
BIOGRAPHICAL SKETCH

NAME: Perzynski, Adam Thomas

eRA COMMONS USER NAME: aperzynski

POSITION TITLE: Assistant Professor of Medicine and Sociology

EDUCATION/TRAINING

INSTITUTION AND LOCATION	DEGREE	Completion Date	FIELD OF STUDY
University of Toledo, Toledo, OH	B.A.	08/1997	Anthropology
University of Toledo, Toledo, OH	M.A.	05/1999	Sociology
Case Western Reserve University, Cleveland, OH	Ph.D.	05/2008	Sociology

A. Personal Statement

I am a medical sociologist in the Center for Health Care Research and Policy at MetroHealth and Case Western Reserve University. My doctoral degree is in sociology and I have a strong record of interdisciplinary collaboration on NIH-funded research projects. I am an expert in survey research design, psychometrics and data analysis. My broad experience in mixed methods research will be of particular value to the proposed work. My experience over a decade directing projects and training others in advanced data analysis (both quantitative and qualitative) will enable me to make substantial contributions to the project through all phases including interpretation of results, mentoring of trainees and publication and presentation. I currently serve as co-investigator and methodologist for two large randomized controlled trials of health behavior interventions (for co-morbid diabetes and mental illness and for bipolar disorder) and am co-investigator on multiple additional projects aiming to control hypertension, and prevent stroke and other cardiovascular diseases. Four of my recent collaborative publications in health disparities, outcomes measurement and mixed methods research and health behavior clearly demonstrate how my experience and interests are aligned to the current project:

- a. **Perzynski AT**, Blixen C, Cage J*, Zimmermann K, & Sajatovic M. (2016). Informing Policy for Reducing Stroke Health Disparities from the Experience of African American Male Stroke Survivors: A Qualitative Study. *Journal of Racial and Ethnic Health Disparities*, 3(3): 527–536.
- b. **Perzynski AT**, Ramsey R, Zimmermann K, Cage J, Welter E & Sajatovic M. (In Press). Barriers and Facilitators to Self-management among Persons with Epilepsy that is Complicated by Mental Health Conditions or Acute Medical Events. *Chronic Illness*.
- c. **Perzynski AT**, Roach MJ, Shick S, Callahan B, Gunzler D, Cebul R, Kaelber D, Huml A, Thornton JD, Einstadter D (In Press). Patient Portals and Broadband Internet Inequality. *Journal of the American Medical Informatics Association*.
- d. Bolen SD, Sage P, **Perzynski AT** & Stange KC. (2015). No Moment Wasted - The Primary Care Visit for Underserved Adults with Diabetes. *Primary Health Care Research and Development*, 1-15.

Employment and Fieldwork Experience

1997-1999	Graduate Assistant, Department of Sociology, Anthropology and Social Work, University of Toledo, Toledo, Ohio
1999-2001	Pre-doctoral Research Fellow, National Institute on Aging, Case Western Reserve University, Cleveland, Ohio
2001-2002	Research Fellow, Department of Sociology, Case Western Reserve University
2001-2002	Research Assistant, Mandel School of Applied Social Sciences, Case Western Reserve University
2007-2008	Adjunct Instructor of Sociology, Department of Sociology, Case Western Reserve University
2002	Research Assistant IV, Center for Health Care Research and Policy, Case Western Reserve University at MetroHealth Medical Center, Cleveland, OH
2008-2014	Senior Instructor, Department of Medicine, Center for Health Care Research and Policy, Case Western Reserve University at MetroHealth Medical Center, Cleveland, OH
2015-	Assistant Professor of Medicine, Department of Medicine, Center for Health Care Research and Policy, Case Western Reserve University at MetroHealth Medical Center, Cleveland, OH
2016-	Assistant Professor of Sociology, Department of Sociology, Case Western Reserve University

Current Professional Memberships and Other Experience

American Sociological Association
Gerontological Society of America
Society for General Internal Medicine
Society for Medical Decision Making
North Central Sociological Association
Editorial Board, Medical Decision Making (2012 – present)

Awards And Honors

1997 Graduate, University of Toledo Honors Program
1997 Graduate with Departmental, College, and University Honors
1997 Nominee for Outstanding Student in the College of Arts & Sciences
1994-1997 President's List
1994-1997 Dean's List
1997 Secretary, Delta Phi Alpha, National German Honor Society
1999 President, Alpha Kappa Delta, National Sociological Honor Society
1999-2001 National Institute on Aging Pre-Doctoral Research Fellowship
2004 Verhosek Fund Graduate Student Travel Award
2005 Marie Haug Award for Excellence in Aging Studies
2005 CWRU College of Arts & Sciences Dissertation Fellowship
2006 CWRU College of Arts & Sciences Dissertation Showcase Lecturer
2009 Society for Medical Decision Making Top Reviewer
2014 CWRU Scholarship in Teaching Award
2015 Honourable Mention, Cleveland Medical Hackathon
2016 2nd Place, deBeaumont Foundation "Closing the Data Divide Challenge"

C. Contribution to Science

My most significant contributions to science have been in five core areas: Mixed Methods Research, Understanding and Eliminating Health Disparities, Health across the Life Course, Transdisciplinary Health Research, and Developing Novel Strategies to Improve Population Health. Examples and brief descriptions of these contributions are outlined below.

1. Mixed Methods Research

Among my greatest contributions has been a career long effort to infuse the study of biomedical scientific problems with the knowledge, theories and methods of social science. At the forefront of these efforts has been my work in combining qualitative and quantitative research methods, from ethnography, focus groups and in-depth interviewing, to survey research, psychometrics and structural equation modelling.

- a. **Perzynski AT**, Terchek, J.J.*, Blixen, C.E., Dawson, N.V. (2013). Playing the Numbers: How Hepatitis C Patients Create Meaning and Make Health Care Decisions from Medical Test Results. *Sociology of Health and Illness*, 35(4): 610-627.
- b. Blixen C, **Perzynski A**, Smyth K, Moore S, Sila C, Pundik S, & Sajatovic M. (2015). Using focus groups to inform the development of stroke recovery and prevention programs for younger African-American (AA) men. *Topics in Stroke Rehabilitation*. 22(3): 221-231.
- c. Hand RK, **Perzynski AT** (In Press). Ecologic momentary assessment: applications and opportunities in nutrition and dietetics. *Journal of the Academy of Nutrition and Dietetics*.
- d. Prakash S, **Perzynski AT**, Austin PC, Wu F, Lawless ME, Patterson JM, Quinn RR, Sehgal AR, Oliver MJ. (2013). Neighborhood Socioeconomic Status and Barriers to Peritoneal Dialysis: A Mixed Methods Study. *Clinical Journal of the American Society of Nephrology*, 8(10), 1741-1749.

2. Understanding and Eliminating Health Disparities

My entire career has been devoted to understanding, preventing, and eliminating health disparities. While nearly all of my publications fit this specific area, I have listed below publications from selected projects which have had a direct influence on the ways in which we think about, measure and intervene to reduce health disparities.

- a. Sudano, J.J., **Perzynski, A.T.**, Love, T., Lewis, S.A., Murray, P., Huber, G., Ruo, B., Baker, D. (2011). Measuring Disparities: Bias in the SF-36v2 among Spanish-speaking Medical Patients. *Medical Care*, vol.49, no. 5, 480-488.
 - b. Sajatovic, M., Dawson, N.V., **Perzynski, A.T.**, Blixen, C. Bialko, C., McKibbin, C., Bauer, M.S., Seeholzer, E. L., Kaiser, D. & Fuentes-Casiano, E. (2011). Optimizing care for people with Serious Mental Illness and Comorbid Diabetes. *Psychiatric Services*, vol. 62, no. 9, 1001-1003.
 - c. Lawless ME, Muellner J*, Sehgal AR, Thomas CL & **Perzynski AT**. (2014). Cultural Competency Education for Researchers: A Pilot Study using a neighborhood visit approach. *SOCRA Source: Journal of the Society of Clinical Research Associates*, August: 12-21.
 - d. Blixen C, **Perzynski AT**, Cage J, Smyth K, Moore S, Sila C, Pundik S & Sajatovic M. (2015) Stroke recovery and prevention barriers among young African-American men: Potential avenues to reduce health disparities. *Topics in Stroke Rehabilitation* 21(5), 432-442.
3. Health Across the Life Course
 My work in studying health across the life course began as a National Institute on Aging pre-doctoral research fellow and continues today with current projects in both gerontology and pediatrics. I have just begun a two-year project evaluating the influence of a School Based Health Program for delivering primary care pediatric services directly within the Cleveland Municipal School District.
- a. Stoller EP, **Perzynski AT**. The impact of ethnic involvement and migration patterns on long-term care plans among retired sunbelt migrants: plans for nursing home placement. *J Gerontol B Psychol Sci Soc Sci* 2003; 58(6):S369-S376.
 - b. Longino, CF Jr, **Perzynski AT**, Stoller EP. Pandora's briefcase: Unpacking the retirement migration decision. *Research on Aging*. (2002)
 - c. Evaluation of MetroHealth School Health Program (In Progress). The School Health Program was developed to bring MetroHealth primary care to children who are at risk of not receiving care due to lack of access. With parent/guardian consent, MetroHealth medical professionals care for children at school during school hours. (<http://www.metrohealth.org/school-health>)
4. Transdisciplinary Health Research
 Throughout my career I have demonstrated a commitment to crossing the boundaries between disciplines and harvesting the fruits of collaboration across fields. I have published peer-reviewed journal articles with colleagues from many diverse disciplines including: Anthropology, Biostatistics, Dentistry, Education, Family Medicine, Gastroenterology, Geography, Geriatrics, Gerontology, Internal Medicine, Nephrology, Neurology, Nursing, Physical Medicine and Rehabilitation, Psychiatry, Pulmonology and Social Work.
- a. **Perzynski AT**. (2010). Multidisciplinary Approaches to Biomedical Research. *JAMA*, 304(20): 2243-2244.
 - b. **Perzynski, A.T.**, McCormick, R., Webster, N.J., Blixen, C.E., Kanuch, S., Thomas, C.L., Mullen, K., Dawson, N.V. (2011). Psychosocial Correlates of Alcohol Use and Reduction for Individuals with Hepatitis C. *Journal of Studies on Alcohol and Drugs*, vol. 72, no. 5, 787-98.
 - c. Schoenberg NE, Stoller EP, Kart CS, **Perzynski AT** & Chapleski E. (2004). "Complementary and alternative medicine use among a multiethnic sample of older adults with diabetes." *Journal of Alternative and Complementary Medicine*, 10(6): 1061-1066.
 - d. Sajatovic M, Welter E, Tatsuoka C, **Perzynski AT**, Einstadter D. (2015). Electronic medical record analysis of emergency room visits and hospitalizations in individuals with epilepsy and mental illness comorbidity. *Epilepsy Behavior*, Sep;50:55-60.
5. Development and Evaluation of Novel Strategies to Improve Population Health
 Throughout my career I have focused not simply on how to understand the complex interrelationships between social factors and disease, but to pursue strategies that ameliorate suffering and prevent disease. Much of my work in this regard has focused on empowering individuals to better care for their own health. In recently funded work from the Agency for Health Care Research and Quality, I worked with colleagues in Sociology, Internal Medicine and Computer Science to develop a patient-centered, user-friendly health risk assessment software for use in primary care ("d" below).
- a. Sajatovic, M., Dawson, N.V., **Perzynski, A.T.**, Blixen, C. Bialko, C., McKibbin, C., Bauer, M.S., Seeholzer, E. L., Kaiser, D. & Fuentes-Casiano, E. (2011). Optimizing care for people with Serious Mental Illness and Comorbid Diabetes. *Psychiatric Services*, vol. 62, no. 9, 1001-1003.
 - b. Bolen SA, Chandar A*, Falck-Ytter C, Tyler C, **Perzynski AT**, Gertz AM*, Sage P, Lewis S, Cobabe M, Ye Y, Menegay M & Windish D. (2014). Effectiveness and safety of patient activation

interventions for adults with type 2 diabetes: systematic review, meta-analysis, and metaregression. *Journal of General Internal Medicine*, 29(8):1166-1176. PMID: 24733301

- c. Blixen, C., **Perzynski, A.T.**, Kanuch, S., Dawson, N., Kaiser, D., Lawless, M., Seeholzer, E., & Sajatovic, M. (2015). Training Peer Educators to Promote Self-Management Skills in People with Serious Mental Illness (SMI) and Diabetes (DM) in a Primary Health Care Setting. *Primary Health Care Research & Development*, 16: 127–137.
- d. The Healthy Life Health Risk Assessment. Six Master's theses and a Doctoral dissertation were produced by my students related to this system. Sudano and **Perzynski** U.S. Provisional Patent Application Serial No. 62/080,149. Software available at: <http://www.healthylifehra.org>

Published Work in MyBibliography:

<http://www.ncbi.nlm.nih.gov/sites/myncbi/adam%20thomas.perzynski.1/bibliography/40318431/public/?sort=date&direction=descending>

D. Research Support

Ongoing Research Support

R01MH093321-01A1 Sajatovic (PI)

03/19/2012 — 02/28/2017

NIMH

Treatment Adherence Enhancement in Bipolar Disorder

Overall Goals: The proposal will test a brief, tailored intervention intended to improve medication treatment adherence in high-risk patients with bipolar disorder. Given the enormous personal and societal burden of non-adherence on patients and families, the proposal has substantial public health implications.

Role: Co-investigator

1R03HD078416-01A1 (Holmes)

NICHD

Longitudinal Effects of Family Violence: Sibling Factors and Maternal Parenting 4/1/2015-3/31/2017

The goal of this study is to better understand the nature of heterogeneity in adjustment, as well as some of the mechanisms (i.e., child maltreatment, sibling structural factors, and maternal warmth) that may account for the wide range of variability in social-emotional outcomes across children experiencing family violence.

Role: Co-investigator

Primary Care Training and Enhancement (Caron)

07/01/2015 – 6/30/2020

HRSA 1 T0BHP28557-01-00

The goal of our work is to optimize primary care faculty and trainee academic productivity, job satisfaction, and retention rates in a large, urban safety-net hospital with 14 community-based practice sites.

Role: Faculty

Advancing Primary Care Competency Across the Training Continuum in Northeast Ohio's Rural and Underserved Communities (Boltri)

7/1/16-6/30/2021

The purpose of this collaborative proposal led by Family Medicine is to improve the primary care workforce by enhancing the inter-professional training for future primary care clinicians, teachers and researchers, with specific attention to underserved populations, across the continuum.

Role: Faculty

Recently Completed Research Support

A Prescription for Change, School Based Health Evaluation (Perzynski)

Cleveland Foundation

1/1/14 to 12/31/16

This project evaluates the effectiveness of the MetroHealth School Health Program at improving clinical and education outcomes for children in the Cleveland Metropolitan School District.

CDC-PRCHN: SIP

(Sajatovic)

9/2014-9/2016

Comparative Study of Interventions to Reduce the Stigma of Epilepsy.

The purpose of the study is to use a Targeted Self-Management intervention to improve health outcomes for individuals with epilepsy and serious mental illness.

Role: Co-investigator

HHS-2014-ACF-ACYF-CA-0803 (Holmes)

9/1/2014 – 8/31/2016

HHS/ACYF/CB

Multilevel Protective Factors that Promote Well-Being for Maltreated Children

The major goals of this pre-doctoral training project are to examine resiliency and protective factors related to academic success among children who have been maltreated.

Role: Co-investigator

Faculty Development for Primary Care (PI: Campbell)

2011 - 2016 HRSA: D55HP23193

This faculty development program focuses on meeting the challenges of primary care for the 21st century including health disparities, academic productivity in a safety net system, teaching skills, improving quality of care and cross discipline education in systems-based care.

Role: Faculty

RO1MH085665-01A2 Dawson/Sajatovic (PIs)

07/01/2011 — 04/30/2016

NIMH

Improving Outcomes for Individuals with Serious Mental Illness and Diabetes

Overall goals: Conduct a randomized trial of a nurse and peer led behavioral intervention for persons with co-morbid SMI and Diabetes in a safety net, primary care setting.

Role: Co-investigator

R01HS020919-01 Sudano (PI)

09/30/2011 — 07/31/2015

AHRQ

Open Source Health Risk Assessment for Primary Care

Overall goals: This five year study is designed to develop and implement a computerized, multiplatform health risk assessment for routine use in primary care settings.

Role: Co-Investigator

R21NR013001 Sajatovic (PI)

05/01/2012 — 04/30/2014

NINR

Targeted Management Intervention for African-American Men with Tia or Stroke

Overall Goals: African-American (AA) men are disproportionately burdened by strokes and generally has sub-optimal post-stroke care. Few studies have focused on improving post-stroke care involvement for AA men stroke survivors. This project will refine an existing psychosocial intervention developed by these investigators, and then test the refined intervention in AA men.

Role: Co-investigator

CDC: SIP 057 Sajatovic (PI)

09/01/2012— 08/31/2014

Targeted Self-Management for Epilepsy and Serious Mental Illness

Overall Goals: This project will refine and test a Targeted Self-Management Intervention for individuals with epilepsy and serious mental illness based on input from key stakeholders (individuals and family members of individuals with E-SMI, clinical providers and community health workers). This pilot trial will examine feasibility, acceptability and preliminary efficacy.

Role: Co-investigator