James Steven Heymen, PhD 919-966-2515

Education

Ph.D., University of North Carolina, Chapel Hill, NC, 2007, Biological Psychology M.S. Barry University, Miami Shores, Florida, M.S., 1992, Clinical Psychology Post-Baccalaureate Certificate of Special Studies in Biofeedback, 1981, University of North Florida, Jacksonville, FL

B.A., University of North Florida, 1979, Psychology

Professional Experience

University of North Carolina at Chapel Hill, Associate Professor of Medicine, May 1, 1999 – present.

Cleveland Clinic Florida, Director of Biofeedback Services, February 27, 1989 – April 30, 1999.

Honors and Awards

Smith Grant, graduate student fellowship, University of North Carolina, 2006 Awarded an NIDDK Seed Grant through R24 DK067674 "Central Pain Processing in Patients with Irritable Bowel Syndrome", April, 2009

Awarded a K07 grant to acquire pilot data form the UNC Institute on Aging. "Patient Characteristics that Predict Discharge to Nursing Homes", June 2009. Senior Fellow, Biofeedback Certification Institute of America, 1997 Licensed Psychological Associate – State of North Carolina, 1999 Licensed Mental Health Counselor, State of Florida, 1992

<u>Publications</u>

Peer- reviewed

- 1. Wexner SD, Cheape JD, Jorge JMN, Heymen JS, and Jagelman DG (1992). Prospective assessment of biofeedback for the treatment of paradoxical puborectalis contraction. Diseases of the Colon and Rectum, 35, 2, 145-50.
- 2. Heymen, S., Wexner, S., & Gullegde, D., (1993). MMPI assessment of patients with functional bowel disorders. Disease of the Colon and Rectum, 36, 6, 593-96.
- 3. Ger, G., Wexner, S., Jorge, M., Lee, E., Amaranath, A., Heymen, S., Nogueras, J., & Jagelman, D. (1993). Evaluation and treatment of chronic intractable rectal pain a frustrating endeavor. Disease of the Colon and Rectum, 36, 2, 139-45.
- 4. Gilliland R, Heymen S, Altomare DF, Vickers D, & Wexner SD, Biofeedback for intractable rectal pain: outcome and predictors of success. <u>Diseases of the Colon and Rectum</u>, 1997; 2,190-96.
- 5. Gilliland R, Heymen S, Altomare DF, Park UC, Vickers D, & Wexner SD. Outcome and predictors of success of biofeedback for constipation. <u>British Journal of .</u> <u>Gastroenterology</u>, 1997; 84: 1123-26.
- **6.** Heymen S, Wexner S, Vickers D, Nogueras J, Weiss E, Pikarsky A. (1999). Prospective randomized trial comparing four biofeedback techniques for patients with constipation. <u>Diseases of the Colon and Rectum</u>, 42, 11 1388-1393.

- 7. Heymen S, Pikarsky A, Weiss E, Vickers D, Nogueras J, & Wexner S. (2000). A prospective randomized trial comparing four biofeedback techniques for patients with fecal incontinence. <u>Colorectal Disease</u>, 2, 88-92.
- 8. Lau CW, Heymen S, Alabaz O, Iroatulam AJN, and Wexner SD (2000). Prognostic significance of rectocele, intussusception, and other conditions in biofeedback treatment for constipated patients with paradoxical puborectalis contraction. <u>Diseases of the Colon & Rectum</u>, 43(4):478-82.
- Heymen, S., Scarlett, Y., Jones, K., Ringel, Y., Drossman, D.A., & Whitehead, W.E. Randomized controlled trial (RCT) shows biofeedback to be superior to alternative treatments for patients with pelvic floor dyssynergia-type constipation (PFD). Diseases Colon Rectum, 2007;50(4):428-41.
- 10. Heymen, S., Scarlett, Y., Jones, K., Ringel, Y., Drossman, D.A., & Whitehead, W.E. Randomized controlled trial (RCT) shows biofeedback to be superior to alternative treatments for patients with fecal incontinence. *Diseases of the Colon and Rectum.* 2009; 52(10):1730-1737.
- 11. Heymen S, Maixner W, Whitehead WE, Klatzkin R, Mechlin B, Light K. Diffuse Noxious Inhibitory Controls (DNIC) are Compromised in Patients with Irritable Bowel Syndrome Compared with Healthy Controls. *Clinical Journal of Pain*, 2010; 26(2):104-09.
- 12. Brownley KA, Heymen S, Hinderliter AL. Effect of Glycemic Load on Peptide YY Levels in a Biracial Sample of Obese and Normal Weight Women. *Obesity* (2009) doi:10.1038/oby.2009.368.
- 13. Dunivan GC, Heymen S, Palsson OS, Von Korff M, Feld AD, Levy RS, Turner MJ, Melville JL, Whitehead WE. Healthcare Costs Associated With Fecal Incontinence. In review at American Journal of Gastroenterology
- 14. Mechlin B, Heymen S, Maixner W, Edwards CL, Girdler S. Ethnic Differences in Cardiovascular-Somatosensory Interactions and in Central Processing of Noxious Stimuli. In review at *Psychophysiology*.
- 15. Grover M, Busby-Whitehead J, Palmer MH, Heymen S, Palsson OS, Goode PS, Turner MJ & Whitehead WE. Survey of Geriatricians on the Impact of Fecal Incontinence on Nursing Home Referral. In press, Journal American Geriatric Society.
- 16. Dunivan GC, Heymen S, Palsson OS, Von Korff M, Turner MJ, Melville JL, Whitehead WE. Fecal incontinence in primary care: prevalence, diagnosis, and health care utilization. American Journal of Obstetrics and Gynecology, 2010;202(5):493.e1-6. Epub 2010 Mar 12.

Reviews

1. Heymen S, Jones KR, Ringel Y, Scarlett Y, and Whitehead WE. Biofeedback treatment of fecal incontinence: a critical review. Diseases Colon Rectum, 2001;44(5) 728-36.

- 2. Heymen S, Jones KR, Scarlett Y, Whitehead WE. Biofeedback treatment of constipation: a critical review. Dis Colon Rectum. 2003 Sep;46(9):1208-17.
- 3. Heymen S. Psychological and cognitive variables affecting treatment outcomes for urinary and fecal incontinence. Gastroenterol 2004;126:S146-S151.
- 4. Palsson OS, Heymen S, Whitehead, WE. Biofeedback treatment for functional anorectal disorders: A comprehensive efficacy review. Applied Psychophysiology and Biofeedback 2004;29(3):153-174.
- 5. Chiarioni G, Heymen S, Whitehead WE. Biofeedback therapy for dyssynergic defecation. World J Gastroenterology 2006 Nov;28;12(44) 7069-7074.

Book Chapters

- 1. Heymen S. & Wexner SD, (1995). Biofeedback for constipation. In: Smith LE, (Ed.) A Practical Guide To Anorectal Testing (2nd ed.). Igaku-Shoin New York, 261-270.
- 2. Nogueras J. & Heymen S. (1995). "Biofeedback for Paradoxical Puborectalis Contraction". In: Wexner SD, & Bartolo DCC, (Eds) <u>Constipation</u>: <u>Etiology, Evaluation</u> <u>and Management</u>. Butterworth Heinemann, London, 223-231.
- 3. Strickland M. & Heymen S. (1995). "Psychiatric Treatment of Constipation". In: Wexner SD, & Bartolo DCC, (Eds.) <u>Constipation:</u> <u>Etiology, Evaluation and Management</u>. Butterworth Heinemann, London, 251 261.
- 4. Whitehead WE, Heymen S, Schuster MM. Motility as a therapeutic modality: biofeedback treatment of gastrointestinal disorders. Chapter 27. In MM Schuster, MD Crowell, KL Koch (Eds.), <u>Atlas of Gastrointestinal Motility in Health and Disease</u>. London, BC Decker Inc. 2002; 381-397.
- 5. Jones KR, Heymen S, Whitehead WE. Biofeedback for Anorectal Disorders. In: Drutz HP, Herschorn S, Diamant NE (Eds), <u>Female Pelvic Medicine and Reconstructive Pelvic Surgery</u>. London, Springer-Verlag, 2003. Pp 313-325.
- 6. Heymen S, Kuijpers H. Biofeedback for pelvic floor disorders. in Wexner S, Stollman J. (Eds), Diseases of the Colon. Informa 2006, New York 261-278.

Professional Service

Consultant for the Pelvic Floor Disorders Network at the National Institutes of Health, 2010, 2011, 2012

Invited editor for Clinical Journal of Pain, 2009

Invited editor for Diseases of the Colon and Rectum, 2003, 2007, 2008, 2009, 2010

Invited editor for Gastroenterology, 2003, 2004, 2007

Invited editor for American Journal of Gastroenterology, 2009, 2010

Invited editor for Womens Journal of Health, 2010

Invited reviewer for grant proposals, Veterans Administration, 2004, 2005

American Psychological Association, member

American Gastroenterology Association, member