematically Addressing Mental Health as Part of Routine Care of Multiple Sclerosis.* Invited continuing education presentation. SPARK CME
- 5/4/22 Poal, P. & **Beier, M.** *Mood and Mental Health: How to Deal with Feeling Different.* Can Do MS.
- 5/6/22 **MS Disrupted: Move It or Lose It Podcast.** Episode 54— Encore Interview Dr. Meghan Beier – Neuropsychologist – Johns Hopkins
- 5/20-21/22 Beier, M. Take Charge. Can Do MS.
- 6/1/22 Bostick, M. & **Beier.** *Help your patients Stop “Dieting” and Embrace a Healthy Relationship with Food.* Consortium of MS Centers. Washington, DC.
- 8/12/22 **Beier, M.** & Miller, C. *A Mindfulness Experience: Interaction Between Health and Emotions.* Link to watch - <https://youtu.be/tRwaNLFQxoI>
- 9/23/22 **A Couple Takes on MS Podcast.** Episode 38 – Taking on Empathy with Dr. Meghan Beier
- 12/7/22 Kalb, R & **Beier, M.** *How to Bounce Back When Life Brings You Down.* Can Do MS Webinar. Watch Online: <https://youtu.be/XRSJSwyBvFg>
- 2/18/23 Ramanathan-Elion, D., Hosey, M., Ali Carter, M., & **Beier, M.** *The Evolution of Rehabilitation Psychology: Lessons Learned from Early Career Psychologists.* Rehabilitation Psychology Mid-Year Conference, Austin, Tx.

International:

- 12/3/22 **Beier, M.** *A Life Fully Realized - One Pause at a Time - Keynote.* Alberta MS Network. Banff, Canada.

OTHER PROFESSIONAL ACCOMPLISHMENTS

Posters

1. Rodriguez, A, Dziok, M, **Beier, M,** Lewin, H, Glubo, H, and Suchday, S. (2008, May). *Differences in Heart Rate, Systolic Blood Pressure, and Diastolic Blood Pressure in Hispanics and non-Hispanics.* 5th Annual Yeshiva University Behavioral Sciences Student Research Conference, Bronx, NY.
2. Dziok, M, Rodriguez, A, **Beier, M,** Lewin, H, Glubo, H, and Suchday, S. (2008, May). *The Accuracy of Cardiovascular Disease Risk Perception in a Bronx Community.* 5th Annual Yeshiva University Behavioral Sciences Student Research Conference, Bronx, NY
3. **Beier, M,** Glubo, H, Lewin, H, and Suchday, S. (2008, May). *The Relationship Between Burnout and Cardiovascular Risk Factors: How Are Health Professionals Affected?* 5th Annual Yeshiva University Behavioral Sciences Student Research Conference, Bronx, NY.
4. Dziok, M, Spektor, E, Nash, L, **Beier, M,** Rodriguez, A, Lee, C. Merzinger, MJ and Suchday, S. (2009, May). *Validation of the Maastricht Questionnaire among U.S. Cardiovascular Compromised and Healthy Samples: An Assessment of Vital Exhaustion.* Yeshiva University Behavioral Sciences Student Research Conference, Bronx, NY.
5. **Beier, M,** Farrell, E, and Foley, F. (2010, May). *The Relationship between Alcohol and Substance Use on Processing Speed in Multiple Sclerosis.* Yeshiva University Behavioral Sciences Student Research Conference, Bronx, NY.
6. Farrell, E, **Beier, M,** and Foley, F. (2010, May). *The Impact of Anxiety, Depression, and Cognitive Difficulties for Individuals with Multiple Sclerosis.* Yeshiva University Behavioral Sciences Student Research Conference, Bronx, NY.

7. **Beier, M**, Spielman, L, Farrell, E, Serova, S and Tsaousides, T. (2010). *Diagnosing Depression in Traumatic Brain Injury (TBI): The Overlap of Somatic Symptoms of Depression and Cognitive Symptoms of TBI*. ACRM-ASNR Joint Conference. Archives of Physical Medicine and Rehabilitation: 91(10), pp. e13.
8. Farrell, E, **Beier, M**, Spielman, L and Tsaousides, T. (2010). *Clinical Correlates of Depression over Time for Individuals with Traumatic Brain Injury*. ACRM-ASNR Joint Conference. Archives of Physical Medicine and Rehabilitation: 91(10), pp. e16.
9. Serova, S, Spielman, L, **Beier, M**, Farrell, E, Lent, M, Cantor, J and Tsaousides, T. (2011). *Application of a Qualitative Methodology to Rate Pre- and Post-Traumatic Brain Injury (TBI) Employment*. ACRM-ASNR Joint Conference. Archives of Physical Medicine and Rehabilitation: 92(1), pp. e11.
10. **Beier, M**, Farrell, E, D'Orio, V, Picone, MA, and Foley, F. (2011, April). *How Much Does Depression Really Impact Processing Speed?* 32nd Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Washington DC.
11. D'Orio, V, Farrell, E, **Beier, M**, Picone, MA and Foley, F. (2011, April). *Ambulation and Cognition in Patients with Multiple Sclerosis*. 32nd Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Washington DC.
12. Farrell, E, **Beier, M**, D'Orio, V, Picone, MA and Foley, F. (2011, April). *Prevalence rates of anxiety, depression, and cognitive difficulties in patients with multiple sclerosis from an outpatient clinic*. 32nd Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Washington DC.
13. **Beier, M**, Farrell, E, Shuman, M, Picone, MA, Holtzer, R and Foley, F. (2012, February). *Is there a Relationship between Alcohol and SDMT Performance?* 40th Annual Meeting of the International Neuropsychological Society, Montreal, Canada.
14. **Beier, M**, Farrell, E, Shuman, M, D'Orio, V, Spat, J, Picone, MA and Foley, F. (2012, February). *Alcohol Use in an Outpatient American MS Sample*. 40th Annual Meeting of the International Neuropsychological Society, Montreal, Canada.
15. Farrell, E, **Beier, M**, Picone, M and Foley, F. (2012, February). *Relationship of anxiety, depression, and information processing speed for individuals with multiple sclerosis (MS) at an outpatient clinic*. 40th Annual Meeting of the International Neuropsychological Society, Montreal, Canada.
16. Farrell, E, **Beier, M**, Picone, MA and Foley, F. (2012, April). *Re-Validation of the Hospital Anxiety and Depression Scale (HADS) in Patients with Multiple Sclerosis (MS) from an Outpatient Clinic in the United States*. Society of Behavioral Medicine's 33rd Annual Meeting & Scientific Sessions, New Orleans, LA.
17. Lee-Wilk, T, Ryan, PB, **Beier, M**, Kazmierski, MJ, Mitchell, LM and Shin, R. (2012). *A Pilot Interdisciplinary Group Cognitive Rehabilitation Intervention for MS: One Year Follow-Up*. Fourth Cooperative Meeting of CMSC and ACTRIMS. International Journal of MS Care: 14(S2), pp. 1-97.
18. D'Orio, V, Shuman, M, Spat, J, **Beier, M** and Foley, F. (2012, August). *PASAT versus SDMT: Correlations with Disability and Cognitive Performance in Patients with Multiple Sclerosis*. 119th Annual APA Convention, Orlando, Florida.
19. Snyder, S, Foley, F, Farrell, E, **Beier, M** and Zemon, V. (2013, March). *The Relationship of Disability, Anxiety, and Depression to Illness Intrusiveness in Patients with Multiple Sclerosis*. 71st American Psychosomatic Society Annual Scientific Meeting, Miami, Florida.
20. **Beier, M**, Amtmann, D and Ehde, D. (2013, May). *Psychosocial Predictors of Metacognition in Multiple Sclerosis*. Consortium of Multiple Sclerosis Centers (CMSC) and Americas Committee for Treatment and Research in Multiple Sclerosis (ACTRIMS), Orlando, FL.
21. **Beier, M**, Hartoonian, N, Terrill, A and Alschuler, K. (2013, October). *Assessing Anxiety in Multiple Sclerosis*. 29th Congress of the European Committee for Research and Treatment in Multiple Sclerosis/18th Annual Conference of Rehabilitation in MS, Copenhagen, Denmark.
22. Hartoonian, N, **Beier, M** and Bombardier, C. (2013, October). *Exercise Improves Cognition in MS*. 29th Congress of the European Committee for Research and Treatment in Multiple Sclerosis/18th Annual Conference of Rehabilitation in MS, Copenhagen, Denmark.
23. D'Orio, V, Glukhovskiy, L, **Beier, M**, Shuman, M, Spat, J and Foley, F. (2013, October). *Comparisons of the PASAT and the SDMT as Cognitive Screeners in Multiple Sclerosis*. 33rd Annual Conference of the National Academy of Neuropsychology, INC., San Diego, CA.
24. **Beier, M**, Hartoonian, N and Ehde, D. (2013, November). *Factors Influencing Employment in Multiple Sclerosis*. 4th Tykeson Fellows Conference on Multiple Sclerosis, Denver, CO.

25. Hartoonian, N, **Beier, M**, Terrill, A and Ehde, D. (2013, November) *Determinants of Self-Reported Cognitive Symptom Severity in MS: A Discriminant Function Analysis*. 4th Tykeson Fellows Conference on Multiple Sclerosis, Denver, CO.
26. Shuman, M, Holtzer, R, Belser-Ehrlich, J, **Beier, M** and Spat, J. (2014, February). *Development and Validation of the State Trait Inventory for Cognitive Fatigue (STI-CF) in Community-Dwelling Older Adults*. 42nd Annual International Neuropsychological Society Meeting, Seattle, WA.
27. Terrill, A, Hartoonian, N, **Beier, M**, Turner, A and Alschuler, K. (2014, February). *Evaluating Risk Factors for Anxiety in Multiple Sclerosis*. 16th Annual Rehabilitation Psychology Conference, San Antonio, TX.
28. Kellerman, QD, Hartoonian, N, **Beier, M**, Poel, A, Leipertz, SL, Haselkorn, JK and Turner, AP. (2014, February). *Risk Factors for Death by Suicide Versus Multiple Sclerosis in a National Sample of Veterans*. 16th Annual Rehabilitation Psychology Conference, San Antonio, TX.
29. **Beier, M**, Alschuler, K, Amtmann, D and Ehde, D. (2014, May). *Brief International Cognitive Assessment for MS (BICAMS) Tablet Application*. Annual Meeting of the Consortium of Multiple Sclerosis Centers (CMSC) and the Sixth Cooperative Meeting with Americas Committee for Treatment and Research in Multiple Sclerosis (ACTRIMS), Dallas, TX.
30. Castiglione, AS, Gromisch, ES, Snyder, S, Zemon, V, Schairer, LC, Picone, MA, Farrell, E, **Beier, M**, Kim, S and Foley, FW. (2014, May). *The Influence of Bowel Dysfunction and Depression on Illness Intrusiveness in Multiple Sclerosis Using a Moderator Model*. Annual Meeting of the Consortium of Multiple Sclerosis Centers (CMSC) and the Sixth Cooperative Meeting with Americas Committee for Treatment and Research in Multiple Sclerosis (ACTRIMS), Dallas, TX.
31. Castiglione, AS, Gromisch, ES, Zemon, V, Snyder, S, Schairer, LC, **Beier, M**, Farrell, E, Picone, MA, Kim, S and Foley, F. (2014, September). *Does anxiety moderate the relationship between bowel dysfunction and illness intrusiveness in multiple sclerosis?* 30th Congress of the European Committee for Research and Treatment in Multiple Sclerosis/18th Annual Conference of Rehabilitation in MS, Boston, MA.
32. Gromisch, ES, Foley, FW, Castiglione, AS, Snyder, S, Schairer, LC, Picone, MA, **Beier, M**, Farrell, E, Kim, S and Zemon, V. (2014, September). *What is the influence of fatigue and depression on patients' perceived illness intrusiveness?* 30th Congress of the European Committee for Research and Treatment in MS/18th Annual Conference of Rehabilitation in MS, Boston, MA.
33. **Beier, M**, Hughes, A, Alschuler, K, Ehde, D and Molton, I. (2015, February). *Depression severity and perceived cognition in multiple sclerosis (MS)*. 17th Annual Rehabilitation Psychology Conference, San Diego, CA.
34. Hughes, A, **Beier, M**, Turner, A, Amtmann, D and Ehde, D. (2015, February). *Self-efficacy as a Longitudinal Predictor of Perceived Cognitive Functioning in Individuals with Multiple Sclerosis*. 17th Annual Rehabilitation Psychology Conference, San Diego, CA.
35. Stobbe, G, Hertz, D, Kraft, GH, Alschuler, K, Wundes, A, Unruh, K, Reynolds, P, Kalb, RC, **Beier, M**, Alexander, K, Scott, JD and Johnson, K. (2015, May). *MS ECHO: Innovative Project to Improve the Capacity of Providers in Underserved Areas to Treat MS*. Annual Meeting of the Consortium of Multiple Sclerosis Centers, Indianapolis, Indiana.
36. **Beier, M**, Alschuler, K, Amtmann, D, Rutter, K, Garcia, C, Reeves, S and Ehde, D. (2015, May). *BICAMS Tablet Application: A Reliable and Fast Way to Assess Cognitive Functioning*. Annual Meeting of the Consortium of Multiple Sclerosis Centers, Indianapolis, Indiana.
37. Johnson, K, Hertz, D, Stobbe, G, Alschuler, K, Kraft, G, Wundes, A, Alexander, K, Kalb, R, Reynolds, P, **Beier, M**, von Geldern, G, Unruh, K and Scott, J. (2015). *Multiple sclerosis project ECHO: Outreach to rural providers to provide innovative collaborative training using video conferencing*. NARRTC 2015 Annual Conference, Alexandria, VA.
38. **Beier, M**, Gromisch, ES, Hughes, A, Alschuler, K, Madathil, R, Chiaravalloti, N and Foley, FW. (2015). *Proposed Cut Scores for Tests of the Brief International Cognitive Assessment of Multiple Sclerosis (BICAMS)*. 31st Congress of the European Committee for Treatment and Research in Multiple Sclerosis. Barcelona, Spain.
39. Hughes, AJ, Turner, AP, Alschuler, KN, **Beier, M** and Ehde, DM. (2015). *Association Between Sleep Disturbance and Perceived Cognitive Dysfunction over 12 Months in Individuals Living with Multiple Sclerosis*. 31st Congress of the European Committee for Treatment and Research in Multiple Sclerosis. Barcelona, Spain.

40. McGill, L, Hughes, A and **Beier, M.** (2017). *Fatigue Mediates the Relationship Between Anxiety and Self-Reported Cognitive Functioning Among MS Patients.* 19th Annual Rehabilitation Psychology. Albuquerque, NM.
41. Hughes, AJ, Alschuler, KN and **Beier, M.** (2017). *Sleep disturbance is associated with poorer verbal memory and perceived global cognitive dysfunction in multiple sclerosis.* 19th Annual Rehabilitation Psychology. Albuquerque, NM.
42. Hughes, AJ, Alschuler, KN and **Beier, M.** (2017). *Self-reported sleep disturbance and cognitive function in MS: Mediating effects of depressed mood and fatigue.* 7th Joint ECTRIMS-ECTRIMS Meeting. Paris, France.
43. Bhattarai, J., Hughes, A., & **Beier, M.** (2018). *Predictors of objective versus subjective cognitive impairment in individuals with multiple sclerosis (MS): The role of age, depression, and fatigue.* Annual Rehabilitation Psychology Annual Conference, Dallas, TX.
44. Hughes, A. J., Dunn, K. M., Chaffee, T., Bhattarai, J., & **Beier, M.** (2018). *Reliability and validity of the two-item Generalized Anxiety Disorder Scale (GAD-2) for screening anxiety symptoms in individuals with multiple sclerosis.* Annual Rehabilitation Psychology Conference, Dallas, TX.
45. Hughes, A. J., Dunn, K. M., Chaffee, T., Bhattarai, J., & **Beier, M.** (2018). *Reliability and validity of the two-item Generalized Anxiety Disorder Scale (GAD-2) for screening anxiety symptoms in individuals with multiple sclerosis.* Johns Hopkins Clinical and Research Expo, Baltimore, MD.
46. Bhattarai J, Hughes AJ, **Beier M** (October, 2018). *Expanding access to cognitive screening for individuals with multiple sclerosis: Preliminary examination of two free web-based processing speed tests compared to the Symbol Digit Modalities Test.* The 34th Annual Congress of the European Committee for Treatment and Research in Multiple Sclerosis (ECTRIMS), Berlin, Germany and the Johns Hopkins School of Medicine Clinical and Research Expo, Baltimore, MD.
47. Bhattarai J, Hughes AJ, **Beier M** (February, 2018). *Predictors of objective versus subjective cognitive impairment in individuals with multiple sclerosis (MS): The role of age, depression, and fatigue.* Annual Rehabilitation Psychology Annual Conference, Dallas, TX and the Johns Hopkins School of Medicine Clinical and research Expo, Baltimore, MD.
48. Bhattarai J, **Beier M**, Wang Y, Chaffee T, Hughes AJ (May 2019). *Predictors of Consent to Research Participation among African American/Black and Caucasian/White Individuals with Multiple Sclerosis.* Abstract accepted for poster presentation at the 2019 Annual Meeting of the Consortium of Multiple Sclerosis Centers, Seattle, Washington, USA.
49. Hughes AJ, Brown A, Patel K, **Beier M** (May 2019). *Contributions of the Rey Auditory Verbal Learning Test to Cognitive Impairment on the Brief International Cognitive Assessment for Multiple Sclerosis.* Annual Meeting of the Consortium of Multiple Sclerosis Centers, Seattle, WA.
50. Patel, K, Hughes AJ, Brown, A, **Beier M**, Mowry, EM, Fitzgerald, KC. (May 2019). *Reliability and Validity of the 25-item Multiple Sclerosis Resiliency Scale.* Annual Meeting of the Consortium of Multiple Sclerosis Centers, Seattle, WA.
51. Hughes A, Patel K, Brown A, Chaffee T, **Beier M** (May 2019). *Neurobehavioral Correlates of Hazardous Cannabis Use in Multiple Sclerosis.* Annual Meeting of the Consortium of Multiple Sclerosis Centers, Seattle, WA.
52. Ehde D, Alschuler K, **Beier M**, Bishop M, Chiaravallotti N, Foley F, Hughes A, Kratz A, LaRocca N, Prakash R, Senders A, Sullivan A, Zackowski K (May 2019). *Making Psychosocial Wellness a Priority: Partnering with the National Multiple Sclerosis Society to Move Wellness Research and Clinical Practice Forward.* Annual Meeting of the Consortium of Multiple Sclerosis Centers, Seattle, WA.
53. Bhattarai J, Hughes AJ, Cooper L, Wang Y, Mowry E, & **Beier M** (November 2019). *U.S. Census-derived place-based approach to examine depression and anxiety in African American/black and white individuals with multiple sclerosis.* Abstract accepted for poster presentation at the 2019 Johns Hopkins School of Medicine Research and Clinical Expo in Physical Medicine and Rehabilitation, Baltimore, Maryland, USA, and for oral platform and poster presentation at the 2019 Tykeson Fellows Conference, Atlanta, Georgia, USA.
54. Hughes, A. J., Chaffee, T., Patel, K. S., Brown, A. J., Bhattarai, J., & **Beier, M.** (2020 February). *Differential contributions of depression, anxiety, and sleep disturbance to fatigue impact in multiple sclerosis.* Accepted for poster presentation at the annual Rehabilitation Psychology Conference, San Diego, CA.