

Robert J. Wellman, PhD, CAS
Psychologist, Certified Addiction Specialist

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Education

Ph.D. in Counseling Psychology <i>University of Connecticut</i>	1982
Master of Science in Educational Psychology & Counseling <i>Long Island University</i>	1973
Graduate study in Experimental & Physiological Psychology <i>State University of New York at Stony Brook</i>	1967-1968
<i>University of California at Santa Barbara</i>	1965-1967
Bachelor of Arts in Psychology (with Honors) <i>University of California at Los Angeles</i>	1965

Experience

<i>Wellman Health Consulting, Uxbridge, MA</i> Psychologist/Research Consultant	2004-present
<i>University of Massachusetts Medical School, Worcester, MA</i> Professor (Voluntary)	2011-present
Adjunct Professor of Family Medicine & Community Health	2005-2011
Adjunct Associate Professor of FMCH	2004-2005
Visiting Professor of Family Medicine & Community Health	2003-2004
<i>Fitchburg State University, Fitchburg, MA</i> Professor of Behavioral Sciences	2005-2011
Associate Professor of Behavioral Sciences	2000-2005
Assistant Professor of Behavioral Sciences	1995-2000
<i>Framingham State College, Framingham, MA</i> Assistant Professor of Psychology	1993-1995
<i>Private Practice, Charlton & Uxbridge, MA</i> Psychologist	1974-1992
<i>Alcohol, Drug & Mental Health Services/AAYFS, Attleboro, MA</i> Director of Outpatient Services	1991-1992
Clinical Director	1989-1992

<i>Marathon of Rhode Island, Providence, RI</i> Director of Adolescent & Family Services	1988-1989
<i>Anna Maria College, Paxton, Massachusetts</i> Instructor in Psychology	1980-1988
<i>Worcester State College, Worcester, Massachusetts</i> Instructor in Psychology	1983-1988
<i>Worcester City Hospital School of Nursing, Worcester, Ma</i> Instructor in Psychology	1985-1987
<i>Human Services Center/Hubbard Regional Hospital, Webster, MA</i> Senior Psychologist	1974-1982
<i>Long Island University/CW Post Campus, Brookville, NY</i> Counselor & Adjunct Assistant Professor of Counseling	1972-1974
<i>Smithtown Public Schools, Smithtown, NY</i> School Psychologist	1970-1972
<i>Brentwood Public Schools, Brentwood, NY</i> School Psychologist	1969-1970
<i>Educational Research Consultant</i>	1968-1969
<i>Board of Cooperative Educational Services, Riverhead, NY</i> School Psychologist	1968-1969
<i>State University of New York at Stony Brook</i> Graduate Research & Teaching Fellow	1967-1968
<i>University of California at Santa Barbara</i> Graduate Research & Teaching Fellow	1965-1967

Licensure & Certification

Certified Addiction Specialist (CAS) # 1547 <i>American Academy of Healthcare Providers in the Addictive Disorders</i>	1990
Massachusetts Registration in Psychology # 191-PR	1974
Approved Health Services Provider (PR)	1991

Honors & Awards

Fitchburg State College Faculty Award for Research & Scholarship	2006
Harrod Lectures (Invited), Fitchburg State College	1999, 2005
Psi Chi (National Honor Society in Psychology)	1965

Professional Affiliations

Tobacco Consortium: American Academy of Pediatrics Julius B. Richmond Center of Excellence – *Member*, 2006-present

Society for Research on Nicotine & Tobacco – *Member*

Association for Psychological Science – *Member*

American Psychological Association – *Life Member*

Society of Addiction Psychology (Division 50) – *member*

Founding Member, Division on Family Psychology (Division 43) – *past member*
(President – 1993)

Reviewing and Editorial Experience

Consulting Editor, *American Journal of College Health* – 2014-2016

Consulting Editor, *Psychology of Addictive Behaviors* – 1992-2000

Manuscripts under Review

Wellman, R. J., Vaughn, J. A., Sylvestre, M.-P., Contreras, G. A., O'Loughlin, E. K., Dugas, E. N., & O'Loughlin, J. *Binge drinking and systolic blood pressure in young adults.*

Morganstern, M., DiFranza, J. R., Wellman, R. J., Sargent, J. D., Hanewinkel, R. *Relationships between early symptoms of alcohol craving and binge drinking 2.5 years later.*

DiFranza, J. R., Wellman, R. J., Mermelstein, R., Pbert, L., Klein, J. D., Sargent, J. D., Ahluwalia, J. S., Lando, H. A., Ossip, D. J., Wilson, K. M., Balk, S. J., Hipple, B., Tanski, S. E., Prokhorov, A. V., Best, D., Winickoff, J. P. (2011). *The natural history and diagnosis of physical nicotine addiction: A 2015 update.*

Wellman, R. J., DiFranza, J. R., O'Loughlin, J. *Confirmatory factor analysis of the Autonomy over Tobacco Scale.*

Kermack, A., Tremblay, M., Dugas, E. N., Wellman, R. J., O'Loughlin, J. *Use of nicotine replacement therapy by young adult smokers.*

Publications

Wellman, R. J., O'Loughlin, J. (2015). Data dilemmas and difficult decisions: On dealing with inconsistencies in self-reports. *Journal of Adolescent Health* 56, 365-366.
doi:10.1016/j.jadohealth.2015.01.015

Pbert, L., Farber, H., Horn, K., Lando, H. A., Muramoto, M., O'Loughlin, J., Tanski, S., Wellman, R. J., Winickoff, J. P., Klein, J. D. (2015). State of the art office-based interventions to eliminate youth tobacco use: the past decade. *Pediatrics*. Published online March 16, 2015. doi:10.1542/peds.2014-2037

Wellman, R. J., Edelen, M. O., DiFranza, J. R. (2015). Item response theory analysis of the Autonomy over Tobacco Scale (AUTOS). *Addictive Behaviors* 45, 195-200.
doi:10.1016/j.addbeh.2015.01.036

- Wellman, R. J., DiFranza, J. R., O'Loughlin, J. (2014). Recalled first reactions to inhaling nicotine predict the level of physical dependence. *Drug and Alcohol Dependence*, 143, 167-172. doi:10.1016/j.drugalcdep.2014.07.021
- O'Loughlin, J., Dugas, E. N., Brunet, J., DiFranza, J., Engert, J., Gervais, A., Gray-Donald, K., Karp, I., Low, N. C., Sabiston, C., Sylvestre, M.-P., Tyndale, R. F., Auger, N., Barnett, T., Belanger, M., Chaiton, M., Chenoweth, M. J., Constantin, E., Contreras, G., Kakinami, L., Labbe, A., Maximova, K., McMillen, E., O'Loughlin, E. K., Pabayo, R., Roy-Gagnon, M.-H., Tremblay, M., Wellman, R. J., van Hulst, A., Paradis, G. (2014). Cohort profile: The Nicotine Dependence in Teens (NDIT) study. *International Journal of Epidemiology*. First published online July 11, 2014. doi:10.1093/ije/dyu135
- Wellman, R. J., Contreras, G. A., Dugas, E. N., O'Loughlin, E. K., & O'Loughlin, J. L. (2014). Determinants of sustained binge drinking in young adults. *Alcoholism: Clinical and Experimental Research*, 38, 1409-1415. doi:10.1111/acer.12365
- Dugas, E. N., O'Loughlin, E. K., Low, N. C., Wellman, R. J., & O'Loughlin, J. L. (2014). Sustained waterpipe use in young adults. *Nicotine & Tobacco Research*, 16, 709-716. doi:10.1093/ntr/ntt215
- DiFranza, J. R., Wellman, R. J., Savageau, J. A., Beccia, A., Ursprung, W. W. Sanouri A., & McMillen, R. (2013). What aspect of dependence does the Fagerström Test for Nicotine Dependence measure? *ISRN Addiction*, 2013, article ID 906276, 8 pages. doi:10.1155/2013/906276
- DiFranza, J. R., Savageau, J. A., & Wellman, R. J. (2012). A comparison of the Autonomy over Tobacco Scale and the Fagerström Test for Nicotine Dependence. *Addictive Behaviors*, 37, 856-861. doi:10.1016/j.addbeh.2012.03.013
- Wellman, R. J., DiFranza, J. R., Morgenstern, M., Hanewinkel, R., Isensee, B., & Sabiston, C. M. (2012). Psychometric properties of the Autonomy over Smoking Scale in German. *European Addiction Research*, 18, 76-82. doi:10.1159/000334410
- DiFranza, J. R., Wellman, R. J., & Savageau, J. A. (2012). Does progression through the stages of physical addiction indicate increasing overall addiction to tobacco? *Psychopharmacology*, 219, 815-822. doi:10.1007/s00213-011-2411-4
- DiFranza, J. R., Wellman, R. J., Mermelstein, R., Pbert, L., Klein, J. D., Sargent, J. D., Ahluwalia, J. S., Lando, H. A., Ossip, D. J., Wilson, K. M., Balk, S. J., Hipple, B., Tanski, S. E., Prokhorov, A. V., Best, D., & Winickoff, J. P. (2011). The natural history and diagnosis of nicotine addiction. *Current Pediatric Reviews*, 7(2), 88-96. doi:10.2174/157339611795735648
- Contreras, G. A., O'Loughlin, J. O., Rodriguez, D., Wellman, R. J., & DiFranza, J. R. (2010). Measures of nicotine dependence in adolescents: An update of the evidence 2000-2010. *Journal of Pediatric Biochemistry*, 1, 143-164. doi:10.3233/JPB20100011
- Wellman, R. J., & DiFranza, J. R. (2010). Tobacco dependence. In S. E. Tanski, L. C. Garfunkel, P. M. Duncan & M. Weitzman (Eds.) *Bright futures clinical guide to performing preventive services* (pp. 40-42). Chicago: AAP Publications.

- DiFranza, J. R., Ursprung, W. W. S. A., Lauzon, B., Bancej, C., Wellman, R. J., Kim, S., Gervais, A., Meltzer, B., McKay, C. E., O'Loughlin, J., Okoli, C. T. C., Fortuna, L. R., & Tremblay, M. (2010). A systematic review of the Diagnostic and Statistical Manual diagnostic criteria for nicotine dependence. *Addictive Behaviors*, 35, 373-382. doi:10.1016/j.addbeh.2009.12.013
- DiFranza, J. R., Wellman, R. J., Ursprung, W. W. S. A., & Sabiston C. (2009). The Autonomy over Smoking Scale. *Psychology of Addictive Behaviors*, 23, 656-665. doi:10.1037/a0017439
- Wellman, R. J., McMillen, R. C., & DiFranza, J. R. (2008). Assessing college students' autonomy over smoking with the Hooked on Nicotine Checklist. *Journal of American College Health*, 56, 549-553. doi:10.3200/JACH.56.5.549-554
- Li, Z., DiFranza, J. R., Wellman, R. J., Kulkarni, P., & King, J. A. (2008). Imaging of BOLD response to nicotine in nicotine-sensitized rats. *Brain Research*, 1119C, 91-99. doi:10.1016/j.brainres.2008.01.016
- Scragg, R., Wellman, R. J., Laugesen, M., & DiFranza, J. R. (2008). Diminished autonomy over tobacco can appear with the first cigarettes. *Addictive Behaviors*, 33, 689-698. doi:10.1016/j.addbeh.2007.12.002
- Laugesen, M., Scragg, R., Wellman, R. J., & DiFranza, J. R. (2007). R-rated film viewing and adolescent smoking. *Preventive Medicine*, 45, 454-459. doi:10.1016/j.ypmed.2007.07.025
- DiFranza, J. R., & Wellman, R. J. (2007). The Hooked on Nicotine Checklist: A measure of diminished autonomy over tobacco. In P. M. Goldfarb (Ed.). *Psychological tests and testing research trends* (pp. 191-209). Hauppauge, NY: Nova Science Publishers, Inc.
- Gervais, A., O'Loughlin, J., Dugas, E., Eisenberg, M. J., Wellman, R. J., & DiFranza, J. R. (2007). A systematic review of randomized controlled trials of youth smoking cessation programs (Examen systématique d'essais comparatifs randomisés des interventions de renoncement au tabac chez les jeunes). *Drogues, santé et société*, 6 (1; June), 283-316 (French); Suppl. 2, ii1-ii26 (English).
- DiFranza, J. R., Savageau, J. A., Fletcher, K. E., Pbert, L., O'Loughlin, J., McNeill, A. D., Ockene, J. K., Friedman, K., Hazelton, J., Wood, C., Dussault, G., & Wellman, R. J. (2007). Susceptibility to nicotine dependence: The development and assessment of nicotine dependence in youth-2 study. *Pediatrics*, 120, e974-e983. doi:10.1542/peds.2007-0027
- DiFranza, J. R., Savageau, J. A., Fletcher, K. E., O'Loughlin, J., Pbert, L., Ockene, J. K., McNeill, A. M., Hazelton, J., Friedman, K., Dussault, G., Wood, C., & Wellman, R. J. (2007). Symptoms of tobacco dependence after brief intermittent use: The development and assessment of nicotine dependence in youth-2 study. *Archives of Pediatrics and Adolescent Medicine*, 161(7), 704-710.
- DiFranza, J. R., & Wellman, R. J. (2007). Sensitization to nicotine: How the animal literature might inform future human research. *Nicotine & Tobacco Research*, 9, 9-20. doi:10.1080/14622200601078277

- DiFranza, J. R., & Wellman, R. J. (2006, November/December). Nicotine addiction begins with the first cigarette. *Worcester Medicine: Bulletin of the Worcester District Medical Society*, 70(6), 21.
- Wellman, R. J., Sugarman, D. B., DiFranza, J. R., & Winickoff, J. P. (2006). The extent to which tobacco marketing and tobacco use in films contribute to children's use of tobacco: A meta-analysis. *Archives of Pediatrics and Adolescent Medicine*, 160, 1285-1296.
- DiFranza, J. R., & Wellman, R. J. (2006). Early dating and smoking initiation: Some thoughts about a common cause. [Editorial] *Addiction*, 101, 1682-1683. doi:10.1111/j.1360-0443.2006.01665.x
- Fernando, W. W. S. A., Wellman, R. J., & DiFranza, J. R. (2006). The relationship between level of cigarette consumption and latency to self-reported withdrawal symptoms. *Psychopharmacology*, 188, 335-342. doi:10.1007/s00213-006-0497-x
- Wellman, R. J., Savageau, J. A., Godiwala, S., Savageau, N., Friedman, K., Hazelton, J., & DiFranza, J. R. (2006). A comparison of the Hooked on Nicotine Checklist and the Fagerström Test of Nicotine Dependence in adult smokers. *Nicotine & Tobacco Research*, 8, 575-580. doi:10.1080/14622200600789965
- DiFranza, J. R., Wellman, R. J., Sargent, J. D., Weitzman, M., Hipple, B. J., & Winickoff, J. P. (2006). Tobacco promotion and the initiation of tobacco use: Assessing the evidence for causality. *Pediatrics*, 117, e1237-e1248. doi:10.1542/peds.2005-1817
- Wellman, R. J., DiFranza, J. R., & Wood, C. (2006). Tobacco chippers report diminished autonomy over smoking. *Addictive Behaviors*, 31, 717-721. doi:10.1016/j.addbeh.2005.05.021
- Wellman, R. J., DiFranza, J. R., Savageau, J. A., Godiwala, S., Savageau, N., Friedman, K., & Hazelton, J. (2006). Effects of abstinence on cigarette consumption upon the resumption of smoking. *Addictive Behaviors*, 31, 711-716. doi:10.1016/j.addbeh.2005.05.043
- Wellman, R. J., DiFranza, J. R., Pbert, L., Fletcher, K. E., Young, M. H., Flint, A., Druker, S. (2006). A comparison of the psychometric properties of the Hooked on Nicotine Checklist and the Modified Fagerström Tolerance Questionnaire. *Addictive Behaviors*, 31, 486-495. doi:10.1016/j.addbeh.2005.05.031
- Wellman, R. J., & Sugarman, D. B. (2006). The impact of personal expectations on counterfactual thinking about life and death medical decisions. *Basic and Applied Social Psychology*, 28, 81-89. doi:10.1207/s15324834basp2801
- DiFranza, J. R., & Wellman, R. J. (2005). The family physician's role in preventing and treating tobacco addiction among adolescents. *Journal of the Korean Academy of Family Medicine*, 26, 739-743.
- DiFranza, J. R., & Wellman, R. J. (2005). A sensitization-homeostasis model of nicotine craving, withdrawal and tolerance: Integrating the clinical and basic science literature. *Nicotine & Tobacco Research*, 7, 9-26. doi:10.1080/14622200412331328538

- Wellman, R. J., DiFranza, J. R., Savageau, J. A., Godiwala, S., Friedman, K., & Hazelton, J. (2005). Measuring adults' loss of autonomy over nicotine use: The Hooked on Nicotine Checklist. *Nicotine & Tobacco Research*, 7, 157-161. doi:10.1080/14622200412331328394
- Wellman, R. J., DiFranza, J. R., Savageau, J. A., & Dussault, G. F. (2004). Short-term patterns of early smoking acquisition. *Tobacco Control*, 13, 251-257. doi:10.1136/tc.2003.005595
- Wheeler, K. C., Fletcher, K. E., Wellman, R. J., & DiFranza, J. R. (2004). Screening adolescents for nicotine dependence: The Hooked On Nicotine Checklist. *Journal of Adolescent Health*, 35, 225-230. doi:10.1016/j.jadohealth.2003.10.004
- DiFranza, J. R., & Wellman, R. J. (2003). Preventing cancer by controlling youth smoking. *Seminars on Oncology Nursing*, 19, 261-267. doi:10.1053/S0749-2081(03)00101-3
- Wellman, R. J., & DiFranza, J. R. (2003). Seasonality in onset of youth smoking parallels seasonality in cigarette sales. *Tobacco Control* 12, 339. doi:10.1136/tc.12.3.339
- Wellman, R.J., & Sugarman, D.B. (2001). Does advice affect perceptions of a patient's withdrawal from kidney dialysis? *Journal of Social Behavior and Personality*. [Note: journal appears to have ceased publication early in 2001]
- Wellman, R.J., & Sugarman, D.B. (1999). Elder and young adults' perceptions of the decision to withdraw from medical treatment: A replication and extension. *Journal of Social Behavior and Personality*, 14, 287-298.
- Wellman, R.J., & Sugarman, D.B. (1996). Social perceptions of medical treatment termination: Rational decision or suicide? *Journal of Applied Social Psychology*, 26, 1378-1399. doi:10.1111/j.1559-1816.1996.tb00077.x
- Wellman, R.J., Kelly, R.E., & Trapasso, P.A. (1988). Predicting accident proneness in police officers. *Journal of Police Science and Administration*, 16, 44-48.
- Wellman, R.J., & Wellman, M.M. (1988). Correlates of suicide ideation in a college population. *Social Psychiatry and Psychiatric Epidemiology*, 23, 90-95. doi:10.1007/BF01788427
- Wellman, M.M., & Wellman, R.J. (1986). Sex differences in peer responsiveness to suicide ideation. *Suicide and Life-Threatening Behavior*, 16, 360-378.
- Wellman, R.J. (1982). Accident proneness in police officers: Personality factors and problem drinking as predictors of injury claims of state troopers. *Dissertation Abstracts International*, 43, 538-B. (University Microfilms No. 8216416)
- Wellman, R.J. (1978). Fear of solo driving treated with sequentially arranged behavioral methods: A case study. *Behavior Therapy*, 9, 290-292. doi:10.1016/S0005-7894(78)80115-4

Recent Presentations

Sloan, M., Contreras, G., Sylvestre, M.-P., Dugas, E., Wellman, R., O'Loughlin, J., Low, N. (2014). *DRD4 and SLC6A4 are not associated with sustained binge drinking in young adults*. Poster presented at the XXIInd World Congress of Psychiatric Genetics, October 12-13, Copenhagen, Denmark.