

**BIOGRAPHICAL SKETCH**

Provide the following information for the Senior/key personnel and other significant contributors. Follow this format for each person. **DO NOT EXCEED FIVE PAGES.**

NAME: Taylor-Swanson, Lisa Jean

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

POSITION TITLE: Assistant Professor of Nursing, College of Nursing, University of Utah

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

INSTITUTION AND LOCATION	DEGREE (if applicable)	Completion Date MM/YYYY	FIELD OF STUDY
The University of Utah, Salt Lake City, UT	Honors B.S.	06/1996	Psychology; Women's Studies
Seattle Institute of Oriental Medicine, Seattle, WA	M.Ac.O.M.	08/2001	Acupuncture & Oriental Medicine
University of Washington, School of Nursing, Seattle, WA	Ph.D.	06/2015	Nursing Science
University of Washington, School of Nursing, Seattle, WA	Postdoctoral	06/2017	Bioinformatics & Medical Education

**A. Personal Statement**

As Principal Investigator on this project, I bring my expertise in **perimenopausal women's health, acupuncture, clinical trial design and conduct, and symptom science.**

My commitment to clinical research in this unique population began at the University of Washington during my graduate training. During this period, I contributed to the *Menopause Symptom Clusters* study (R21NR012218: PI Woods) to identify symptom clusters in the Seattle Midlife Women's Health Study dataset. The study afforded me an opportunity to enhance my skills related to study design, data collection, data extraction, and synthesis for a systematic review. Thus, my initial PhD research efforts focused on conducting a systematic literature review and data management. I also received the Achievement Rewards for College Students grant from the School of Nursing to conduct a dissertation project employing structural equation modeling to identify the effects of self-awareness on hot flash severity perception among peri- and post-menopausal women.

**While I am an Early Stage Investigator, I have a strong track record of publications and intramural funding** devoted to understanding midlife women's symptoms and experiences during the menopausal transition and early post-menopause and the role of integrative health, including acupuncture, to provide symptom relief. I am in the early stages of a scientific career focused on improving outcomes of menopausal women through translational research, emphasizing the importance of whole person research (e.g., attending to biological, behavioral, and social domains of perimenopause) and the development and testing of multicomponent interventions. In the current proposal, I aim to progress in this area by adapting acupuncture and integrative medical group visit (AGMV) in partnership with perimenopausal women and expert healthcare providers.

I accepted my faculty position at the University of Utah in 2017 to focus on my program of research as part of the College of Nursing with a robust women's health emphasis and a commitment to mentoring junior investigators. Further reflecting this commitment was my division chair's eagerness to nominate me for the competitive, University of Utah's Vice President's Clinical and Translational (VPCAT) Scholars Program. I accepted the scholar award, receiving leadership training, an expansive network of peer and senior mentors,

and protected research effort for two years. I was also awarded two intramural awards to fund pilot studies that inform the current R34 application. In 2020, I was awarded the Excellence in University Health Partnership Award, an acknowledgment of the interdisciplinary teams I built with colleagues in the Wellness Center at Huntsman Cancer Institute and with the Colleges of Health and Social Work. Thus, my environment provides me access to critical resources to focus my research on the development of an integrative health intervention that may improve the menopause-related quality of life of perimenopausal women.

Several Co-Investigators bring essential expertise to the project. Dr. Julie Fritz is a national leader in developing and evaluating mind-body interventions for patients with chronic pain. Dr. Paula Gardiner is a national leader in integrative group medical visits (IGMV) and is the Director of the Group Visits Program in the Center for Integrated Primary Care at the University of Massachusetts Medical School. Dr. Xiaoming Sheng provides PhD-level statistical expertise and we share a prior publication. Drs. Fritz, Gardiner, Sheng, and I have a K01 (KAT011916A) in review with NCCIH with specific aims that are scientifically distinct from the proposed R34 specific aims. We also jointly presented a poster at the Integrated Center for Group Medical Visits Conference in September 2021 and have two manuscripts in preparation.

Synergy Grant Taylor-Swanson (PI) 06/01/19-05/31/20  
University of Utah College of Nursing  
*ACUMIND*

Relevance to Current Proposal: This pilot feasibility RCT provided me with preliminary experience in all aspects of PI management of a small pilot study, including study design, grant writing, obtaining and managing funding, recruitment and enrollment, managing an interdisciplinary team, data analysis, and dissemination.  
Role: PI

The University of Utah College of Nursing Synergy Grant Taylor-Swanson (PI) 12/15/18-12/14/19  
*Acupuncture Treatment of Chemotherapy-Induced Peripheral Neuropathy (CIPN) in Women with Breast or Gynecologic Cancers: Mechanisms of Action and Feasibility*

Relevance to Current Proposal: This pilot study provided me with preliminary experience in obtaining self-report and objective fMRI data, as well as experience in all aspects of PI management of a small pilot study.  
Role: PI

The following are publications that highlight my experience and qualifications for this proposal:

1. **Taylor-Swanson, L.**, Thomas, A., Ismail, R., Schnall, J.G., Cray, L., Mitchell, E.S., & Woods, N.F. (2015). Effects of traditional Chinese medicine on symptom clusters during the menopausal transition. *Climacteric*, 18(2), 142-56. PMID: 25017715, doi: 10.3109/13697137.2014.937687
2. **Taylor-Swanson, L.**, Chang, J., Schnyer, R., Hsu, K.Y., Schmidt, B.A., & Conboy, L. (2018). Matrix analysis of traditional Chinese medicine diagnoses of Gulf War Illness. *Journal of Alternative & Complementary Medicine*. PMID: 29641242, PMCID: PMC6864745, doi: 10.1089/acm.2017.0299
3. Arseneau, M.E., Backonja, U., Litchman, M.L., Karimanfard, R., **Sheng, X.** & **Taylor-Swanson, L.** (2021). #Menopause on Instagram: A mixed-methods study. *Menopause*, 4;28(4):391-399.
4. Backonja U, **Taylor-Swanson L**, Miller AD, Jung SH, Haldar S, Woods NF. (2021) "There's the problem, now what's the solution?": Suggestions for technologies to support the menopausal transition from individuals experiencing menopause and healthcare providers. *J Am Med Inform Assoc*, 28(2), 209-221.

## **B. Positions, Scientific Appointments, and Honors**

### **Positions and Scientific Appointments**

2021- Invited to join the Executive Committee, Society for Acupuncture Research  
2021-2022 Guest Editor, Special Issue: Women in Acupuncture and Chinese Medicine, *Medical Acupuncture*  
2021- Editorial Board, *Medical Acupuncture*  
2021- Founding Board Member, *Convergent Points: An East-West Case Report Journal*  
2020- Editorial Board, *Journal of Alternative and Complementary Medicine*  
2020-2024 Visiting Research Fellow, Australian Research Centre in Complementary and Integrative Medicine (ARCCIM). Sydney, Australia.

- 2020-2022 Competitive Fellowship. Vice President's Clinical and Translational Research Scholar's Program (VPCAT), University of Utah
- 2020- Invited to join the Board of Directors, Society for Acupuncture Research  
2020 Excellence in University Health Partnership Award, University of Utah, College of Nursing
- 2019 Outstanding Researcher Award in Clinical Research. Society for Acupuncture Research
- 2017- Assistant Professor, University of Utah, College of Nursing. Salt Lake City, UT
- 2016-2017 Academic Dean, Seattle Institute of Oriental Medicine. Seattle, WA
- 2016-2017 Postdoctoral Fellow, University of Washington, School of Medicine. Seattle, WA.
- 2015-2017 Part-time Lecturer, University of Washington, School of Nursing. Seattle, WA
- 2015-2016 Part-time Lecturer, University of Washington, Bothell, School of Nursing and Health Studies. Bothell, WA
- 2014- Ad Hoc Reviewer: *Journal of Alternative and Complementary Medicine*, *Explore: The Journal of Science & Healing*; *Alternative and Complementary Therapies*; *International Journal of Qualitative Studies in Health and Well-Being*; *Complementary Therapies in Medicine*
- 2014-2018 Research Consultant, Harvard Medical School & New England School of Acupuncture. Boston, MA
- 2013- Inducted to Sigma Theta Tau International (STTI), University of Washington Chapter  
2009- Member, Society for Acupuncture Research (SAR)
- 2004-2017 Clinic Director, Licensed Acupuncturist, Abundant Health, PLLC. Tacoma, WA
- 2001-2003 Clinic Director, Licensed Acupuncturist, Advanced Acupuncture, PLLC. Seattle, WA
- 2001-2013 Diplomate, National Certification Commission for Acupuncture and Oriental Medicine
- 1994-1998 Senior Research Associate, University of Utah, Department of Psychology. Alan Fogel lab. Salt Lake City, UT
- 1996 Member, Beehive Honor Society – 1 of 17 from Class of 1996, University of Utah
- 1996 Recipient, Cum Laude, University of Utah

## C. Contributions to Science

1. **Documentation of Integrative Health (IH) interventions for co-occurring symptoms experienced during the menopausal transition and early post-menopause.** Our team documented the efficacy of several integrative health interventions for co-occurring symptoms experienced by midlife women, including sleep and mood problems, pain, cognitive concerns, and hot flashes. This body of work was the first systematic review of IH interventions' efficacy across several domains.
  - a. **Taylor-Swanson, L.**, Thomas, A., Ismail, R., Schnall, J.G., Cray, L., Mitchell, E.S., & Woods, N.F. (2015). Effects of traditional Chinese medicine on symptom clusters during the menopausal transition. *Climacteric*, *18*(2), 142-56. PMID: 25017715, doi: 10.3109/13697137.2014.937687
  - b. Ismail, R., **Taylor-Swanson, L.**, Thomas, A., Schnall, J. G., Cray, L., Mitchell, E. S., & Woods, N. F. (2015). Effects of herbal preparations on symptom clusters during the menopausal transition. *Climacteric*, *18*(1), 11-28. PMID: 24605800, doi: 10.3109/13697137.2014.900746
  - c. Thomas, A. J., Ismail, R., **Taylor-Swanson, L.**, Cray, L., Schnall, J. G., Mitchell, E. S., & Woods, N. E. (2014). Effects of isoflavones and amino acid therapies for hot flashes and co-occurring symptoms during the menopausal transition and early postmenopause: a systematic review. *Maturitas*, *78*(4), 263-276. PMID: 24951101, PMCID: PMC4120238, doi: 10.1016/j.maturitas.2014.05.007
  - d. Woods, N.F., Mitchell, E.S., Schnall, J.G., Cray, L., Ismail, R., **Taylor-Swanson, L.**, & Thomas, A. (2014). Effects of mind–body therapies on symptom clusters during the menopausal transition. *Climacteric*, *17*(1), 10-22. PMID: 23937432, doi: 10.3109/13697137.2013.828198
2. **Inquiry regarding complex adaptive systems-informed research.** I first pursued this topic during my dissertation studies. Conducting a secondary data analysis of midlife women, I tested a model for effects of self-awareness, anxiety, perceived stress, attitudes toward menopause, and menopausal transition stage on hot flash severity. I then investigated the attractor dynamics of stress and fatigue during the menopausal transition and early post-menopause. Subsequent work included a complexity-informed analysis of traditional Chinese medicine diagnoses and an invited commentary on complexity.

- a. **Taylor-Swanson, L.**, Pike, K., Woods, N.F., Mitchell, E. & Herting, J. (2018). Effects of self-awareness on hot flash severity: Observations from the Seattle Midlife Women's Health Study. *Menopause*. doi: 10.1097/GME. 000000000000.1272
  - b. **Taylor-Swanson, L.**, Pincus, D., Wong, A., Pincus, D., Butner, J., Hahn-Holbrook, J., Koithan, M., Wann, K., & Woods, N.F. (2018). The dynamics of stress and fatigue across menopause: Attractors, coupling, and resilience. *Menopause*, 25(4), 380-390.
  - c. **Taylor-Swanson, L.**, Chang, J., Schnyer, R., Hsu, K.Y., Schmidt, B.A., & Conboy, L. (2019). Matrix analysis of traditional Chinese medicine diagnoses of Gulf War Illness. *Journal of Alternative & Complementary Medicine*, 25(10), 1-7.
  - d. **Taylor-Swanson, L.**, Prasad, T., & Conboy, L. (2019). Complex adaptive systems theory and inter-rater reliability: Proposed answers to challenging questions. [Invited commentary on Special Focus Issue on Challenges in Inter-Rater Reliability in Traditional Chinese Medicine]. *Journal of Alternative & Complementary Medicine*, 25(10), 8-9.
3. **Contributed to the literature on women's health concerns more broadly.** My colleagues and I have contributed to the understanding of women's health concerns during midlife and pregnancy with respect to the opioid crisis and studied herbal and acupuncture treatments for infertility.
- a. **Taylor-Swanson, L.**, Simonsen, S.E., & Koithan, M. (2019). Midlife women and the opioid crisis: Commentary on the role of integrative health. *Archives of Women Health*, 2(6), 1-3.
  - b. Rizk, A., Simonsen, S., Roberts, L., Lemoine, J., **Taylor-Swanson, L.** Smid, M., (2019). Maternity care for pregnant women with opioid use disorder: A review. *Journal of Midwifery & Women's Health*, 64(5), 532-544.
  - c. Lans, C., **Taylor-Swanson, L.** & Westfall, R. (2018). Herbal fertility treatments used in North America from colonial times to 1900, and their potential for improving the success rate of assisted reproductive technology. *Reproductive Biomedicine & Society Online*, 5, 60-81.
  - d. Hullender Rubin LE, Opsahl MS, **Taylor-Swanson L.**, Ackerman DL. (2013) Acupuncture and in vitro fertilization: a retrospective chart review. *Journal of Alternative & Complementary Medicine*, 19(7), 637-43.

### **Complete List of Published Work in MyBibliography**

<https://www.ncbi.nlm.nih.gov/myncbi/browse/collection/53468325/?sort=date&direction=descending>