

Faculty Brief Biosketch

Name: Anu Kotay, PhD

Title: Clinical Instructor

Education:

1998 – B.A. Psychology, Minor in Spanish Literature

The George Washington University, Washington, DC

2004 – M.S. Health Psychology

California School of Professional Psychology, San Diego

2007 – Ph.D. Clinical Psychology

California School of Professional Psychology, San Diego

Dissertation: Psychophysiology of Occupational Stress & Upper Extremity Symptoms

E-mail: kotayan@umdnj.edu

Publications and Presentations

Martinez- Donate, AP, Hovell MF, Hofstetter CR, Gonzalez-Perez GJ, **Kotay A**, Adams MA. (2008) Crossing borders: Impact of the California Tobacco Control Program on both sides of the US-Mexico border. *American Journal of Public Health*, 98(2), 258-267.

Kotay, A., Spira, J., Gevirtz, R., Peper, E., Stockinger, C. (2007). Psychophysiology of Occupational Stress and Pain Symptoms. Association of Applied Psychophysiology and Biofeedback. Monterey, CA.

Martinez-Donate AP, Hovell MF, Hofstetter CR, Gonzalez-Perez GJ, Adams MA, **Kotay A.** (2006). Correlates of home smoking bans among Mexican-Americans. *American Journal of Health Promotion*, 21(4),229-238.

Martinez-Donate AP, Hovell MF, **Kotay, A.** (2006). Cultural and social determinants of smoking among Mexicans and Mexican-Americans. *Annals of Behavioral Medicine*, 31,s090.

Sowder, E., **Kotay, A.**, Gevirtz, R., Cannon, C. (2006). Heart rate variability biofeedback in patients with recurrent abdominal pain: A multiple case history study. *Biological Psychology*, 72,233.

Shapiro, W., Sowder, E., Gevirtz, R., **Kotay, A.** (2006). A new biobehavioral treatment approach for pediatric recurrent abdominal pain: Heart rate variability biofeedback. The American College of Gastroenterology. Las Vegas, NV.

Minnasian, A., **Kotay, A.**, Perry, W., Potenza, (2006). The use of virtual reality for acute burn management in pediatric burn patients. American Burn Association. Las Vegas, NV.

Martinez-Donate, A.P., Hovell, M., Hofstetter, R.C., Gonzalez-Perez, G.J., Sanchez, J.J., **Kotay, A.**, Adams, M.A. (2005) International tobacco control research on residential home bans among Mexican-descent populations. Tobacco-Related Diseases Research Program Conference, Los Angeles, CA.

Kotay, A., Meltzer, S., Wahlgren, D., Hovell, M. (2005). Secondhand Smoke Prevention Trial Linking Home-based and Physician Counseling. National Conference on Tobacco and Health, Chicago, IL.

Spira, J. & **Kotay, A.** (2004). The Influence of Zen Meditation and Stress on Very Low, Low, and High Frequency Heart Rate Variability. Association of Applied Psychophysiology and Biofeedback Annual Meeting, Colorado Springs, CO.

Comments:

Dr. Kotay runs the Behavioral Science curriculum for the RWJMS-Family Medicine Residency. She has a particular interest in improving patient compliance through the doctor-patient relationship. She is also certified in biofeedback and currently collaborates with investigators at RWJMS-Department of Psychiatry on biofeedback research projects.