

BIOGRAPHICAL SKETCH

NAME M. Kathleen B., Ph.D.		POSITION TITLE Professor	
eRA COMMONS USER NAME klustyk			
EDUCATION/TRAINING <i>(Begin with baccalaureate or other initial professional education, such as nursing, and include postdoctoral training.)</i>			
INSTITUTION AND LOCATION	DEGREE <i>(if applicable)</i>	YEAR(s)	FIELD OF STUDY
University of Washington, Seattle	B.S.	1988	Psychology
University of Washington, Seattle	Ph.D.	1992	Physiological Psychology
University of Washington School of Nursing, Seattle	Post-doc training	1992-1994	Physiological Psychology/Gut Function

A. Personal Statement**B. Positions and Honors****Positions and Employment:**

1991–1992	<i>Pre-doctoral Research Assistant</i> , Department of Physiological Nursing-Gut Function Laboratory, University of Washington.
1992–1994	<i>Post-doctoral Research Scientist</i> , Department of Biobehavioral Nursing and Health Systems, University of Washington School of Nursing.
1994–1996	<i>Research Scientist</i> , Department of Gastrointestinal Surgery, University of Washington School of Medicine and Department of Biobehavioral Nursing and Health Systems, Gut Function Laboratory, University of Washington.
1993-1995	Instructor, Departments of Psychology & Women Studies, University of Washington.
1994-1999	Affiliate Assistant Professor, Biobehavioral Nursing and Health Systems (BNHS), University of Washington School of Nursing
1995-1996	Adjunct Faculty, Department of Psychology, Seattle Pacific University
1996-2000	Assistant Professor of Psychology, School of Psychology Family, and Community (SPFC), Seattle Pacific University
1999-Present	Affiliate Associate Professor, BNHS, University of Washington School of Nursing
2000-2006	Associate Professor of Psychology, SPFC, Seattle Pacific University
2006-Present	Professor of Psychology

Honors:

Outstanding Research Article Award, Society of Gastroenterology Nurses and Associates, 2002.

Expert Consultant for Organon Drug Company, NOMAC/E2 Advisory Panel, 2007.

C. Selected peer-reviewed publications (in chronological order).

1. Heitkemper, M. M., Bond, E. F., & Gruver (Burkhart), M. K. (1992). A possible 5-HT₃ component of TRH-Induced increases in gastric motility in developing rats. *Developmental Pharmacology and Therapeutics*, 19, 57-61.
2. Bond, E. F., Heitkemper, M. M., & Gruver (Burkhart), M. K. (1992). Mediation of TRH induced gastric motility increases in developing rats. *European Journal of Pharmacology*, 271, 127-135.

3. Kenney, N. J., Tomoyasu, N., & Burkhart, M. K. (1994). Food aversions induced by area postrema ablation. *Appetite*, 22, 205-220.
4. Heitkemper, M. M., Burr, R., Jarrett, M., Hertig, V, M., Lustyk, M. K. B., & Bond, E. F. (1998). Evidence for autonomic nervous system imbalance in women with irritable bowel syndrome. *Digestive Diseases and Sciences*, 43, 2093-2098
5. Summers, H., Lustyk, M. K. B., Jarrett, M., & Heitkemper, M. M. (1999). Aerobic fitness and the physiological stress response in women. *Biological Research in Nursing*, 1, 48-56.
6. Lustyk, M. K. B., Jarrett, M. Bennett, J., & Heitkemper, M. M. (2001). Does a physically active lifestyle improve symptoms in women with irritable bowel syndrome? *Gastroenterology Nursing*, 24, 1-9.
7. Lustyk, M. K. B., Widman, L., Paschane, A., & Ecker, E. (2004). Stress, quality of life and physical activity in women with varying premenstrual symptomatology. *Women and Health*, 39, 35-44.
8. Lustyk, M. K. B., Widman, L., Paschane, A., & Olson, K. C. (2005). Physical activity and quality of life: Assessing the influence of activity frequency, intensity volume and motives. *Behavioral Medicine*, 30, 124-131.
9. Widman, L., Lustyk, M. K. B., & Paschane, A. (2005). Sexual abuse and body image: Does age of abuse matter? *Family Violence and Sexual Assault Bulletin*, 21, 5-10.
10. Lustyk, M. K. B., Beam, C, Miller, A., & Olson, K. C. (2006). Stress and premenstrual symptomatology in women: Assessing the effect of spiritual well-being. *Journal of Psychology and Theology*, 34, 311-317.
11. Lustyk, M. K. B., Widman, L., & de Laveaga Becker, L. (2007). Relationship of abuse history with premenstrual symptomatology: Assessing the mediating role of perceived stress. *Women & Health*, 46, 67-80.
12. Lustyk, M. K. B., Gerrish, W. G., Shaver, S., & Keys, S. (2009). Cognitive-Behavioral Therapy for Premenstrual Syndrome and Premenstrual Dysphoric Disorder: A Systematic Review. *Archives of Women's Mental Health*, 12, 85-96.
13. Lustyk, M. K. B., Chawla, N., Nolan, R., & Marlatt, G. A. (2009). Mindfulness Meditation Research: A discussion of safety issues and participant screening procedures. *Advances in Mind-Body Medicine*, 24, 20-30.
14. Lustyk, M. K. B., & Gerrish, W. G. (2010). Premenstrual Syndrome and Premenstrual Dysphoric Disorder: Issues of quality of life, stress, and exercise. In V. R. Preedy, & R. Watson (Eds), *Handbook of Disease Burdens and Quality of Life Measures* (pp. 1952-1971). London, UK: Springer.
15. Lustyk, M. K. B., Olson, K. C., Gerrish, W. G., Holder, A., & Widman, L. (2010). Physiological and Psychological Stress Reactivity and Recovery in Women: Assessing the effects of menstrual cycle phase and stressor type. Manuscript submitted for publication. *Biological Psychology*. DOI 10.1016/j.biopsycho.2009.11.003

D. Research Support

Ongoing Research Support

UL 1RR025014 Lustyk (PI)

1/25/10-1/24/11

Institute of Translational Health Sciences

NIIH/NCRR

“Cardiovascular Responses to a Laboratory Stressor in Substance Abusers Before and After Treatment with Mindfulness-Based Relapse Prevention”

This is a collaborative research project between the UW Addictive Behaviors Research Center and the Lustyk Women’s Health Lab at SPU. The overall goal is to investigate stress responses in persons with substance use disorders before and after undergoing treatment with Mindfulness-Based Relapse Prevention therapy.

Faculty Research Support, Lustyk (PI)

09/01/2000-Present

Seattle Pacific University

Women’s Health Research

The purpose of these funds is to annually support research in Lustyk Women’s Health Lab.

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09/01/2000-Present

Seattle Pacific University

Women’s Health Research

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Foundation Awards

Lab Equipment Support, Lustyk (PI)

1/07/2009

Norcliffe Foundation

These funds were awarded for the immediate purchase of new physiological monitoring equipment.

Completed Research

Faculty Research Grant, Lustyk (PI)

09/01/1999-07/01/2000

Seattle Pacific University

Psychophysiology Lab Start-up

These funds were used by Lustyk to establish the first psychology lab at Seattle Pacific University. All support went towards acquiring psychophysiology equipment and currently houses the Lustyk Women’s Health Lab.

Faculty Research Grant, Lustyk (PI)

09/01/2001-01/01/2002

Survey studies in Women’s Health

These funds were used to perform three separate survey studies: (1) Stress and Quality of Life In women with Various Degrees of Premenstrual Symptomatology, (2) Stress and Premenstrual Symptomatology in Women with a History of Abuse, (3) Stress, Premenstrual Symptomatology and Sense of Control in Women.

Academic Renewal Grant, Lustyk (Professor)

03/01/2001-7/01/2001

Seattle Pacific University

Psychobiology of Women

This support was used to establish a new course for undergraduate curriculum entitled: Psychobiology of Women, now a regular course offering taught by Lustyk.