

MARY-FRANCES O'CONNOR, PH.D.

CONTACT

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Grief, Loss and Social Stress (GLASS) Lab:
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EDUCATION AND LICENSURE

2017 – present	Licensed Psychologist in State of Arizona (License #4921; issued 11/30/2017)
2006 – 2017	Licensed Psychologist in State of California (License #20681; issued 1/4/2006)
1998 – 2004	Ph.D., Clinical Psychology University of Arizona, Tucson, AZ Dissertation: <i>Autonomic and Emotion Regulation in Bereavement: A Longitudinal Study</i> (Advisor: Al Kaszniak)
1992 – 1996	Bachelor of Arts, Psychology Northwestern University, Evanston, IL

PROFESSIONAL APPOINTMENTS

2019 – present	Director of Clinical Training	University of Arizona Department of Psychology
2017 – present	Associate Professor of Psychology	University of Arizona Department of Psychology
	<i>Other appointments:</i>	Department of Psychiatry Evelyn F. McKnight Brain Institute
2012 – 2017	Assistant Professor of Psychology	University of Arizona Department of Psychology
2007 – 2012	Assistant Professor in Residence	UCLA Department of Psychiatry and Biobehavioral Science
2004 – 2007	Postdoctoral Fellow	UCLA Cousins Center for Psychoneuroimmunology
2003 – 2004	Intern, Health Track	UCLA Neuropsychiatric Institute and Hospital

HONORS AND AWARDS

2021	Nominated for the University of Arizona Excellence in Postdoctoral Mentoring Award
2019	APS Fellow, Association for Psychological Science
2018	Editorial Board Member, <i>Death Studies</i>
2017	75 th Anniversary Award, American Psychosomatic Society
2015	Career Development Leadership Program, Anxiety & Depression Association of America
2014	Undergraduate Biology Research Program (UBRP) Outstanding Mentor Award, University of Arizona
2012, 2015	International Research Development Travel Grant, University of Arizona
2011, 2012	Advanced Research Institute in Geriatric Mental Health Scholar
2011	RAND Summer Institute Workshop on Aging Invitee
2010	ADVANCE Junior Scientist Award, NSF and University of Arizona
2009	John H. Walsh Young Investigator Research Prize Nominee, UCLA School of Medicine
2008	Honorarium and invitation to “Opportunities for Advancing Behavioral and Social Science Research on Aging” Workshop, NIH National Institute on Aging and Office of Behavioral and Social Sciences Research
2006, 2008, 2009	Junior Faculty Travel Grant, Friends of the UCLA Semel Institute for Neuroscience and Human Behavior
2006	Post-Doctoral Honoree, Psychoneuroimmunology Research Society
2006	President’s Post-Doctoral Fellowship Alternate, University of California Office of the President
2002	Scholarship Awardee, Changing Lives of Couples Data Workshop, University of Michigan

2002 Small Grant Awardee, Association for Death Education and Counseling
 2002 Graduate College Dissertation Small Grant Awardee, University of Arizona
 2001 Richard Kalish Graduate Paper Award, University of Arizona Graduate College

STUDENT HONORS

2014 Christopher Williams, Undergraduate Research Grant, University of Arizona
 2014 Jesus Serrano Careaga, Galileo Circle Scholars Merit Award, University of Arizona
 2014 Jesus Serrano Careaga, Outstanding Senior Award, Department of Psychology, University of Arizona
 2015 Krystal Jovel, Pillars of Excellence Award, University of Arizona
 2015, 2017 Emily Long, Galileo Circle Scholars Merit Award, University of Arizona
 2015 Emily Long, Undergraduate Research Grant, University of Arizona
 2015 Lindsey Knowles, College of Science Scholarship Award, University of Arizona
 2016 Emily Long, Honors College Spirit of Inquiry Research Grant, University of Arizona
 2016 Emily Long, Outstanding Senior Award, Department of Psychology, University of Arizona
 2017 Eli Ramirez, Outstanding Senior Award, Department of Psychology, University of Arizona
 2017 Lindsey Knowles, Galileo Circle Scholars Merit Award, University of Arizona
 2017 Saren Seeley, Graduate Fellowship (NSF GRFP) Honorable Mention, NSF
 2017 Roman Palitsky, Centennial Achievement Award, University of Arizona
 2018 Lindsey Knowles, P.E.O. International Scholar Award
 2019 Saren Seeley, Galileo Circle Scholars Merit Award, University of Arizona
 2019 Saren Seeley, Ruth L. Kirschstein NRSA Individual Predoctoral Fellowship, NIH-NIA
 2020 Da'Mere Wilson, National Science Foundation Graduate Research Fellowship (NSF GRFP)

GRANTS AND CONTRACTS (CURRENT)

Federal

9/01/2019 –	Principal	R13 AG066368, NIH National Institute on Aging	
8/31/2021	Investigator	Conference grant to support <i>Social Neuroscience of Grief: 2020 Vision and Social Neuroscience of Grief: Early Adversity and Later Life Reversibility</i>	
1/01/2020 –	Principal	R13 AG066393, NIH National Institute on Aging	
12/31/2021	Investigator	Conference grant to support the 78 th and 79 th Annual Scientific Meetings of the American Psychosomatic Society	

GRANTS AND CONTRACTS (COMPLETED)

Federal

7/01/2007 –	Principal	K01 AG028404, NIH National Institute on Aging	\$538,750
6/30/2013	Investigator	<i>Complicated Grief in Older Adults: Physiological Substrates of Emotion Regulation</i> (Co-PI: Michael Irwin)	
7/01/2018 –	Co-Investigator	P30 AG019610-12, NIH National Institute on Aging	
6/30/2019		Arizona Alzheimer's Disease Core <i>Uncovering Neurocognitive Links Between Alzheimer's Disease and Depression in Mid-Life To Early Aging</i> (PI: Jessica Andrews-Hanna)	

State

4/20/2011 –	Principal	Seed Grant, UCLA Cousins Center for	\$11,700
4/19/2012	Investigator	Psychoneuroimmunology <i>Complicated Grief and Gene Expression in Human Leukocytes</i> (Co-PI: Steve Cole)	
07/01/2018 –	Principal	5P30AG019610-12, NIH National Institute on Aging	\$29,006
06/30/2019	Investigator	Arizona Alzheimer's Disease Core <i>A Randomized Controlled Trial of Virtual Reality Support Group for Alzheimer's Disease Caregivers</i> (Co-PI: Alfred Kaszniak)	

Private Foundation

10/1/2011- 9/30/2014	Co-Principal Investigator	National Multiple Sclerosis Society <i>Differential Hippocampal Vulnerability as a Mechanism for Depression in Multiple Sclerosis</i> (PI: Nancy Sicotte, Co-PI: Stefan Gold)	\$518,450
1/01/2014 – 12/31/2014	Principal Investigator	Retirement Research Foundation <i>Development and Assessment of an Online, Virtual Support Group for Older Widow/ers</i>	\$44,980
12/17/2014 – 8/01/2017	Co-Principal Investigator	Mind and Life Institute <i>A Mindfulness-Based Intervention to Examine Yearning and Grief Specific Rumination as Mediators of Grief Outcomes in Bereaved Individuals</i> (PI: <u>Lindsey Knowles</u>)	\$14,898
1/01/2015 – 12/31/2017	Principal Investigator	DANA Foundation <i>The Neurobiological Mechanisms of Complicated Grief</i>	\$200,000

REFEREED PUBLICATIONSStudents underlined

- O'Connor, M.F., Allen, J.J.B., & Kaszniak, A.W. (2002) Autonomic and emotion regulation in bereavement and depression. *Journal of Psychosomatic Research*, 52, 183-185.
- O'Connor, M.F. (2002). Making meaning of life events: Theory, evidence and research directions for an alternative model. *Omega: Journal of Death and Dying*, 46, 56-75.
- Gündel, H., O'Connor, M.F., Littrell, L., Fort, C., & Lane, R. (2003). Functional neuroanatomy of grief: An fMRI study. *American Journal of Psychiatry*, 160, 1946-1953.
- O'Connor, M.F. (2004). Finding boundaries inside prison walls: Case study of a terminally ill inmate. *Death Studies*, 28, 63-76.
- O'Connor, M.F., Allen, J.J.B., & Kaszniak, A.W. (2005). Emotional disclosure for whom? The role of vagal tone in bereavement. *Biological Psychology*, 68, 135-146.
- O'Connor, M.F. (2005). Bereavement and the brain: Invitation to a conversation between bereavement researchers and neuroscientists. *Death Studies*, 29, 905-922.
- O'Connor, M.F., Irwin, M., Seldon, J., Kwan, L., Ganz, P.A. (2007). Pro-inflammatory cytokines and depression in a familial cancer registry. *Psycho-Oncology*, 16, 499-501.
- O'Connor, M.F., Motivala, S., Valladares, E.M., Olmstead, R. and Irwin, M. (2007). Sex differences in monocyte expression of IL-6: Role of autonomic mechanisms. *American Journal of Physiology: Regulatory, Integrative and Comparative Physiology*, 293, R145-151.
- O'Connor, M.F., Gündel, H., McRae, K., Lane, R.D. (2007). Baseline vagal tone predicts BOLD response during elicitation of grief. *Neuropsychopharmacology*, 32, 2184-9.
- O'Connor, M.F., Wellisch, D.K., Stanton, A.L., Eisenberger, N.I., Irwin, M.R., Lieberman, M.D. (2008). Craving love? Complicated grief activates brain's reward center. *NeuroImage*, 42, 969-972. DOI: 10.1016/j.neuroimage.2008.04.256 PMC2553561.
- Buchheim, A., George, C., Gündel, H., Heinrichs, M., Koops, E., O'Connor, M.F., Pokorny, D. (2009). Oxytocin enhances the experience of attachment security. *Psychoneuroendocrinology*, 34, 1417-2.
- O'Connor, M.F., Wellisch, D.K., Irwin, M. (2009). When grief heats up: Proinflammatory cytokines predict regional brain activation. *NeuroImage*, 47, 891-896. PMC2760985.
- O'Connor, M.F., Bower, J., Cho, H.J., Creswell, J.D., Hoyt, M.A., Martin, J.L., Robles, T., Sloan, E., Thomas, K.S., Irwin, M. (2009). To assess, to control, to exclude: effects of biobehavioral factors on circulating inflammatory markers. *Brain, Behavior and Immunity*, 23, 887-897. PMC2749909.
- O'Connor, M.F., Irwin, M.R. (2010). Links between behavioral factors and inflammation. *Clinical Pharmacology and Therapeutics*, 87, 479-82. PMC2866374.
- Gold, S.M., Kern, K.C., O'Connor, M.F., Montag, M.J., Kim, A., Yoo, Y.S., Giesser, B.S., Sicotte, N.L. (2010). Smaller cornu ammonis 2–3/dentate gyrus volumes and elevated cortisol in multiple sclerosis patients with depressive symptoms. *Biological Psychiatry*, 68, 553-9. PMID: 20646680.

16. Shear, M.K., Duan, N., Reynolds, C., Simon, N., Zisook, S., Lebowitz, B., Sung, S., Guesquierre, A., Gorscak, B., Clayton, P., Ito, M., Nakajima, S., Konishi, T., Brent, D., Melhem, N., Meert, K., Schiff, M., Neimeyer, R., O'Connor, M.F., First, M., Sareen, J., Bolton, J., Skritskaya, N., Mancini, A. (2011). Complicated Grief and related bereavement issues for DSM-5. *Depression and Anxiety*, 28, 103–117.
17. O'Connor, M.F., Wellisch, D. K., Stanton, A. L., Olmstead, R., & Irwin, M. R. (2012). Diurnal cortisol in Complicated and Non-Complicated Grief: Slope differences across the day. *Psychoneuroendocrinology*, 37, 725-728. PMC3258306.
18. O'Connor, M.F. (2012). Immunological and neuroimaging biomarkers of Complicated Grief. *Dialogues in Clinical Neuroscience*, 14, 141-148.
19. Schultze-Florey, C.R., Martínez-Maza, O., Magpantay, L., Breen, E.C., Irwin, M.R., Gündel, H., O'Connor, M.F. (2012). When grief makes you sick: Bereavement induced systemic inflammation is a question of genotype. *Brain, Behavior, and Immunity*, 26, 1066-71. PMC3601554.
20. O'Connor, M.F., Shear, M.K., Fox, R., Skritskaya, N., Campbell, B., Ghesquiere, A., Glickman, K. (2013). Catecholamine predictors of complicated grief treatment outcomes. *International Journal of Psychophysiology*, 88, 349-352. NIHMS413016.
21. Gold, S.M., O'Connor, M.F., Sicotte, N.L. (2014). Detection of altered hippocampal morphology in multiple sclerosis-associated depression using automated surface mesh modeling. *Human Brain Mapping*, 35, 30–37. PMC3748203.
22. O'Connor, M.F., Schultze-Florey, C.R., Irwin, M.R., Cole, S.W. (2014). Divergent gene expression responses to Complicated Grief and Non-complicated Grief. *Brain, Behavior and Immunity*, 37, 78–83. NIHMSID 553078.
23. O'Connor, M.F. & Sussman, T. (2014). Developing the Yearning in Situations of Loss scale: Convergent and discriminant validity for bereavement, romantic breakup and homesickness. *Death Studies*, 38, 450-458. doi: 10.1080/07481187.2013.782928
24. Grinberg, A.M., Serrano Careaga, J., Mehl, M.R., O'Connor, M.F. (2014). Social engagement and user immersion in exploring a virtual world. *Computers in Human Behavior*, 36, 479–486.
25. O'Connor, M.F., Arizmendi, B.J., Kaszniak, A.K. (2014). Virtually supportive: A feasibility pilot study of an online support group for dementia caregivers in a 3D virtual environment. *Journal of Aging Studies*, 30, 87-93. doi: 10.1016/j.jaging.2014.03.001. NIHMSID 593742.
26. O'Connor, M.F., & Arizmendi, B.J. (2014). Neuropsychological correlates of complicated grief in older spousally bereaved adults. *Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 69, 12–18, doi:10.1093/geronb/gbt025.
27. Kern, K.C., Lee, B., Montag, M., Horsfall, J., Gold, S.M., O'Connor, M.F., Sicotte, N.L. (2015). Thalamic-hippocampal-prefrontal disruption in relapsing-remitting multiple sclerosis. *NeuroImage*, 8, 440–447.
28. Hasselmo, K., Sbarra, D.A., O'Connor, M.F., & Moreno, F.A. (2015). Psychological distress following marital separation interacts with a polymorphism in the serotonin transporter gene to predict cardiac vagal control in the laboratory. *Psychophysiology*, 52, 736-44.
29. O'Connor, M.F., Arizmendi, B.J. (2015). What is “normal” in grief? *Australian Critical Care*, 8, 58–62. doi:10.1016/j.aucc.2015.01.005.
30. Knowles, L. M. & O'Connor, M.F. (2015). Coping flexibility, forward focus and trauma focus in older widows and widowers. *Bereavement Care*, 34, 17-23, doi: 10.1080/02682621.2015.1028200.
31. Soenke, M., O'Connor, M., & Greenberg, J. (2015). Broadening the definition of resilience and “reappraising” the use of appetitive motivation. *Behavioral and Brain Sciences*, 38, E121. doi:10.1017/S0140525X14001691.
32. Arizmendi, B.J., Kaszniak, A.W., O'Connor, M.F. (2016). Disrupted prefrontal activity during emotion regulation in Complicated Grief: An fMRI investigation. *NeuroImage*. 12, 968-76. doi: 10.1016/j.neuroimage.2015.09.054. NIHMSID 727740.
33. Bourassa, K. J., Knowles, L., Sbarra, D. A. O'Connor, M. (2016). Absent, but not gone: Interdependence in couples' quality of life persists after a partner's death. *Psychological Science*, 27(2), 270-281. doi: 10.1177/0956797615618968.

34. Fallon, M., Serrano Careaga, J., Sbarra, D., O'Connor, M-F. (2016). The utility of a virtual Trier Social Stress Test: Initial findings and benchmarking comparisons. *Psychosomatic Medicine*, 78(7), 835-840. doi: 10.1097/PSY.0000000000000338.
35. Robinaugh, D.J., Mauro, C., Bui, E., Stone, L., Shah, R., Wang, Y., Skritskaya, N.A., Reynolds, C.F., Zisook, S., O'Connor, M.F., Shear, K. & Simon, N.M. (2016). Yearning and its measurement in complicated grief. *Journal of Loss and Trauma*, 21(5), 410-420. doi: 10.1080/15325024.2015.1110447.
36. Reed, R. G., O'Connor, M.F., Pace, T. W. W., Raison, C. L., & Butler, E. A. (2016). Dyadic coping and salivary interleukin-6 responses to interpersonal stress. *Journal of Family Psychology*. doi: 10.1037/fam0000249.
37. Ruiz, J., Hamann, H., Mehl, M. R., & O'Connor, M.F. (2016). The Hispanic Health Paradox: From epidemiological phenomenon to contribution opportunities for psychological science. *Group Processes & Intergroup Relations*, 19(4), 462-476. doi: 10.1177/1368430216638540.
38. Knowles, L., Stelzer, E.M., Jovel, K., & O'Connor, M.F. (2017). A pilot study of virtual support for grief: Feasibility, acceptability, and preliminary outcomes. *Computers in Human Behavior*, 73, 650-658. doi.org/10.1016/j.chb.2017.04.005.
39. Wilson, D.T. & O'Connor, M.F. (2017). Planning for two: A literature review on caregiver stress near the end-of-life. *Arizona Geriatrics Society Journal*, 23(2), 1-5.
40. Kaplan, D.M., Palitsky, R., Carey, A.L., Crane, T.E., Havens, C.M., Medrano, M.R., Reznik, S.J., Sbarra, D.A., & O'Connor, M.F. (2018). Maladaptive repetitive thought as a transdiagnostic phenomenon and treatment target: An integrative review. *Journal of Clinical Psychology*, 1126-1136. doi.org/10.1002/jclp.22585.
41. Karl, S., Fallon, M., Palitsky, R., Martinez, J.A., Gündel, H. & O'Connor, M-F. (2018). Low-dose aspirin for prevention of cardiovascular risk in bereavement: results from a feasibility study. *Psychotherapy and Psychosomatics*. doi: 10.1159/000481862.
42. van Zutphen, L., Maier, S., Sie, N., Jacob, G. A., Tüscher, O. Tebartz van Elst, L., Zeeck, A., Arntz, A., O'Connor, M.F., Stamm, H., Hudek, M., Joos, A. (2018). Intimate stimuli result in fronto-parietal activation changes in anorexia nervosa. *Eating and Weight Disorders*, doi.org/10.1007/s40519-017-0474-x.
43. Seeley, S.H., Chou, Y., & O'Connor, M.F. (2018). Intranasal oxytocin and OXTR genotype effects on resting state functional connectivity: A systematic review. *Neuroscience & Biobehavioral Reviews*, 95, 17–32. doi.org/10.1016/j.neubiorev.2018.09.011
44. McConnell, M.H., Killgore, W.D.S., & O'Connor, M.F. (2018). Yearning predicts subgenual anterior cingulate activity in bereaved individuals. *Heliyon*, 4, e00852. doi: 10.1016/j.heliyon.2018.e00852. PMC6197542.
45. Stelzer, E.M., Palitsky, R., Hernandez, E.N., Ramirez, E.G., O'Connor, M.F. (2019). The role of personal and communal religiosity in the context of bereavement. *Journal of Prevention and Intervention in the Community*, May 29, 1-17. doi: 10.1080/10852352.2019.1617523. PMID 31140951.
46. Stelzer, E., Knowles, L.M., Wilson, D.T., & O'Connor, M.F. (2020) Recruitment and retention in clinical and experimental bereavement research: Lessons learned from creating a research registry, *Death Studies*, 44:12, 771-777, DOI: 10.1080/07481187.2019.1609138.
47. Knowles, L.M., Ruiz, J.M., & O'Connor, M.F. (2019). A systematic review of the association between bereavement and biomarkers of immune function. *Psychosomatic Medicine*, 81(5):415-433. doi: 10.1097/PSY.0000000000000693.
48. O'Connor, M.F. (2019) Grief: A brief history of research on how body, mind, and brain adapt. *Psychosomatic Medicine*, 81(8):731-738. doi: 10.1097/PSY.0000000000000717. PMID: 31180982.
49. Stelzer, E., Atkinson, C., O'Connor, M.F., & Croft, A. (2019) Gender differences in grief narrative construction: a myth or reality? *European Journal of Psychotraumatology*, 10:1,1688130, doi: 10.1080/20008198.2019.1688130
50. Stelzer, E., Zhou, N., Maercker, A., O'Connor, M.-F., & Killikelly, C. (2020). Prolonged grief disorder and the cultural crisis. *Frontiers in Psychology*, 10: 2982. <https://doi.org/10.3389/fpsyg.2019.02982>
51. Lawrence, A. V., Alkozei, A., Irgens, M. S., Acevedo-Molina, M. C., Brener, S. A., Chandler, A. B., Chau, R. F., Doyle, C. Y., McKinney, A. L., Price, S. N., Shanholtz, C. E., Van Etten, E. J., Ver Hoeve, E. S., Sbarra, D. A., & O'Connor, M.-F. (2020). Think again: Adaptive repetitive thought as a transdiagnostic treatment for individuals predisposed to repetitive thinking styles. *Journal of Psychotherapy Integration*. <http://dx.doi.org/10.1037/int0000209>

52. Eisma, M., Stelzer, E., Lenferink, L. I. M., Knowles, L. M., Gastmeier, S. K., Angelopoulou, M., Doering, B. K., & O'Connor, M.-F. (2020). Wish you were here: The Dutch, German, and English Yearning in Situations of Loss Short Form. *Journal of Clinical Psychology*, 1-20. doi: 10.1002/jclp.22977
53. Stelzer, E.-M., & O'Connor, M.-F. (2021). Can Less Ever Be More? A Model of Emotion Regulation Repertoire of Social Support (ERROSS). *Emotion Review*, 13, 125-138. <https://doi.org/10.1177/1754073921992848>
54. Knowles, L. M., Jovel, K. S., Mayer, C. M., Bottrill, K. C., Kaszniak, A. W., Sbarra, D. A., Lawrence, E. E., & O'Connor, M.-F. (2021). A controlled trial of two mind-body interventions for grief in widows and widowers. *Journal of Consulting and Clinical Psychology*, 89(7), 640–654. <https://doi.org/10.1037/ccp0000653>
55. Raffaelli, Q., Mills, C., de Stefano, NA.,... O'Connor, M.-F., Andrews-Hanna, J.R. (2021). The think aloud paradigm reveals differences in the content, dynamics and conceptual scope of resting state thought in trait brooding. *Scientific Reports*, 11, 19362. <https://doi.org/10.1038/s41598-021-98138-x>
56. O'Connor, M.-F., & Seeley, S. H. (2022). Grieving as a form of learning: Insights from neuroscience applied to grief and loss. *Current Opinion in Psychology*, 43, 317–322. <https://doi.org/10.1016/j.copsy.2021.08.019>
57. Wilson, D.T., & O'Connor, M.-F. (2022). From Grief to Grievance: Combined Axes of Personal and Collective Grief Among Black Americans. *Frontiers in Psychiatry*, 13, 850994. doi: 10.3389/fpsy.2022.850994.
58. Chandler, A. B., Wank, A. A., Vanuk, J. R., O'Connor, M.-F., Dreifuss, B. A., Dreifuss, H. M., Ellingson, K. D., Khan, S. M., Friedman, S. E., & Athey, A. Online psychological first aid for healthcare workers: The HCW HOSTED ICARE model in response to COVID-19. *In press*.

Chapters in scholarly books:

1. Gianaros, P. J., & O'Connor, M.F. (2010). Neuroimaging methods in stress science. In R. J. Contrada & A. Baum (Eds.), *Handbook of Stress Science: Biology, Psychology, and Health* (pp. 543-564). New York: Springer.
2. O'Connor, M.F. (2011). Physiological mechanisms and the neurobiology of Complicated Grief. In M. Stroebe, H. Schut, J. van den Bout & P. Boelen (Eds.), *Complicated Grief: Scientific Foundations for Health Care Professionals* (pp. 204-218). London: Routledge.
3. McConnell, M.H. & O'Connor M.F. (2018). Grief reactions: A neurobiological approach. In E. Bui (Ed.), *Handbook of Bereavement and Grief Reactions* (pp.45-62). Berlin: Springer.
4. O'Connor, M.-F. (2020). Bereavement. In *The Wiley Encyclopedia of Health Psychology* (eds K. Sweeny, M.L. Robbins and L.M. Cohen). <https://doi.org/10.1002/9781119057840.ch48>
5. Andrews-Hanna, J.R., Christoff, K., & O'Connor, M.F. (2020). Dynamic regulation of internal experience. In R. Lane, L. Ryan, & L. Nadel (Eds.) *The Neuroscience of Enduring Change: The Neural Basis of Talk Therapies*. New York, NY: Oxford University Press U.S.A.

WORK IN PROGRESS

Students underlined

Refereed manuscripts:

1. Seeley, S.H., Andrews-Hanna, J., Allen, J.J.B., O'Connor, M.-F. Dwelling in complicated grief: Resting state functional connectivity during oxytocin and placebo administration. *Under review*.
2. Arizmendi, B. J., Seeley, S. H., Allen, J. J. B., Killgore, W. D. S., Andrews-Hanna, J. R., Weihs, K. L., & O'Connor, M.-F. A pull to be close: The differentiating effects of oxytocin and grief stimulus type on approach behavior in complicated grief. *Under review*.
3. Palitsky, R., Wilson, D.T., Friedman, S.E., Ruiz, J.M., Sullivan, D., O'Connor, M.-F. The relationship of prolonged grief disorder symptoms with hemodynamic response to grief recall among bereaved adults. *Under review*.

Chapters in scholarly books:

1. O'Connor, M.F. & Seeley, S.H. (*In press*). Neurobiology of Complicated Grief. In J.W. Ellor & H.W. Harris (Eds.) *Macmillan Encyclopedia of Death and Dying*. Macmillan Reference, USA.

CONFERENCES AND SCHOLARLY PRESENTATIONS

Students underlined

Presentations:

1. O'Connor, M.F., Ohira, H., Gundel, H., Ditzen, B. (March, 2012). "What are bonds made of? Genetics, oxytocin and neural activation in intimate relationships." American Psychosomatic Society Annual Meeting, Athens, Greece.
2. Phillips, A.C., Clow, A., O'Connor, M.F. (March, 2013). "Getting your science into the media." American Psychosomatic Society Annual Meeting, Symposium and Roundtable Lunch, Miami, Florida.
3. O'Connor, M.F. (May, 2013). "Divergent gene expression responses to Complicated Grief and Non-complicated Grief." Paper presented at the Association for Psychological Science, Washington, D.C.
4. *INVITED: O'Connor, M.F. (November, 2013). "Neural and physiological consequences of social loss: the model of bereavement." Society for Social Neuroscience, San Diego, CA.
5. O'Connor, M.F. (March, 2014). "Complicated Grief and the widowhood effect: Inflammatory genotype, gene expression and circulating levels of IL-6." Anxiety and Depression Association of America, Chicago, IL.
6. *INVITED KEYNOTE: O'Connor, M.F. (July, 2015). "Understanding the health effects of bereavement: Immune function, gene transcription and neuroimaging markers." European Association for Psychosomatic Medicine Annual Meeting (Nuremberg, Germany).
7. O'Connor, M.F. (March, 2016). "Low Dose Aspirin Reduces Cardiovascular Reactivity and Depressed Mood in Acutely Bereaved: A Pilot Study." American Psychosomatic Society Annual Meeting, Denver, CO.
8. *INVITED: O'Connor, M.F. (March, 2016). "What happens to health, when relationships end?" German Congress of Psychosomatic Medicine and Psychotherapy, Potsdam, Germany.
9. *INVITED: O'Connor, M.F. (April, 2016). "Complicated Grief: Clinical phenomenology and neural substrates." Southwest Psychological Association, Dallas, TX.
10. O'Connor, M.F. (May, 2016). "Virtual Reality: The Real Effect on Mood, Behavior and Physiological Stress Response." Association of Psychological Science Annual Convention, Chicago, IL.
11. O'Connor, M.F. (October, 2017). "Grief: 40 Years of Research on How Brain, Mind and Body Adapt." American Psychosomatic Society Mid-Year Meeting, Berkeley, CA.
12. *INVITED CLINICAL SYMPOSIUM: O'Connor, M.F. (May, 2018). "Complicated Grief Through a Physiological Lens." Association for Psychological Science, San Francisco, CA.
13. *INVITED: O'Connor, M.F. (September, 2018). "Complicated Grief: A Multi-Method Approach." Heymans Institute for Psychological Research Colloquium, University of Groningen, Groningen, Netherlands.
14. *INVITED: O'Connor, M.F. (October, 2018). "Complicated Grief: A Multi-Method Approach". Behavioural and Molecular Neurobiology Seminar, University of Regensburg, Regensburg, Germany.
15. *INVITED: O'Connor, M.F. (February, 2019). "Yearning and Prolonged Grief." Arq Psychotrauma Expert Groep, Amsterdam, Netherlands.
16. *INVITED: O'Connor, M.F. (June, 2020). "Bereavement Stress and Gene Expression: Does It Go Both Ways?" Genomic Response to the Social Environment: Implications for Health Outcomes, National Institute Nursing Research, Washington, D.C. (virtual).
17. *INVITED: O'Connor, M.F. (October, 2020). "Complicated Grief." Betsy Cantwell Fireside Research Chat, University of Arizona.
18. O'Connor, M.F. (November, 2020). "A Pull to Be Close: The Effect Of Oxytocin on Approach Behavior in Complicated Grief." In R. Rosner, (Chair), *Prolonged Grief: From Population to Lab*. International Society for the Study of Traumatic Stress, Virtual Meeting.
19. Knowles, L. M., Jovel, K.S., Mayer, C., Bottrill, K.C., Kaszniak, A. W., Sbarra, D.A. & O'Connor, M. F. (2020, November). Relaxation and mindfulness interventions improve grief outcomes in widows and widowers: A three-arm comparative trial. In L.I.M. Lenferink (Chair), *Treatment of distress in (traumatically) bereaved children and adults*. [Symposium]. International Society for Traumatic Stress Studies, Virtual Meeting.

20. *INVITED: O'Connor, M.F. (February, 2021). "Neurobiological aspects of grief after perinatal loss." University of Zurich Winter Workshop on Perinatal Loss and Grief, Virtual Meeting.

Posters:

1. O'Connor, M.F., Schultze-Florey, C.R., Irwin, M.R., Martínez-Maza, O. (2012). *A polymorphism in the oxytocin receptor gene is linked to avoidant attachment*. Poster presented at the 24th Association for Psychological Science Annual Convention, Chicago, IL.
2. O'Connor, M.F., Schultze-Florey, C.R., Irwin, M.R., Martínez-Maza, O. (2012). *Gene x environment: Bereavement influences on cellular inflammation*. Poster presented at the 24th Association for Psychological Science Annual Convention, Chicago, IL.
3. Gupta, A., Gee, G. C, Leuchter, A. F., Cohen, M. S., Wyatt, G. E. & O'Connor, M.F. (2012). *The Social Environment Impact: Brain Activation and Distress During Imagery of Racial Discrimination Experiences*. Poster presented at the annual Society for Neuroscience meeting, New Orleans, LA.
4. Chavez, S., O'Connor, M.F., Mehl, M. (January, 2013). *Stream of consciousness and the default network: Linguistic predictors of depression*. Poster presented at the 24th annual Undergraduate Biology Research Program conference, Tucson, AZ.
5. Grinberg, A.M., O'Connor, M.F., Serrano Careaga, J., Noethen, E. (March, 2013). *Social interactions in the study of Second Life as a social support tool*. Poster presented at Society for Behavioral Medicine, San Francisco, CA.
6. Arizmendi, B. & O'Connor, M.F. (May, 2013). *Attentional Bias and Complicated Grief in Spousally Bereaved Older Adults*. Poster presented at the Association for Psychological Science, Washington, D.C.
7. Schultze-Florey, C.R., O'Connor, M.F., Irwin, M.R. Cole, S.W. (June, 2013). *Does gene regulation make it complicated? Poster presented at the Psychoneuroimmunology Research Society, Stockholm, Sweden.*
8. Serrano Careaga, J., Fallon, M., O'Connor, M.F. (January, 2014). *Yearning and the Trier Social Stress Test in a virtual world*. Poster presented at the 25th annual Undergraduate Biology Research Program conference, Tucson, AZ.
9. Knowles, L.M., Schultze-Florey, C.R., Irwin, M.R., O'Connor, M.F. (March, 2014). *The interaction between inflammatory genotype and Complicated Grief disorder is associated with elevated circulating levels of IL-6*. Poster presented at the American Psychosomatic Society, San Francisco, CA.
10. Fallon, M., Carreaga Serrano, J., O'Connor, M.F. (March, 2014). *Perceived stress and the Trier Social Stress Test in an online virtual reality*. Poster presented at the American Psychosomatic Society, San Francisco, CA.
11. O'Connor, M-F. (March, 2014). *Empathic response to strangers based on interoceptive experience: an fMRI study*. Poster presented at the American Psychosomatic Society, San Francisco, CA.
12. Arizmendi, B. & O'Connor, M-F. (March, 2014). *The neuroanatomical correlates of bereavement and Complicated Grief in older adults*. Poster presented at the Anxiety and Depression Association of America, Chicago, IL.
13. Serrano Careaga, J., Fallon, M., O'Connor, M.F. (April, 2014). *Self-focused attention in situations of acute stress*. Poster presented at the Psychology Honors Research Forum, Tucson, AZ.
14. Arizmendi, B.J., O'Connor, M.F., Kaszniak, A.W. (June, 2014). *Virtually supportive: A feasibility pilot study of an online support group for dementia caregivers in a 3D virtual environment*. Poster presented at the 16th annual Arizona Alzheimer's Consortium Scientific Conference, Mesa, AZ.
15. Fallon, M., Serrano Careaga, J., O'Connor, M-F. (March, 2015). *The Trier Social Stress Test 2.0: Using a virtual world to elicit an acute cortisol response*. Poster presented at the American Psychosomatic Society Annual Meeting, Savannah, GA.
16. Knowles, L. M., Sbarra, D. A., O'Connor, M. F. (2015, March). *Coping flexibility following bereavement or divorce may not be predictive of physiological parameters*. Poster presented at the Annual Meeting of the American Psychosomatic Society, Savannah, GA.

17. Karl, S., Fallon, M., Palitsky, R., Gündel, H., O'Connor, M-F. (March, 2015). *Low dose aspirin reduces cardiovascular reactivity and depressed mood in acutely bereaved.* Poster presented at the American Psychosomatic Society Annual Meeting, Savannah, GA.
18. Karl, S., Fallon, M., Palitsky, R., Gündel, H., O'Connor, M-F. (July, 2015). *Low dose aspirin reduces cardiovascular reactivity and depressed mood in acutely bereaved.* Poster presented at the European Association for Psychosomatic Medicine Annual Meeting, Nuremberg, Germany.
19. Knowles, L. M., Schultze-Floreay, C. R., Irwin, M. R., O'Connor, M. F. (2014, March). *The interaction between inflammatory genotype and complicated grief disorder is associated with elevated circulating levels of IL-6.* Poster presented at the Annual Meeting of the American Psychosomatic Society, San Francisco, CA. (Won student citation poster award).
20. Knowles, L. M., Sbarra, D. A., O'Connor, M. F. (2015, March). *Coping flexibility following bereavement or divorce may not be predictive of physiological parameters.* Poster presented at the Annual Meeting of the American Psychosomatic Society, Savannah, GA.
21. Knowles, L. M., Stelzer, E. M., Jovel, K., & O'Connor, M. F. (2016, April). *Online Support for Grief Improves Health Behaviors and Reduces Mental Health Problems in Widow/ers.* Poster presented at the Annual Meeting of Society of Behavioral Medicine, Washington, DC.
22. Long, E.N., Wilson, R.C., Stelzer, E., Beiley, M., Grossman, R.H., O'Connor M.F. (2017, January). *Exploratory behavioral and neural effects of inflammation-induced sickness behavior.* Poster presented at the Undergraduate Biology Research Program Conference, Tucson, AZ.
23. McConnell, M. & O'Connor, M. F. (2017, March). *Yearning predicts subgenual anterior cingulate activity in complicated grief.* Poster presented at the Annual Meeting of the American Psychosomatic Society, Sevilla, Spain. (Won student citation poster award)
24. Miller, E., Palitsky, R., O'Connor, M.F., Karl, S., Fallon, M., & Sullivan, D. (2018, March). *Language use and cardiovascular biomarkers among bereaved and non-bereaved individuals: a mixed methods approach.* Poster presented at the Annual Convention of the Society for Personality and Social Psychology, Atlanta, GA.
25. Knowles, L.M., Ruiz, J.M., Mary-Frances O'Connor. (2018, March). *A systematic review of the association between bereavement and biomarkers of immune function.* Poster presented at the Annual Meeting of the American Psychosomatic Society, Louisville, KY.
26. Knowles, L.M., Mary-Frances O'Connor. (2018, March). *Morbidity following spousal bereavement is associated with depression, not prolonged grief disorder.* Poster presented at the Annual Meeting of the American Psychosomatic Society, Louisville, KY.
27. Miller, E., Palitsky, R., O'Connor, M.F., Karl, S., Fallon, M., & Sullivan, D. (2018, March). *Language use among bereaved and non-bereaved individuals: themes and differences.* Poster session presented at the Annual Convention of the Society for Personality and Social Psychology, Atlanta, GA.
28. Stelzer, E. M., Knowles, L. M., Mayer, C., & O'Connor, M. F. (2018, April). *Association Between Disordered Grief Criteria, Blood Pressure and Self-Reported Health.* Poster presented at Society of Behavioral Medicine, New Orleans, Louisiana.
29. Seeley, S.H., Arizmendi, B.A., O'Connor, M-F. *Desperately Seeking: Effects of Complicated Grief and Intranasal Oxytocin on Resting State Networks in Widowed Older Adults.* (October, 2019). Poster presented at the annual meeting of the Society for Psychophysiological Research, Washington DC.
21. Friedman, S.E., Palitsky, R.P., Ruiz, J., Wilson, D.T., Seeley, S.H., Kassman, L.E., Sullivan, D., O'Connor, M-F. (March, 2020). *Grief-Relevant Emotional Interview Induces Elevated Blood Pressure in Bereaved Older Adults.* Poster accepted to the annual meeting of the American Psychosomatic Society, Long Beach CA.
22. Chandler, A. B., Wank, A. A., Vanuk, J. R., O'Connor, M-F., Dreifuss, B. A., Dreifuss, H. M., Ellingson, K. D., Khan, S. M., Friedman, S. E., & Athey, A. (December 2020). *Online psychological first aid for healthcare workers: The HCW HOSTED ICARE model in response to COVID-19.* Poster at the virtual meeting of the American Psychosomatic Society.
23. West, M.S., Friedman, S.E., Merritt, L.J., & O'Connor, M-F. (March, 2022). *Bereavement in the COVID-19 Pandemic: The Grief Experience of African American & Latino Communities.* Poster submitted at the 2022 American Psychosomatic Society Annual Scientific Meeting, Long Beach, California.
24. Friedman, SE, Merritt, L, West, M, O'Connor, M-F. (March, 2022). *Pandemic Grief Study (PANGS): Acute*

grief of bereaved relatives following deaths during COVID-19. Poster submitted for presentation at the American Psychosomatic Society conference, March 2022, Long Beach, CA.

25. Merritt, L.J., Friedman, S.E., West, M.S., O'Connor, M.F. (March, 2022). *Grief and loss during the COVID-19 pandemic: Exploring perceived physical health as a predictor for rumination.* Poster abstract submitted for the annual meeting of the American Psychosomatic Society, Long Beach, CA.
26. Knowles, L.M., Kaplan, D.M., & O'Connor, M.F. (April, 2022). *Secondary Outcomes of a Controlled Trial of Mindfulness and Progressive Muscle Relaxation for Grief in Widow(er)s.* Poster presentation at the Society of Behavioral Medicine Annual Meeting, Baltimore, MD.

SERVICE AND OUTREACH

Local/State Outreach

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| 2012 | O'Connor, M.F. (November, 2012). <i>How grief affects our bodies, our minds.</i> Holocaust Survivors Group, Jewish Family and Children Service, Tucson, Arizona. |
| 2012 | O'Connor, M.F. (November, 2012). <i>The effects of grief on physical health.</i> Carondelet Hospice, Tucson, Arizona. |
| 2013 | O'Connor, M.F. (January, 2013). <i>Stress: A Balance Between Too Little and Too Much!</i> Annual Conference on Successful Aging, Tucson, Arizona. |
| 2013 | O'Connor, M.F. (March, 2013). <i>Stress and Coping in Mid-life and Beyond.</i> Osher Lifelong Learning Institute (OLLI), Green Valley, Arizona. |
| 2013 | O'Connor, M.F. (April, 2013). <i>Bereavement, Grief, Health, and Illness.</i> 12th Annual Women's Mental Health Symposium, Tucson, AZ. |
| 2013 | O'Connor, M.F. (October, 2013). <i>Bereavement and Health.</i> Osher Lifelong Learning Institute (OLLI), Green Valley, Arizona. |
| 2013 | O'Connor, M.F. (October, 2013). <i>Stress: A Balance Between Too Little and Too Much!</i> Sun City Oro Valley Active Health Series, Oro Valley, Arizona. |
| 2014 | O'Connor, M.F. (April, 2014). <i>Optimizing Resilience: What Can We Do?</i> Arizona Geriatrics Society, Tucson, Arizona. |
| 2014 | O'Connor, M.F. (May, 2014). Southern Arizona Psychological Association Research Day, Tucson, Arizona. |
| 2014 | O'Connor, M.F. (September, 2014). <i>Conflict Resolution in Bereavement and Complicated Grief: An fMRI Investigation.</i> University of Arizona Cognitive Science Brown Bag, Tucson, Arizona. |
| 2014 | O'Connor, M.F. (October, 2014). <i>The Other Wes Moore: Early adversity, grief and physiology.</i> University of Arizona Honors College SmartTalks, Tucson, Arizona. |
| 2014 | O'Connor, M.F. (November, 2014). <i>Optimizing Resilience.</i> End of Life Community Conference, Tucson, Arizona. |
| 2015 | O'Connor, M.F. (January, 2015). Law Review Radio with Ronald Zack, Tucson, Arizona. |
| 2015 | O'Connor, M.F. (February, 2015). <i>Our Health, Our Thoughts and Our Feelings: How Can We Best Adapt Resiliently During Grief?</i> Annual Conference on Successful Aging, Tucson, Arizona. |
| 2015 | O'Connor, M.F. (November, 2015). <i>Compassion, the Caregiver and the Clinician.</i> End of Life Community Conference, Tucson, Arizona. |
| 2016 | O'Connor, M.F. (August, 2016). <i>Kindness on the Brain.</i> Ben's Bells Science of Kindness Conference, Tucson, Arizona. |
| 2016 | O'Connor, M.F. (September, 2016). <i>Bereavement, Health and Disease.</i> Arizona Psychological Association Annual Conference, Tucson, Arizona. |
| 2017 | O'Connor, M.F. (January, 2017). <i>Compassion and the Caregiver.</i> Center for Compassion Studies Community Lecture Series, Tucson, Arizona. |
| 2018 | O'Connor, M.F. (January, 2018). <i>Stress and the Immune System.</i> Southern Arizona Psychological Association Back to School Continuing Education Day, Tucson, AZ. |
| 2020 | O'Connor, M.F. (August, 2020). <i>When Listening May Not Be Enough: Understanding Complicated Grief.</i> The Learning Community For Loss, Grief And Transition, Tucson, AZ. |
| 2020 | O'Connor, M.F. (September, 2020). <i>Understanding Complicated Grief.</i> Southern Arizona Bereavement Care Coordinators Meeting, Tucson, AZ. |
| 2020 | O'Connor, M.F. (November, 2020). <i>When Listening May Not Be Enough:</i> |

Understanding Complicated Grief. The Learning Community For Loss, Grief And Transition, Tucson, AZ.

Local Events Organized

- 2013, Southern Arizona Psychological Association Annual Intern & Student Reception
 2014, 8-10 local psychologists representing several fields of psychology talk to graduate students in
 2015 all areas of psychology and local psychology interns about their jobs.
- 2014, Southern Arizona Psychological Association Back to School Continuing Education Day
 2016 A daylong event of psychologists presenting empirical studies for community psychologists, with registration, CE credits and catering.
- 2018 Understanding Grief and Loss: A Practical Half-Day Interactive Workshop (June 23, 2018). Co-presented by University of Arizona, Tu Nudito and Casa de la Luz.

National/International Outreach

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| 2014 – 2018 | Council Member | American Psychosomatic Society |
| 2016 | Grant Reviewer | UC Health Psychology Consortium |
| 2016 | Department Accreditation Reviewer | Psychological Clinical Science Accreditation System (PCSAS) |
| 2016 – present | Representative to the Coalition for the Advancement and Application of Psychological Science (CAAPS) | Academy of Psychological Clinical Science |

Media Coverage

1. *New York Times*, “The Biology of Grief,” Ann Finkbeiner, April 22, 2021: <https://www.nytimes.com/2021/04/22/well/what-happens-in-the-body-during-grief.html>
2. *Scientific American*, “COVID Has Put the World at Risk of Prolonged Grief Disorder,” Katherine Harmon Courage, May 19, 2021: <https://www.scientificamerican.com/article/covid-has-put-the-world-at-risk-of-prolonged-grief-disorder/>
3. *Vox*, “You Can’t Get Away From the Idea That You’re Just Lucky to Be Alive,” Katherine Harmon Courage, March 17, 2021: <https://www.vox.com/22316006/covid-19-survivor-guilt-symptoms-mental-health>
4. *Elemental*, “This Is Your Brain on Grief,” Dana G. Smith, February 23, 2021: <https://elemental.medium.com/this-is-your-brain-on-grief-438f13ac4a16>
5. *Pittsburgh Post-Gazette*, “After a death, some people go through prolonged suffering called complicated grief,” Mark Roth, March 15, 2016: <http://www.post-gazette.com/news/health/2016/03/15/After-a-death-some-people-go-through-prolonged-suffering-called-complicated-grief/stories/201510050003>
6. *Psychology Today*, “A Complicated Grief,” Carlin Flora, June 9, 2016: <https://www.psychologytoday.com/us/articles/200812/complicated-grief>
7. Shankar, V. (April 6, 2016). How decedents' quality of life at the time of death affects others. *Morning Edition, National Public Radio*. Retrieved April 6, 2016 from <http://www.npr.org/2016/04/06/473201959/how-decedents-quality-of-life-at-the-time-of-death-affects-others>
8. Daily Mail, “Aspirin could prevent a broken heart,” Megan Sheets, April 19, 2018: <http://www.dailymail.co.uk/health/article-5634681/Taking-aspirin-losing-loved-one-prevent-heart-attacks.html>
9. Pearce, Y. (2019, March 18). The brain and grief. *Sound Science Podcast*. Podcast retrieved from <https://www.dublab.com/archive/dr-yewande-pearse-sound-science-03-18-19>
10. *New York Times*, “After a Death, the Pain That Doesn’t Go Away,” Fran Schumer, September 29, 2009: <http://www.nytimes.com/2009/09/29/health/29grief.html?pagewanted=2>
11. *BBC News*, “How emotional pain can really hurt,” Vivienne Parry, July 19, 2008: <http://news.bbc.co.uk/2/hi/health/7512107.stm>
12. *Washington Post*, “Unrelenting Grief May Be Sign of Distinct Syndrome,” Rob Stein, Aug 4, 2008: <http://www.washingtonpost.com/wp-dyn/content/article/2008/08/03/AR2008080301280.html?hpid=topnews&sid=ST2008080301520>
13. *Newsweek*, “Inside the grieving brain,” Jerry Adler, August 4, 2008: <http://www.newsweek.com/id/149006>
14. *Scientific American*, “Addicted to Grief? When time doesn't heal, the brain's reward system may be playing a role,” Nicole Brannan, July 17, 2008: <https://www.scientificamerican.com/article/addicted-to->

[grief/](#)

Departmental Committees

2012 – 2015	Undergraduate Curriculum Committee
2013 – present	Faculty Executive Advisory Committee <i>*elected position</i>
2014 – present	Nominations Coordinator
2014	Clinical Faculty Search Committee
2014	Department Head Search Committee
2014 – 2015	Psi Chi Faculty Advisor
2015	Social Faculty Search Committee
2015	Research Committee
2016-2019	Nominations Committee <i>*chair</i>
2018-2021	Faculty Executive Advisory Committee <i>*elected position</i>
2020-2021	Diversity Committee

Other Committees

2013 – 2016	Academic Affairs Chair	Southern Arizona Psychological Association
2017	Flexibility Fund Award Reviewer	Academy for Psychological Clinical Science