

# SARAH E. ZEMORE

Alcohol Research Group  
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## RECENT POSITIONS

2014-present Senior Scientist, Alcohol Research Group  
2014-present Center Associate Director, Alcohol Research Group  
2013-present Director of Training, Alcohol Research Group  
2012-present Associate Adjunct Professor, UC Berkeley, School of Public Health  
2003-2013 Associate Scientist and Scientist, Alcohol Research Group  
2002-2004 NIAAA T32 Post-doctoral Fellow, UC Berkeley/Alcohol Research Group

## EDUCATION

2002 Ph.D., Personality and Social Psychology, University of Massachusetts, Amherst  
2000 M.S., Personality and Social Psychology, University of Massachusetts, Amherst  
1994 B.A., Psychology, Pomona College, Claremont, CA

## HONORS

2003-2004 NIAAA/NIH Loan Repayment Program recipient  
1998 University of Massachusetts Graduate Student Fellowship  
1998 European Association of Experimental Social Psychology Scholarship  
1994 Graduation Magna cum Laude  
1994 Phi Beta Kappa  
1994 Golden Key Society  
1994 Best Undergraduate Research Paper, Annual Conference of the Rocky Mountain Psychological Association, Las Vegas  
1993 Psi Chi Chapter President  
1992 Hughes Fellowship

## SERVICE TO THE FIELD

### NIH Review Experience

2017-2019 NIAAA committee Chair; Epidemiology, Prevention, & Behavior Research (AA2)  
2013-2017 NIAAA committee Standing Member; Epidemiology, Prevention, & Behavior Research (AA2)  
2009-2013 NIAAA ad hoc reviewer; Clinical, Treatment, & Health Services Research (AA3)  
2007-2013 NIAAA/NIH Loan Repayment Program (LRP) reviewer  
2009-10, 2012 NIAAA ad hoc reviewer; Special Emphasis Panel, Training (T32) Programs

- 2011 NIAAA ad hoc reviewer; Special Emphasis Panel, F mechanisms  
2008-10 NIAAA ad hoc reviewer; Epidemiology, Prevention, & Behavior Research (AA2)

### **Editorial Experience**

- 2015-present Assistant Field Editor, Journal of Studies on Alcohol and Drugs  
2012-2015 Editorial Board, Journal of Addiction

### **Committee Work**

- 2018 Technical Expert, Recovery Research and Evaluation Technical Expert Panel, Substance Abuse and Mental Health Services Administration (SAMHSA)  
2018 Consensus Panel Member, Peer Provider Core Competencies for Supporting Addiction Treatment and Community-based Recovery Services: A Treatment Improvement Protocol, a project of the Knowledge Application Program of the Substance Abuse and Mental Health Services Administration (SAMHSA)  
2015-2016 Member, Program Committee, Research Society on Alcoholism (RSA)  
2015-2016 Member, Diversity Committee, Research Society on Alcoholism (RSA)  
2014-present Chair, Training Grant Fellowship Committee, ARG  
2012-2015 Chair, Career Development and Mentorship Committee, ARG  
2009-present Member, Executive Committee, ARG  
2005-2013 Member, Library Committee, ARG

### **Mentorship**

- 2018-present Briana McGeough (primary mentor, pre-doctoral fellow)  
2017-present Kiyomi Tsuyuki (co-mentor, K recipient)  
2015-present Miguel Pinedo (primary mentor, post-doctoral fellow)  
2013-present Paul Gilbert (primary mentor, post-doctoral fellow)  
2013-2016 Priscilla Martinez (primary mentor, post-doctoral fellow)  
2011-2013 Ryan Murphy (primary mentor, post-doctoral fellow)  
2006-2008 Katherine Karriker-Jaffe (primary mentor, post-doctoral fellow)

### **Affiliations**

American Psychological Association, Research Society on Alcoholism.

## MAIN RESEARCH INTERESTS

Substance use treatment seeking and efficacy; AA and other mutual help groups; peer helping and social factors in relation to addiction recovery; racial/ethnic and gender disparities in substance use treatment utilization; racial/ethnic and gender disparities in substance use.

## SELECT TEACHING EXPERIENCE

**Instructor**, Social and Behavioral Health Research: Introduction to Survey Methods; University of California, Berkeley, School of Public Health, 2013-present (every two years).

A graduate course designed to offer an introduction to survey methods in public health. I hold complete responsibility for all aspects of the course, including developing the curriculum, preparing class lectures and facilitating discussion, directing and grading assignments, and assigning final grades.

**Instructor**, Advanced Alcohol Research Seminar; University of California, Berkeley, School of Public Health, 2008-present (each semester). A seminar course focused on the epidemiology and treatment of alcohol problems. Responsibilities include the recruitment of guest speakers and leading of discussions.

**Instructor**, AA and Other Mutual Help Groups: How they Work; University of California, Berkeley, Department of Continuing Education, 2006-2011 (sporadic). A short course on mutual help groups for the addictions designed mainly for clinicians in training. Responsibilities included the development of course materials, lecturing, and facilitating discussion.

**Instructor**, Psychology of Racism; University of Massachusetts, Amherst, 2001. An upper-level, undergraduate seminar with a strong focus on the development of writing skills. I held complete responsibility for all aspects of the course, including developing the curriculum, preparing class lectures and facilitating discussion, directing and grading papers, and assigning final grades.

## MANUSCRIPTS AND PUBLICATIONS

### Peer-reviewed Publications

**Zemore**, S.E. (1995). Ability to generate mental images in students of art. *Current Psychology: Developmental, Learning, Personality, Social*, 14, 83-88.

Gaines, S.O. Jr., Rugg, M.A., **Zemore**, S.E., Armm, J.L., Yum, N., Law, A., Underhill, J.M, & Feldman, K. (1999). Gender-related personality traits and interpersonal resource exchange among brother-sister relationships. *Personal Relationships*, 6, 187-198.

Polcin, D.L., & **Zemore**, S.E. (2004). How psychiatric severity is related to helping, spirituality, and achievement in Alcoholics Anonymous. *American Journal of Drug and Alcohol Abuse*, 30, 577-592.

**Zemore**, S.E., & Kaskutas, L.A. (2004). Helping, spirituality, and AA in recovery. *Journal of Studies on Alcohol*, 65, 383-391.

**Zemore**, S.E., Kaskutas, L.A., & Ammon, L.N. (2004). In twelve-step groups, helping helps the helper. *Addiction*, 99, 1015-1023.

Kaskutas, L.A., Ammon, L.N., Witbrodt, J., Graves, K., **Zemore**, S.E., & Borkman, T.J., & Weisner, S. (2005). Understanding results from randomized trials: Use of program- and client-level data to explain differences between medical and non-medical treatment programs. *Journal of Studies on Alcohol*, 66, 682-687.

**Zemore**, S.E. (2005). Re-examining whether and why acculturation relates to drinking outcomes in a rigorous, national survey of Latinos. *Alcoholism: Clinical and Experimental Research*, 29(12), 2144-2153.<sup>1</sup>

**Zemore**, S.E. (2007). Helping as healing among recovering alcoholics. *Southern Medical Journal*, 100(4), 447-450.

**Zemore**, S.E. (2007). A role for spiritual change in the effects of 12-step involvement on

- treatment outcomes. *Alcoholism: Clinical and Experimental Research*, 31(S3), 76S-79S.
- Zemore, S.E.** (2007). Acculturation and alcohol among Latinos in the U.S.: A comprehensive review. *Alcoholism: Clinical and Experimental Research*, 31(12), 1968-90.
- Mulia, N., Ye, Y., **Zemore, S.E.** & Greenfield, T.K. (2008). Social disadvantage, stress, and alcohol use among Black, Hispanic and White Americans: Findings from the 2005 U.S. National Alcohol Survey. *Journal of Studies on Alcohol and Drugs*, 69(6), 824-833.
- Zemore, S.E.** & Kaskutas, L.A. (2008). 12-step involvement and peer helping in day hospital and residential programs. *Substance Use and Misuse*, 43(12), 1882-1903.
- Zemore, S.E.** & Kaskutas, L.A. (2008). Services received and treatment outcomes in day hospital and residential programs. *Journal of Substance Abuse Treatment*, 35, 232-244.
- Borges, G.B., Medina-Mora, M., Orozco, R., Fleiz, C., Villatoro, J., Rojas, E., & **Zemore, S.E.** (2009). Unmet needs for treatment of alcohol and drug use in four cities in Mexico. *Salud Mental*, 32, 327-333.
- Karriker-Jaffe, K., & **Zemore, S.E.** (2009). Associations between acculturation and alcohol consumption of Latino men in the U.S. *Journal of Studies on Alcohol and Drugs*, 70(1), 27-31.
- Kaskutas, L.A., Subbaraman, M., Witbrodt, J., & **Zemore, S.E.** (2009). Effectiveness of Making Alcoholics Anonymous Easier (MAAEZ), a group format 12-step facilitation approach. *Journal of Substance Abuse Treatment*, 37(3), 228-239.
- Mulia, N., Ye, Y., Greenfield, T.K., & **Zemore, S.E.** (2009). Disparities in alcohol-related problems among White, Black, and Hispanic Americans. *Alcoholism: Clinical and Experimental Research*, 33(4), 654-662.
- Pagano, M.E., **Zemore, S.E.**, Onder, C.C., & Stout, R.L. (2009). Predictors of initial AA-related helping: Findings from Project MATCH. *Journal of Studies on Alcohol and Drugs*, 70(1), 117-25.
- Zemore, S.E.**, & Kaskutas, L.A. (2009). Development and validation of the Alcoholics Anonymous Intention Measure (AAIM). *Drug and Alcohol Dependence*, 104(3), 204-211.
- Zemore, S.E.**, Mulia, N., Ye, Y., Borges, G., & Greenfield, T.K. (2009). Gender, acculturation, and other barriers to alcohol treatment utilization among Latinos in three National Alcohol Surveys. *Journal of Substance Abuse Treatment*, 6(4), 446-456.<sup>2</sup>
- Krentzman, A.R., Robinson, E.A.R., Moore, B.C., Kelly, J.F., Laudet, A.B., White, W.L., **Zemore, S.E.**, Kurtz, E. & Strobbe, S. (2011). How Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) Work: Cross-disciplinary Perspectives. *Alcoholism Treatment Quarterly*, 29(1), 75-84.
- Subbaraman, M., Kaskutas, L.A., & **Zemore, S.E.** (2011). Sponsorship and service as mediators of the effects of Making Alcoholics Anonymous Easier (MAAEZ), a 12-step facilitation intervention. *Drug and Alcohol Dependence*, 116(1), 117-124.
- Zemore, S.E.**, Karriker-Jaffe, K.J., Keithly, S., & Mulia, N. (2011). Racial prejudice and unfair treatment: Interactive effects with poverty and foreign nativity on problem drinking. *Journal of Studies on Alcohol and Drugs*, 72(3), 361-370.
- Zemore, S.E.** (2012). The effect of social desirability on reported motivation, substance use severity, and treatment attendance. *Journal of Substance Abuse Treatment*, 42(4), 400-412.
- Karriker-Jaffe, K.J., **Zemore, S.E.**, Mulia, N., Jones-Webb, R., Bond, J. & Greenfield, T.K. (2012). Neighborhood disadvantage and adult alcohol outcomes: Differential risk by race and gender. *Journal of Studies on Alcohol and Drugs*, 73(6), 865-873.

- Mulia, N. & **Zemore**, S.E. (2012). Social adversity, stress, and alcohol problems: Are racial/ethnic minorities and the poor more vulnerable? *Journal of Studies on Alcohol and Drugs*, 73(4), 570-580.
- Cook, W.K., Bond, J., Karriker-Jaffe, K.J., & **Zemore**, S.E. (2013). Who's at risk? Ethnic drinking cultures, financial hardship, and Asian American young adult drinking. *Journal of Studies on Alcohol and Drugs*, 74(4), 532-541.
- Timko, C., Cronkite, R.C., McKellar, J., **Zemore**, S.E., & Moos, R.H. (2013). Dually diagnosed patients' benefits of mutual help groups and the role of social anxiety. *Journal of Substance Abuse Treatment*, 44, 216-223.
- Zemore**, S.E., Karriker-Jaffe, K., & Mulia, N. (2013). Temporal trends and changing racial/ethnic disparities in alcohol problems: Results from the 2000 to 2010 National Alcohol Surveys. *Journal of Addiction Research and Therapy*, 4:160.
- Zemore**, S.E., Mulia, N., Jones-Webb, R., & Liu, H. (2013). The 2008-9 recession and alcohol problems: Differential exposure and vulnerability for Black and Latino populations. *Journal of Studies on Alcohol and Drugs*, 74(1), 9-20.
- Zemore**, S.E., Subbaraman, M., & Tonigan, J.S. (2013). Involvement in 12-step activities and treatment outcomes. *Journal of Substance Abuse*, 34(1), 60-69.
- Kerr, W.C., Mulia, N., & **Zemore**, S.E. (2014). U.S. trends in light, moderate, and heavy drinking episodes from 2000 to 2010. *Alcoholism: Clinical and Experimental Research*, 38(9), 2496-2501.
- Mulia, N., **Zemore**, S.E., Liu, H., & Catalano, R. (2014). Economic loss and alcohol problems in the 2008-2009 U.S. recession. *Alcoholism: Clinical and Experimental Research*, 38(4), 1026-1034.
- Murphy, R.D., **Zemore**, S.E., & Mulia, N. (2014). Housing instability and moderators of risk for alcohol problems. *Journal of Urban Health*, 91(1), 17-32.
- Witbrodt, J., Mulia, N., **Zemore**, S.E., & Kerr, W. (2014). Racial/ethnic disparities in alcohol-related problems: Differences by gender and level of heavy drinking. *Alcoholism: Clinical and Experimental Research*, 38(6), 1662-1670.
- Zemore**, S.E., & Ajzen, I. (2014). Predicting substance abuse treatment completion using a new scale based on the theory of planned behavior. *Journal of Substance Abuse Treatment*, 46(2), 174-182.<sup>3</sup>
- Zemore**, S.E., Murphy, R., Mulia, N., Gilbert, P., Martinez, P., Bond, J., & Polcin, D. (2014). A moderating role for gender in racial/ethnic disparities in alcohol services utilization: Results from the 2000-2010 National Alcohol Surveys. *Alcoholism: Clinical and Experimental Research*, 38(8), 2286-96.<sup>1,4</sup>
- Borges, G., Zamora, B., Garcia, J., Orozco, R., Cherpitel, C., **Zemore**, S.E., & Breslau, J. (2015). Symptoms of anxiety in both sides of the US-Mexico border: The role of immigration. *Journal of Psychiatric Research*, 61, 46-51.
- Borges, G., **Zemore**, S.E., Cherpitel, C., Maxwell, J., & Wallisch, L. (2015). The co-occurrence of alcohol use, drug use and disorders of use in both sides of the US-Mexico border. *Alcoholism: Clinical and Experimental Research*, 39(4), 679-87.
- Cherpitel, C.J., Ye, Y., Bond, J., **Zemore**, S.E., Borges, G., & Greenfield, T. (2015). Border effects on DSM-5 alcohol use disorders on both sides of the U.S.-Mexico border. *Drug and Alcohol Dependence*, 148, 172-9.
- Cherpitel, C.J., Ye, Y., **Zemore**, S.E., Bond, J., & Borges, G. (2015). The effect of cross-border

- mobility on alcohol and drug use among Mexican-American residents living at the U.S.-Mexico border. *Addictive Behaviors*, 50, 28-33.
- Vederhus, J.K., **Zemore**, S.E., Rise, J., Clausen, T., & Høie (2015). Predicting patient post-detoxification engagement in 12-step groups with an extended version of the theory of planned behavior. *Addiction Science and Clinical Practice*, 10(1): 15.
- Borges, G., Cherpitel, C.J., Orozco, R., **Zemore**, S.E., Wallisch, L., Medina-Mora, M., Breslau, L. (2016). Substance use and cumulative exposure to American society: Findings from both sides of the U.S.-Mexico border region. *American Journal of Public Health*, 106(1), 119-27.
- Jones-Webb, R., Karriker-Jaffe, K.J., **Zemore**, S.E., & Mulia, N. (2016). The effects of economic disruptions in the economy on alcohol use and problems: Why do African Americans fare worse? *Journal of Studies on Alcohol and Drugs*, 77(2), 261-71.
- Gilbert, P.A., & **Zemore**, S.E. (2016). Discrimination and drinking: A systematic review of the evidence. *Social Science and Medicine*, 161, 178-194.
- Zemore**, S.E., Cherpitel, C.J., Ye, Y., Borges, G., & Wallisch, L.S. (2016). Factors explaining variation in alcohol use disorder prevalence across border and non-border communities in Texas. *Alcoholism: Clinical and Experimental Research*, 40(8), 1707-1716.
- Zemore**, S.E., Ye, Y., Mulia, N., Martinez, P., Jones-Webb, R., & Karriker-Jaffe, K. (2016). Poor, persecuted, young, and alone: Toward explaining the elevated risk of alcohol problems among Black and Latino men who drink. *Drug and Alcohol Dependence*, 163, 31-39.
- Cherpitel, C., Libo, L., Borges, G., & **Zemore**, S.E. (2017). Age at immigration and substance use and problems among males and females at the U.S.-Mexico border. *Journal of Studies on Alcohol and Drugs*, 78(6), 827-34.
- Greenfield, T.K., Ye, Y., Lown, A., Cherpitel, C., **Zemore**, S.E., & Borges, G. (2017). Alcohol use patterns and DSM-5 alcohol use disorder on both sides of the US-Mexico Border. *Alcoholism: Clinical and Experimental Research*, 41(4), 769-778.
- Lown, E.A., Cherpitel, C.J., **Zemore**, S.E., Borges, G., & Greenfield, T.G. (2017). Hazardous drinking and exposure to interpersonal and community violence on both sides of the US-Mexico border. *Hispanic Journal of Behavioral Sciences*, 39(4), 528-45.
- Mulia, N., Karriker-Jaffe, K.J., Witbrodt, J., Bond, J., Williams, E., & **Zemore**, S.E. (2017). Racial/ethnic differences in 30-year trajectories of heavy drinking in a nationally representative U.S. sample. *Drug and Alcohol Dependence*, 170, 133-141.
- Orozco, R., Benjet, C., Ruiz Velasco-Acosta, S., Moreno Altamirano, L., Karriker-Jaffe, K.J., **Zemore**, S.E., Cherpitel, C.J., Borges, G. (2017). Area-level disadvantage and alcohol use disorder in northern Mexico. *Drug and Alcohol Dependence*, 175, 219-226.
- Wallisch, L., **Zemore**, S.E., Cherpitel, C.J., & Borges, G. (2017). Wanting and getting help for substance problems on both sides of the U.S.-Mexico border. *Journal of Immigrant and Minority Health*, 19(5), 1174-1185.
- Zemore**, S.E. (2017). Implications for future research on drivers of change and alternatives to Alcoholics Anonymous [Commentary]. *Addiction*, 112(6), 940-2.
- Zemore**, S.E., Kaskutas, L.A., Mericle, A., & Hemberg, J. (2017)<sup>5</sup>. Comparison of 12-step groups to mutual help alternatives for AUD in a large, national study: Differences in membership characteristics and group participation, cohesion, and satisfaction. *Journal of Substance Abuse Treatment*, 73, 16-26.
- Zemore**, S.E., Mulia, N., Williams, E., & Gilbert, P.A. (2017). Job loss and alcohol dependence among Whites and Blacks in a national, longitudinal survey. *Journal of Ethnicity in*

*Substance Abuse*, 16(3), 314-327.

- Borges, G., **Zemore**, S.E., Orozco, R., Cherpitel, C.J., Martinez, P., & Wallisch, L. (2018). Drug use on both sides of the U.S.-Mexico border. *Salud Publica de Mexico*, 60(4).
- Khandelwal, S. **Zemore**, S.E., Hemmerling, A. (2018). Nutrition education in internal medicine residency programs and predictors of residents' dietary counseling practices. *Journal of Medical Education and Curriculum Development*, 5, 1-10.
- Martinez, P., Lien, L., **Zemore**, S.E., Bramness, J.G., & Neupane, S.P. (2018). Circulating cytokine levels are associated with symptoms of depression and anxiety among people with alcohol and drug use disorders. *Brain, Behavior, and Immunity*, 318, 80-86.
- Mulia, N., Ye, Y., Karriker-Jaffe, K.J., **Zemore**, S.E., & Jones-Webb, R. (2018). Protective factors as an explanation for the "paradox" of Black-White differences in heavy drinking. *Substance Use and Misuse*, 53(12), 2003-2016.
- Saenz, S.R., & **Zemore**, S.E. (2018). Relationships between acculturation, acculturation stress, and mental health outcomes in Mexican-origin populations in U.S. border and non-border communities. *Migration and Health: Reflections and Challenges about the Health of Migrants*, 133-148.
- Zemore**, S.E., Karriker-Jaffe, K.J., Mulia, N., Kerr, W.K., Ehlers, C.L., Cook, W.C., Martinez, P., Lui, C., & Greenfield, T.K. (2018). The future of research on alcohol-related disparities across U.S. racial/ethnic groups: A plan of attack. *Journal of Studies on Alcohol and Drugs*, 79(1), 7-21.
- Zemore**, S.E., Lui, C., Mericle, A., Hemberg, J., & Kaskutas, L.A. (2018). A longitudinal study of the comparative efficacy of Women for Sobriety, LifeRing, SMART Recovery, and 12-step groups for those with AUD. *Journal of Substance Abuse Treatment*, 88, 18-26.
- Karriker-Jaffe, K.J., Greenfield, T.K., Mulia, N., & **Zemore**, S.E. [in press]. Ten-year trends in women's reasons for abstaining or limiting drinking: The 2000 and 2010 United States National Alcohol Surveys. *Journal of Women's Health*.
- Mulia N., Tam, T., Bond, J., **Zemore**, S.E., & Li, L. [in press]. Racial/ethnic differences in life-course heavy drinking from adolescence to midlife. *Journal of Ethnicity in Substance Abuse*, 17(2), 167-186.
- Pinedo, M., **Zemore**, S.E., & Rogers, S. [in press]. Understanding barriers to specialty treatment utilization among Latinos. *Journal of Substance Abuse Treatment*.
- Wallisch, L. & **Zemore**, S.E., Borges, G., Cherpitel, C.J., & Maxwell, J.C. [in press]. Prevalence and correlates of arrest for drunk driving on both sides of the U.S.-Mexico border. *Journal of Ethnicity in Substance Abuse*.

<sup>1</sup>Featured article in *ACER*.

<sup>2</sup>One of the 25 most cited *JSAT* articles, 2009-2014.

<sup>3</sup>One of the 25 most frequently downloaded *JSAT* articles, 2009-2014.

<sup>4</sup>Cited in NIAAA Research Highlights, NIAAA's Director's Report on Institute Activities to the 137<sup>th</sup> Meeting of the National Advisory Council on Alcohol Abuse and Alcoholism (Sept. 11, 2014).

<sup>5</sup>Cited in NIAAA Research Highlights, NIAAA's Director's Report on Institute Activities to the 144<sup>th</sup> Meeting of the National Advisory Council on Alcohol Abuse and Alcoholism (Feb. 9, 2017).

## **Submitted Manuscripts**

- Gilbert, P.A., Pro, G., **Zemore**, S.E., & Mulia, N., & Brown, G. [revise and resubmit]. Gender Differences in use of alcohol treatment services and reasons for non-use in a national sample. *Alcoholism: Clinical and Experimental Research*.
- Martinez, P., & **Zemore**, S.E. [under review]. Feasibility of a mail-in, self-administered dried blood spot collection method in the telephone-based National Alcohol Survey in the U.S. *Addiction*.
- Martinez, P., **Zemore**, S.E., Pinedo, M., Borges, G., Orozco, R., & Cherpitel, C.J. [under review]. Understanding differences in prescription drug misuse between two Texas border communities. *Psychology of Addictive Behaviors*.
- Pinedo, M., **Zemore**, S.E., & Mulia, N. [under review]. Black-White differences in barriers to specialty alcohol and drug treatment: Findings from a qualitative study. *Journal of Studies on Alcohol and Drugs*.

### **Manuscripts in Preparation**

- Bensley, K.M., Karriker-Jaffe, K.J., Cherpitel, C.J., Li, L., Wallisch, L., & **Zemore**, S.E. [in preparation]. Accessibility of treatment is associated with considering getting help for alcohol use, but not treatment utilization, among Mexican Americans in Texas. Alcohol Research Group, Emeryville, CA.
- Cherpitel, C.J., **Zemore**, S.E., Karriker-Jaffe, K.J., Li, L., & Bensley, K.M. [in preparation]. Neighborhood context and drug use and problems among Latinos on and off the U.S.-Mexico border. Alcohol Research Group, Emeryville, CA.
- Gilbert, P.A., **Zemore**, S.E., & Mulia, N. [in preparation]. Barriers to alcohol treatment among women in the NESARC Waves 1 and 2. Alcohol Research Group, Emeryville, CA.
- Karriker-Jaffe, K.J., Li, L., **Zemore**, S.E., Bensley, K.M., & Cherpitel, C.J. [in preparation]. Neighborhood contexts and alcohol outcomes of U.S. Latinos on and off the border. Alcohol Research Group, Emeryville, CA.
- Kato, S., & **Zemore**, S.E. [in preparation]. Characteristics and outcomes of participants in 12-step alternatives who change groups. Alcohol Research Group, Emeryville, CA.
- Medel-Herrero, A., **Zemore**, S.E., & Unger, J. [in preparation]. Alcohol overdose deaths in the United States: A silent epidemic. Alcohol Research Group, Emeryville, CA.
- McGeough, B., Trocki, K., & **Zemore**, S.E. [in preparation]. Lifetime Alcoholics Anonymous attendance among sexual minorities with lifetime alcohol use disorders. Alcohol Research Group, Emeryville, CA.
- Pinedo, M., **Zemore**, S.E., Alegria, M., Borges, G., & Cherpitel, C.J. [in preparation]. Social support across borders: Is contact with family in Mexico protective against alcohol use disorders? Alcohol Research Group, Emeryville, CA.
- Zemore**, S.E., Lui, C.K., Mericle, A., Hemberg, J., & Kaskutas, L.K., & Timko, C. [in preparation]. Long term characteristics of group membership in mutual help groups: Women for Sobriety, LifeRing, SMART Recovery, and 12-step groups. Alcohol Research Group, Emeryville, CA.
- Zemore**, S.E., Lui, C., & Mulia, N. [in preparation]. The downward spiral: Socioeconomic causes and consequences of alcohol dependence among men at midlife, and relations to racial/ethnic disparities. Alcohol Research Group, Emeryville, CA.

### **Book Chapters and Sections**



- Pinedo, M., **Zemore**, S.E., Cherpitel, C.J., & Caetano, R. (2017). Acculturation and alcohol use: The role of environmental contexts. In S. Schwartz & J. Unger (Eds.), *Handbook of Acculturation and Health* (pp. 239-262). Oxford University Press.
- Zemore**, S.E., Fiske, S.T., & Kim, H.J. (2000). Gender stereotypes and the dynamics of social interaction. In T. Eckes & H. M. Trautner (Eds.), *The Developmental Social Psychology of Gender*. Erlbaum, Mahwah, NJ.
- Zemore**, S.E. (2004). Alcoholics Anonymous. In N. Salkind (Ed.), *Encyclopedia of Human Development*. Sage, Thousand Oaks, CA.
- Zemore**, S.E. (2008). An overview of spirituality in AA (and recovery). In M. Galanter & L.A. Kaskutas (Eds.), *Recent Developments in Alcoholism, Vol. 18: Alcoholics Anonymous and Spirituality in Addiction Recovery* (pp. 111-23). Kluwer Academic/Plenum Publishers, New York.
- Zemore**, S.E. & Pagano, M. (2008). Kickbacks from helping others: Health and recovery. In M. Galanter & L.A. Kaskutas (Eds.), *Recent Developments in Alcoholism, Vol. 18: Alcoholics Anonymous and Spirituality in Addiction Recovery* (pp 141-66). Kluwer Academic/Plenum Publishers, New York.

## SELECT PRESENTATIONS

- Zemore**, S.E. (March, 1994). Trust and love in youth-parent relationships. Paper presentation, annual convention of the Rocky Mountain Psychological Society (RMPS), Las Vegas, NV.
- Zemore**, S.E. (May, 1998). Self-regulation of prejudice: How power may sustain racism. Invited address, Ethnic Minority Concerns Committee, annual convention of the American Psychological Society (APS), Washington, DC.
- Zemore**, S.E., & Pietromonaco, P.R. (May, 1999). Attachment style and coping: Criticism increases self-esteem in preoccupied individuals. Paper presentation, annual convention of the American Psychological Society (APS), Denver, CO.
- Zemore**, S.E. & Kaskutas, L.A. (June, 2003). Traditions of caring: The roles of spirituality, AA, and peer helping in recovery. Symposium presentation, annual convention of the Research Society on Alcoholism (RSA), Fort Lauderdale, FL.
- Zemore**, S.E., & Kaskutas, L.A. (July, 2003). Helping as an expression of spirituality. Invited address, Research Initiatives on Spirituality and Alcohol PI Meeting, Kalamazoo, MI.
- Zemore**, S.E., & Kaskutas, L.A. (November, 2003). Patterns of AA involvement: Predictors and outcomes in a 1-year, longitudinal sample. Symposium presentation, annual convention of the American Public Health Association (APHA), San Francisco, CA.
- Zemore**, S.E., & Kaskutas, L.A. (June, 2004). Patterns of AA involvement: Predictors and outcomes in a 1-year, longitudinal sample. Symposium presentation, annual convention of the Research Society on Alcoholism (RSA), Vancouver, Canada.
- Zemore**, S.E. (March, 2005). The good, the religious and the spiritual: The same? Invited address, conference on Addiction and Spirituality: Scientific, Theological, & Clinical Perspectives (with sponsors including Indiana State University and the Fetzer Institute), Terre Haute, IN.
- Zemore**, S.E., & Kaskutas, L.A. (April, 2005). AA and spirituality: Is God behind the wheel? Invited address, annual convention of the American Society of Addiction Medicine

- (ASAM), Dallas, TX.
- Zemore, S.E. & Kaskutas, L.A.** (June, 2005). Spirituality in twelve-step groups as a mechanism of change. Symposium presentation, annual convention of the Research Society on Alcoholism (RSA), Santa Barbara, CA.
- Zemore, S.E. & Kaskutas, L.A.** (June, 2005). Services received and treatment outcomes in intensive outpatient and residential recovery programs. Paper presentation, annual convention of the Research Society on Alcoholism (RSA), Santa Barbara, CA.
- Zemore, S.E., Mulia, N., Ye, Y., Greenfield, T., & Keithly, S.** (June, 2006). Racial stigmatization and drinking among Hispanic and Black men and women. Paper presentation, annual convention of the Research Society on Alcoholism (RSA), Baltimore, MD.
- Zemore, S.E., Kaskutas, L.A., Bond, J., & Mulia, N.** (November, 2006). Contextualizing acculturation's effects: The impact of changing religious involvement and social support on Latinas' drinking. Paper presentation, annual convention of the American Public Health Association (APHA), Boston, MA.
- Zemore, S.E., Mulia, N., Ye, Y., & Greenfield, T.K.** (November, 2006). Further support for acculturation's role in drinking among Latina women: Analysis of the 2005 National Alcohol Survey. Symposium presentation, annual convention of the American Public Health Association (APHA), Boston, MA.
- Zemore, S.E., Mulia, N., Greenfield, T.K., & Ye, Y.** (June, 2007). Barriers to seeking help for alcohol problems among Hispanics in three National Alcohol Surveys. Paper presentation, annual convention of the Kettil Bruun Society, Budapest, Hungary.
- Zemore, S.E., Mulia, N., Ye, Y., & Greenfield, T.K.** (July, 2007). Barriers to seeking help for alcohol problems among Hispanics in three National Alcohol Surveys. Paper presentation, annual convention of the Research Society on Alcoholism, Chicago, IL.
- Zemore, S.E.** (June, 2008). The AAIM: Development and Validation of the New Alcoholics Anonymous Intention Measure. Invited address, Symposium of the Program Evaluation and Resource Center, Palo Veteran's Administration and Stanford University School of Medicine, Palo Alto, CA.
- Zemore, S.E., & Kaskutas, L.A.** (June, 2009). Understanding why MAAEZ, a 12-step facilitation intervention, worked: Effects on AA involvement and related cognitions. Paper presentation, annual convention of the Research Society on Alcoholism, San Diego, CA.
- Zemore, S.E., & Kaskutas, L.A.** (September, 2009). AA effectiveness: Faith meets science. Invited address, University of Michigan's conference on How Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) Work: Cross-disciplinary Perspectives, Ann Arbor, MI.
- Zemore, S. E., & Kaskutas, L.A.** (May, 2010). 12-step groups in addiction treatment: Research, facts, and fiction. Invited address, conference on Applying Addiction Research to Clinical Practice, Los Angeles, CA.
- Zemore, S. E.** (June, 2010). Interpersonal connections in 12-Step groups. Symposium presentation, annual convention of the Research Society on Alcoholism, San Antonio, TX.
- Zemore, S. E.** (June, 2011). Faking good: How social desirability affects the predictive power of stage of change scales. Paper presentation, annual convention of the Research Society on Alcoholism, Atlanta, GA.
- Zemore, S. E.** (June, 2011). Development of a new scale of treatment readiness based on the

- theory of planned behavior. Paper presentation, annual convention of the Research Society on Alcoholism, Atlanta, GA.
- Zemore, S.E., Mulia, N., Liu, H., & Jones-Webb, R.** (June, 2012). The 2008-9 recession and alcohol outcomes: Differential exposure and vulnerability for Black and Hispanic populations. Paper presentation, annual convention of the Research Society on Alcoholism, San Francisco, CA.
- Zemore, S.E., Karriker-Jaffe, K., Mulia, N., Kerr, W., & Greenfield, T.** (October, 2012). Racial/ethnic disparities in drinking patterns and problems in the U.S.: Temporal trends from 2000 to 2010. Symposium presentation, annual convention of the American Public Health Association, San Francisco, CA.
- Zemore, S.E., Karriker-Jaffe, K., Mulia, N., Kerr, W., & Greenfield, T.** (December, 2012). Race/ethnicity and trends in alcohol problems from 2000 to 2010. Symposium presentation, annual convention on the Science of Eliminating Health Disparities, Washington, D.C.
- Zemore, S.E., Ye, Y., Mulia, N., Jones-Webb, R., & Murphy, R.** (June, 2013). Why do Black men experience more alcohol problems than White men at low levels of consumption? Investigating causal factors. Paper presentation, annual convention of the Research Society on Alcoholism, Orlando, FL.
- Zemore, S.E., Greenfield, T.K., Cherpitel, C.J., Orozco, R., & Borges, G.** (June, 2014). Drink size measurement in a cross-national context. Paper presentation, annual convention of the Research Society on Alcoholism, Bellevue, WA.
- Zemore, S.E., Cherpitel, C.J., Borges, G., & Wallisch, L.S.** (June, 2015). A broad conceptual model of alcohol problems among Mexican Americans in the border region. Symposium presentation, annual convention of the Research Society on Alcoholism, San Antonio, TX.
- Zemore, S.E., Mulia, N., Williams, E., & Gilbert, P.** (June, 2015). Associations between job loss and alcohol dependence among Whites and Blacks in a national, longitudinal survey. Paper presentation, annual convention of the Research Society on Alcoholism, San Antonio, TX.
- Zemore, S.E.** (March, 2016). Alternatives to AA: Beyond the 12-step model. Paper presentation, annual convention of the Society of Addiction Psychology (APA Division 50); Collaborative Perspectives on Addiction; San Diego, CA.
- Zemore, S.E.** (June, 2016). Is AA Best?: Comparing the Nature and Effectiveness of 12-step Groups, Women for Sobriety, LifeRing, and SMART Recovery in a Large, National Study. Paper presentation, annual convention of the Research Society on Alcoholism, New Orleans, LA.
- Zemore, S.E.** (June, 2016). Alternatives to AA: Beyond the 12-step model. Invited address, annual LifeRing Conference, San Diego, CA.
- Zemore, S.E.** (December, 2016). Mutual Help Group Alternatives: A Comparative, Longitudinal Study of AA, LifeRing, Smart, and WFS. Invited address, San Francisco Veterans' Association Medical Center.
- Zemore, S.E., Martinez, P., Cherpitel, C.J., & Li, L.** (June, 2017). Factors explaining variation in prescription drug abuse across border communities in Texas. Paper presentation, annual convention of the Research Society on Alcoholism, Denver, CO.
- Zemore, S.E., Lui, C., Mericle, A., Hemberg, J., & Kaskutas, L.A.** (September, 2017). New results

- from the PAL Study: Comparative effects of involvement in SMART Recovery, Women for Sobriety, LifeRing, and 12-step groups on substance use outcomes. Paper presentation, annual convention of SMART Recovery, Fort Lauderdale, FL.
- Zemore, S.E., Lui, C., Mericle, A., Hemberg, J., & Kaskutas, L.A.** (June, 2018). New results from the PAL Study: A longitudinal study of the comparative efficacy of Women for Sobriety, LifeRing, SMART Recovery, and 12-step groups for those with AUD. Paper presentation, annual convention of LifeRing Secular Recovery, Denver, CO.
- Zemore, S.E., Lui, C., Mericle, A., Hemberg, J., & Kaskutas, L.A.** (June, 2018). Alternative mutual help groups: What do we know, and what do we need to know? Paper presentation, annual convention of the Research Society on Alcoholism, San Diego, CA.
- Zemore, S.E., Martinez, P., & Kaskutas, L.A.** (June, 2018). Feeling good and sticking with it: How positive (and negative) affect contribute to commitment to sobriety and sustain abstinence. Paper presentation, annual convention of the Research Society on Alcoholism, San Diego, CA.
- Zemore, S.E., Lui, C., Mericle, A., Hemberg, J., & Kaskutas, L.A.** (August, 2018). The PAL Study: A longitudinal study of the comparative efficacy of Women for Sobriety, LifeRing, SMART Recovery, and 12-step groups for those with AUD. Paper presentation, annual convention of the American Psychological Association, San Francisco, CA.
- Zemore, S.E., Lui, C., Mericle, A., Hemberg, J., & Kaskutas, L.A.** (August, 2018). The 12 steps, or something else? Alternatives to the 12-step model for recovery support. Paper presentation, National Conference on Alcohol and Addiction Disorders, Anaheim, CA.

## CHAired SYMPOSIA

- Zemore, S.E.** (June, 2015). Alcohol and drug problems in the US-Mexico border region: Emerging work on mechanisms from two large epidemiological studies. Annual convention of the Research Society on Alcoholism, San Antonio, TX.
- Zemore, S.E.** (June, 2016). Current trends and future directions in recovery-based research for alcohol use disorders: Moving beyond formal treatment. Annual convention of the Research Society on Alcoholism, New Orleans, LA.

## FUNDING

### **Current Funding**

06/01/16-05/31/20

NIAAA #T32 AA007240; Sarah Zemore (PI)

*Graduate Research Training in Alcohol Problems: Alcohol-Related Disparities*

Role: PI

This fellowship program's goal is to develop independent alcohol researchers who can contribute to the growth of knowledge in alcohol studies in areas including epidemiology, treatment, and policy. The program recruits and trains promising behavioral and epidemiological pre- and post-doctoral fellows; training focuses particularly on alcohol-related disparities.

02/15/16-12/31/20

NIAAA #P50 AA005595; Kerr (PI)

Role: Associate Director

*Epidemiology of Alcohol Problems: Alcohol-Related Disparities (National Alcohol Research Center)*

The Center provides resources, training, data, and statistical expertise for the study of alcohol-related health disparities in the U.S. across various disadvantaged groups (e.g., defined by race/ethnicity, socioeconomic status, and sexual orientation). Research projects will provide insight into alcohol-related health risks; the effects of existing alcohol and health policies on alcohol-related disparities; and area-level influences on disparities in alcohol and drug use, abuse, related problems, and treatment.

*Hotspots: Understanding Areas of Concentrated Alcohol and Drug Problems at the US-Mexico Border*

Role: Component Director

This Research Project extends analyses of the US-Mexico Study of Alcohol and Related Conditions (UMSARC), a large epidemiological study conducted from 2011-13 that targeted the border region and sampled both the US and Mexico. Project aims are to better characterize, contextualize, and explain the observed geographic variation across UMSARC sites toward a better understanding of how and why substance use problems cluster in some, but not all, border areas.

*Pilot Studies*

Role: Core Director

Center Core funds a program of 4-6 pilot studies designed to extend the Center's research methods and agenda as well as directly enable NIH grant applications relevant to our focus on alcohol-related disparities. The program fosters innovative research while addressing the research and career development needs of our Center's most promising junior investigators.

04/01/2016 – 03/31/2018

NIAAA #R21 AA023878; Paul Gilbert (PI), Sarah Zemore (Subcontract PI)

*Factors Responsible for Racial-Gender Disparities in Alcohol Services Use*

Role: PI of Subcontract

This is a survey study using longitudinal data from the National Epidemiological Survey on Alcohol and Related Conditions (NESARC) to describe and explain racial/ethnic and gender disparities in the use of alcohol services. The study draws on Andersen's Behavioral Model of Health Service Use to identify predisposing, enabling/inhibiting, and need factors that are associated with alcohol services use and mediate disparities.

### **Prior Funding**

2/29/2016 - 2/28/2018

NIAAA #HHSN275201400012C; Dershung Yang (PI), Thomas Greenfield (Subcontract PI)

Role: Co-Investigator

*A Multi-lingual Alcohol Measure Catalog/Administration Tool*

The envisioned outcome of the activities for the contract topic 088, Development of a Database of Non-English Measures and Instruments for Use in Alcohol Research, is a web-based, software-as-a-service product that allows researchers to easily find, choose, and administer alcohol-specific and alcohol-related validated measures.

02/15/2014-01/31/2017

NIAAA #R01 AA022668; Nina Mulia (PI)

*Understanding Racial Disparities in Heavy Drinking over the Life Course*

Role: Co-Investigator

This longitudinal study investigates racial disparities in prolonged heavy drinking and persistent alcohol problems in a nationally representative sample of Americans followed from adolescence to middle age. The study identifies lifecourse socioeconomic factors that increase risk for these outcomes, and assesses whether disparities are explained by differential exposure to, and consequences of, these risk factors.

09/01/2014-08/31/2016

NIAAA #R21 AA022747; Sarah Zemore (PI)

*12-step Alternatives and Recovery Outcomes in a Large National Study*

Role: PI

This is a longitudinal survey study involving original data collection with attendees of 12-step groups and the major secular alternatives to those groups in the U.S. (i.e., SMART Recovery, LifeRing, and Women for Sobriety). Aims are to characterize attendees of each group and to compare how participation in each group relates to recovery outcomes across time. The study also examines patterns of participation over time.

06/01/11-05/31/16

NIAAA #T32 AA07240; Sarah Zemore and Lee Ann Kaskutas (Multiple PI's)

*Graduate Research Training on Alcohol Problems*

Role: MPI

This T32 program's goal is to develop independent alcohol researchers who can contribute to the growth of knowledge in alcohol studies in areas including epidemiology, treatment, and policy. The program recruits and trains promising behavioral and epidemiological pre- and post-doctoral fellows.

03/01/11-12/31/15

NIAAA #P50 AA05595; Tom Greenfield (PI); Sarah Zemore and Nina Mulia (Component Co-Directors)

*Epidemiology of Alcohol Problems (National Alcohol Research Center Title)*

*Race/ethnicity, Socioeconomic Disadvantage, and Disparities in Alcohol Problems (Component Title)*

Role: Component Co-Director

A research component of the Alcohol Research Group's National Alcohol Research, this study examined the effects of multiple sources of disadvantage (e.g., minority race/ethnicity and low SES) on alcohol consumption and problems. Special focus was devoted to how relationships between alcohol outcomes and financial strain experienced during the 2008-9 recession differed by race/ethnicity. The main data source was the 2010 National Alcohol Survey.

09/30/2009-06/30/2014

NIAAA #R01AA018365; Cheryl Cherpitel (PI)

*Epidemiology of Drinking and Disorders in Border vs. Non-border Contexts*

Role: Co-Investigator

This epidemiological study compared drinking and alcohol-related disorders in border vs. non-border areas of both the U.S. and Mexico. The study tested a conceptual model identifying factors that may explain higher rates of alcohol consumption and problems in vulnerable border areas. Methods involved face-to-face, household interviews collected from 2,400 Mexican-origin adults living in Texas and 2,400 adults living in Mexico.

09/01/2011-06/30/2014

NIAAA #R01 AA020474; Sarah Zemore and Nina Mulia (Multiple PI's)

*Effects of Disadvantage and Protective Resources on Alcohol-related Disparities*

Role: PI

Aims of this epidemiological study were to describe and explain disparities between Whites, Blacks, and Latinos in heavy drinking and alcohol problems. Particular focus was devoted to the differential relationship between alcohol consumption and consequences (including dependence) across race/ethnicity. Methods primarily involved secondary analysis of the 2010 National Alcohol Survey data.

02/05/2010-01/31/2012

NIAAA #R21AA018175; Katherine J. Karriker-Jaffe (PI)

*Neighborhood Socioeconomic Status and Alcohol Outcomes: Moderators and Mediators*

Role: Co-Investigator

This survey study examined whether, for whom, and how neighborhood socioeconomic status is associated with alcohol use and alcohol problems. Analyses examined groups most at risk in different types of neighborhoods, and tested whether psychosocial factors helped explain the influence of neighborhood SES on alcohol outcomes. Data were from the 2000 and 2005 National Alcohol Surveys.

07/10/2008-06/30/2010

NIAAA #R21 AA016578; Sarah Zemore (PI)

*Developing a New Scale of Treatment Readiness*

Role: PI

This scale development study aimed to develop a new scale of treatment readiness based on Ajzen's theory of planned behavior. The study conducted focus groups and individual interviews (N=200) at an outpatient treatment facility to develop and validate a new readiness scale. In addition to key validity tests, the study explored the impact of reporting biases on the measurement of alcohol outcomes and treatment readiness.

12/01/04 – 12/01/09

NIAAA #R01 DA12297; Lee Ann Kaskutas (PI)

*Making Alcoholics Anonymous Easier: A Group TSE Approach*

Role: Co-Investigator

This randomized clinical trial examined the outcomes of a manualized twelve-step facilitation intervention (MAAEZ, or Making AA Easy) designed to reduce resistance to twelve-step involvement. The study involved randomization to MAAEZ (vs. Usual Care) at three study sites (N=508); surveys were conducted at baseline, 6 months, and 12 months.

12/01/05 – 12/01/08

NIAAA #R21 AA015972; Sarah Zemore (PI)

*Acculturation and Alcohol among U.S. Latinas*

Role: PI

This survey study aimed to help illuminate mechanisms of action underlying acculturation's effects on alcohol use and problems among Latinas, along with protective mechanisms. The study focused on Latina respondents to the 2005 National Alcohol Survey.

09/25/99 – 03/01/06

NIDA #R01 DA12297; Lee Ann Kaskutas (PI)

*Cost-Effectiveness of HMO Residential & Outpatient Care*

Role: Co-Investigator

This randomized clinical trial examined the costs, efficacy, and cost-offset of residential treatment (vs. standard outpatient treatment) among 768 patients presenting for services at a California Health Maintenance Organization. Using an intent-to-treat model, the study considered relationships between services received and post-treatment outcomes, as well as utilizing ethnographic observation.

01/01/04 – 12/01/04

NIAAA #P50 AA05595 (Pilot Program); Sarah Zemore (PI)

*Explaining Treatment Seeking and Retention Using the Theory of Planned Behavior*

Role: PI

This pilot study aimed to help develop a treatment readiness scale based on Ajzen's theory of planned behavior.

03/01/01 – 02/28/03

John E. Fetzer Institute, Inc., #AA00002; Lee Ann Kaskutas (PI)

*Helping Behaviors as an Expression of Spirituality*

Role: Co-Investigator

This scale development study aimed to develop and validate a Helper Therapy Scale measuring helping behaviors in recovery. The overarching study goal was to contribute to the knowledge base surrounding the role of helping behaviors in recovery. Methods involved conducting new interviews with 198 individuals who were in recovery and recruited from mutual help groups, treatment programs, and other sources.

07/01/00 - 06/30/05

NIAAA #T32 AA07240; Lee Ann Kaskutas (PI)

*Graduate Research Training on Alcohol Problems*

Role: Post-doctoral Fellow

This T32 program's goal is to develop independent alcohol researchers who can contribute to



the growth of knowledge in alcohol studies in areas including epidemiology, treatment, and policy. The program recruits and trains promising behavioral and epidemiological pre- and post-doctoral fellows.