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### **Current/Recent Positions**

2001- present. Research Associate Professor, Stony Brook University, Stony Brook, NY.

2002 – present. Lecturer on psychiatry in medicine for medical students.  
 Stony Brook University Medical Center, Stony Brook, NY.

2009 - present. Clinical supervision on cognitive-behavior therapy in psychiatry for psychiatric residents. Stony Brook University Medical Center, Stony Brook, NY.

2012-present. Founder and editor: *Fatigue: Biomedicine, Health and Behavior*  
 Subscription-based behavioral medicine journal.  
 Publisher: Routledge/Taylor & Francis; Launch date: 2013.

2009 – present. President; International Association for Chronic Fatigue Syndrome.  
 (IACFS/ME: [www.iacfsme.org](http://www.iacfsme.org))

2010 – present. Chairperson (2011) and panel member of NIH Special  
 Emphasis Panel to review grant applications on CFS and fibromyalgia.

2001-2004. Clinical consultant; NIH funded clinical trial of cognitive-behavioral  
 interventions in chronic fatigue syndrome, Leonard Jason (PI), DePaul  
 University, Chicago, IL

2004 Member; Editorial Board. *Health Psychology*.

### **Education**

1979 City University of New York; Ph.D. in Experimental Psychology

1970 State University of New York at Buffalo; A.B. in Psychology.

### **Licensure/Certifications**

- 1991 Connecticut state certification in psychology (#001658).
- 1983 New York State certification in psychology (#007502).
- 1983 Certified rational-emotive therapist and clinical supervisor. (Institute for Rational-Emotive Therapy; New York City).

### Peer Review Publications (35)

- Friedberg F, Williams D, & Collinge W. Lifestyle-oriented non-pharmacological interventions for fibromyalgia. *Journal of Pain Research*. In press.
- Humbert, A. J., Johnson, M. T., Miech, E., Friedberg, F. et al. (2011). Assessment of clinical reasoning: A Script Concordance test designed for pre-clinical medical students. *Medical Teacher*, 33, 472-477.
- Friedberg, F. (2010). Chronic fatigue syndrome, fibromyalgia, and related illnesses: A clinical model of assessment and intervention. *Journal of Clinical Psychology*, 6, 641-665.
- Jason, L. A, Boulton A., Porter, N.S., Jessen, T., Njoku, M. G, & Friedberg, F. (2010). Classification of myalgic encephalomyelitis/chronic fatigue syndrome by types of fatigue. *Behavioral Medicine*. 1;36(1):24-31.
- Jason, L.A., Timpo, P., Porter, N., Herrington, J., Brown, M., Torres-Harding, S., & Friedberg, F. (2009). Activity logs as a measure of daily activity among patients with CFS. *Journal of Mental Health*, 18, 549-556.
- Jason, L.A., Jessen, T., Porter, N., Boulton, A., Njoku, M.G., & Friedberg, F. (2009) press). Examining types of fatigue among individuals with ME/CFS. *Disability Studies Quarterly*, 29, 3.
- Danoff-Burg, S. & Friedberg, F. (2009). Unmet Needs of Patients with Systemic lupus Erythematosus. *Behavioral Medicine*; 35(1): 5–13.
- Russell, M. C. & Friedberg, F. (2009). Training, treatment access, and research on trauma intervention in the armed services. *Journal of EMDR Practice and Research*, 3, 24-31.
- Friedberg, F. & Sohl, S. (2009). Cognitive-behavior therapy in chronic fatigue syndrome: Is improvement related to increased physical activity? *Journal of Clinical Psychology*, 65, 1-20.
- Friedberg, F. & Sohl, S. (2009). Longitudinal change in chronic fatigue syndrome: What home-based assessments reveal. *Journal of Behavioral Medicine*, 32, 209-218.
- Friedberg, F., Sohl, S. & Halperin, P. (2008). Teaching medical students about medically unexplained illnesses: A Preliminary Study. *Medical Teacher*, 30, 618–621.
- Friedberg, F. & Sohl, S. (2008). Memory for fatigue in chronic fatigue syndrome: The relation between weekly recall and momentary ratings. *International Journal of Behavioral Medicine*, 15, 129-138.

### Peer Review Publications (continued)

- Sohl, S. & Friedberg, F. (2008). Memory for fatigue in chronic fatigue syndrome: relationships to fatigue variability, catastrophizing, and negative affect. *Behavioral Medicine, 34*, 29-35.
- Friedberg, F. & Quick, J. (2007). Alexithymia in chronic fatigue syndrome: Associations with retrospective, recall, and momentary measures. *Psychosomatic Medicine, 69*, 54-60.
- Friedberg, F. Sohl, S. & Schmeizer, B. (2007). Publication trends in chronic fatigue syndrome: Comparisons with fibromyalgia and fatigue: 1995-2004. *Journal of Psychosomatic Research, 63*, 143-146.
- Jason, L., Torres-Harding, S., Friedberg, F. et al. (2007). Non-pharmacologic interventions for CFS: A randomized trial. *Journal of Clinical Psychology in Medical Settings, 14*, 275-296.
- Friedberg, F., Leung, D.W. & Quick, J. (2005). Do support groups help people with chronic fatigue syndrome and fibromyalgia? A comparison of active and inactive members. *Journal of Rheumatology, 32*, 2416-2420.
- Friedberg, F. (2004). Eye movement desensitization in fibromyalgia: A pilot study. *Complementary Therapies in Nursing and Midwifery, 10*, 245-9.
- Friedberg, F. (2002). Does graded activity increase activity? A case study of chronic fatigue syndrome. *Journal of Behavior Therapy and Experimental Psychiatry, 33*, 203-215.
- Friedberg, F. & Jason, L. A. (2001). Chronic fatigue syndrome and fibromyalgia: Clinical assessment and treatment. *Journal of Clinical Psychology, 57*, 433-455.
- Taylor, R., Jason, L., Kennedy, C., & Friedberg, F. (2001). Evaluating attributions for chronic fatigue syndrome among mental health practitioners based upon physician-recommended treatment. *Rehabilitation Psychology, 46*, 165-177.
- Friedberg, F., Dechene, L., & McKenzie, M, J. (2000). Symptom patterns in long- duration chronic fatigue syndrome. *Journal of Psychosomatic Research, 48*, 59-68.
- Friedberg, F. (1999). A subgroup analysis of cognitive-behavioral treatment studies. *Journal of Chronic Fatigue Syndrome, 5*, 149-159.
- Friedberg, F. (1999). An overview of psychosocial assessment. *Journal of Chronic Fatigue Syndrome 5*, 79-86.
- Friedberg, F. (1999). Coping skills treatment for a case of chronic fatigue syndrome. *Cognitive and Behavioral Practice, 6*, 436-441.
- Jason, L.A., Richman, J. A., Friedberg, F. et al. (1997). Politics, science and the emergence of a new disease: The case of chronic fatigue syndrome. *American Psychologist, 52*, 973-983.
- Friedberg, F. (1996). Chronic fatigue syndrome: A new clinical application. *Professional Psychology: Theory, Research and Practice, 27*, 487-494.
- Friedberg, F. (1995). Clinical assessment of coping in CFS patients. *Journal of Chronic Fatigue Syndrome, 1*, 53-58.

### Peer Review Publications (concluded)

- Friedberg, F. (1995). The stress/fatigue link in chronic fatigue syndrome. *Journal of Chronic Fatigue Syndrome*, 1, 147-152.
- McKenzie, M., Dechene, L., Friedberg, F. & Fontanetta, R. (1995). Coping reports of patients with long-term chronic fatigue syndrome. *Journal of Chronic Fatigue Syndrome*, 1, 59-67.
- Friedberg, F. & Krupp, L. B. (1994). A comparison of cognitive-behavioral treatment for chronic fatigue syndrome and primary depression. *Clinical Infectious Diseases*, 18, 105S-110.
- Krupp, L. B., Sliwinski, M., Masur, D. M., Friedberg, F., & Coyle, P. K. (1994). Cognitive functioning and depression in patients with chronic fatigue syndrome and multiple sclerosis. *Archives of Neurology*, 51, 705-710.
- Pepper, C. Krupp, L. B., Friedberg, F. et al. (1993). Comparison of neuropsychiatric characteristics in chronic fatigue syndrome, multiple sclerosis and major depression. *The Journal of Neuropsychiatry and Clinical Neurosciences*, 5, 200-205.
- Friedberg, F. (1987). Coping skills treatment of situational vomiting. *Journal of Cognitive Psychotherapy*, 1, 183-188.
- Friedberg, F. (1982). Overcoming obstacles to real-life generalization in exposure treatments of agoraphobia. *British Journal of Cognitive Psychotherapy*, 3, 10-22.

### PUBLISHED BOOKS

- Friedberg, F. et al. (2012). *ME/CFS primer for clinical practitioners*. Chicago: IL: International Association for Chronic Fatigue Syndrome/Myalgic Encephalomyelitis.
- Friedberg, F. (2006). *Fibromyalgia and chronic fatigue syndrome: Seven proven steps to less pain and more energy*. Oakland, CA: New Harbinger.
- Friedberg, F. (2001). *Do it yourself eye movement for emotional healing*. Oakland, CA: New Harbinger.
- Taylor, R., Friedberg, F. & Jason, L. A. (2001). *A clinician's guide to controversial illnesses: Chronic fatigue syndrome, fibromyalgia, and multiple chemical sensitivities*. Professional Resource Press.
- Friedberg, F. & Jason, L. (1998). *Understanding chronic fatigue syndrome. An empirical guide to assessment and treatment*. Washington, D.C.: American Psychological Association.
- Friedberg, F. (1995). *Coping with chronic fatigue syndrome: Nine things you can do*. Oakland, CA: New Harbinger.
- Golden, W. L., Dowd, E. T., & Friedberg, F. (1987). *Hypnotherapy: A modern approach*. New York: Pergamon Press.

## **PUBLISHED BOOK CHAPTERS**

Friedberg, F. (In press). Fatigue. In *Encyclopedia of Behavioral Medicine*; New York: Springer.

Friedberg, F. (2010). Fibromyalgia. In I. B. Weiner & W. E. Craighead (Eds.), Vol. 2; *Corsini Encyclopedia of Psychology*. Hoboken, NJ: Wiley, pp. 659-661.

Friedberg, F. (2003). Structured diagnostic interviews and self-rating scales. In R. Taylor, P. Fennell & L.A. Jason (Eds.), *Handbook of Chronic Fatigue Syndrome*. New York: Wiley, pp. 401-416.

Golden, W. L. and Friedberg, F. (1986). Cognitive-behavioral hypnotherapy. In W. Dryden and W. L. Golden (Eds.), *Cognitive-Behavioral Approaches to Psychotherapy*. London: Harper and Row.

## **Grant Support**

### ONGOING

2R42NR010496-02 Friedberg (PI)

9/12/11-7/31/13 NIH/NINR

\$645,000

Efficacy of Home-Based Self-Management for Chronic Fatigue

A randomized, controlled trial of a fatigue self-management product for patients with chronic fatigue and chronic fatigue syndrome. A cost effectiveness analysis will also be done.

R01NR010229-01 Friedberg (PI)

01/01/08 - 12/31/11 (no cost extension) NIH/NINR

\$922,000

Fatigue Self-Management in Primary Care: Efficacy, Credibility, and Economics Role: Principal Investigator

A randomized, controlled trial of a fatigue self-management cognitive-behavioral intervention in primary care for patients with chronic fatigue and chronic fatigue syndrome. A credibility assessment and cost effectiveness analysis will also be done.

R41NR010496-01A1 Friedberg (PI)

9/28/07-9/30/09

\$99,950.

NIH.NINR

COMPLETED

Feasibility of a Home-Based Self-Management Program for Chronic Fatigue

Role: Principal Investigator

This Phase I STTR project is a feasibility study of a home-based behavioral self-management program for individuals with unexplained chronic fatigue or chronic fatigue syndrome.

K23 MH01961-01A1 Friedberg (PI)

8/01/01-7/31/07

NIH.NIMH

Psychiatric Co-Morbidity in

Chronic Fatigue Syndrome

\$847,000

The major goals of this career development award were (1) to provide a systematic plan for career development of the Principal investigator as a clinical researcher; (2) to compare in vivo and traditional retrospective outcome measures in patients with chronic fatigue syndrome (CFS) in order to assess the ecological validity of traditional measures; and (3) to test whether response to cognitive-behavioral treatment in CFS patients is associated with level of behavioral and psychiatric functioning.

### **Peer Review Journal Editor**

Fatigue: Biomedicine, Health and Behavior. 2/2012-present

Bulletin of the IACFS/ME 9/2011-present

### **Ad Hoc Journal Reviewer**

*Cognitive Therapy and Research*

*Health Psychology*

*Journal of Chronic Fatigue Syndrome*

*Journal of Psychosomatic Research*

*Lancet*

*Psychotherapy and Psychosomatics*

*Patient Education and Counseling*

*Journal of Behavioral Medicine*

*Evaluation in the Health Professions*

### **Invited Clinical Workshops**

Chronic Fatigue Syndrome: Theory, Assessment and Treatment. Biennial meeting of the International Association for Chronic Fatigue Syndrome. Ottawa, Canada; 9/2011.

Chronic fatigue syndrome and fibromyalgia: Methods of assessment and treatment. Annual meetings of the American Psychological Association, 1999-2011.

Five-day workshops on chronic fatigue syndrome and fibromyalgia. Cape Cod Institute and New England Educational Institute. June 29-July 3<sup>rd</sup>, 2003; August 22-26, 2003. Cape Cod, MA.

Treating controversial illnesses: Chronic fatigue syndrome, fibromyalgia, and multiple chemical sensitivities. Brattleboro Retreat, Brattleboro, VT, Oct., 2001 & 2007.

### **Membership in Professional Organizations**

International Association for Chronic Fatigue Syndrome/ME

American Psychological Association