

**Linda S. Ruehlman, Ph.D.**  
Publications and Presentations

**PUBLICATIONS**

- Sosis, R., Karoly, P., & Ruehlman, L. (1980). Perceived treatment success with involuntary clients: An exploratory study. *Psychological Reports, 46*, 907-910.
- Karoly, P., & Ruehlman, L. (1982). Gender differences in adolescents' reports of self-control problems. *Cognitive Therapy and Research, 6*, 235-237.
- Karoly, P. & Ruehlman, L. (1983). Affective meaning and depression: A semantic differential analysis. *Cognitive Therapy and Research, 7*, 41-50.
- Ruehlman, L., West, S., & Pasahow, R. (1985). Depression and evaluative schemata. *Journal of Personality, 53*, 46-92.
- Ruehlman, L. (1985). Depression and affective meaning for current concerns. *Cognitive Therapy and Research, 9*, 553-560.
- Ruehlman, L. & Wolchik, S.A. (1988). Personal goals and interpersonal support and hindrance as factors in psychological distress and well-being. *Journal of Personality and Social Psychology, 55*, 293-301.
- Wolchik, S.A., Ruehlman, L.S., Braver, S., & Sandler, I. (1989). Social support of children of divorce: Direct and stress buffering effects. *American Journal of Community Psychology, 17*, 485-501.
- Ruehlman, L. & Karoly, P. (1991). With a little flak from my friends: Development and Preliminary validation of the Test of Negative Social Exchange (TENSE). *Psychological Assessment, 3*, 97-104.
- Okun, M., Ruehlman, L., & Karoly, P. (1991). Application of investment theory to predicting part-time community college student intent and institutional persistence/departure behavior. *Journal of Educational Psychology, 83*, 212-220
- Karoly, P. & Ruehlman, L. (1995). Goal cognition and its clinical implications: Development and preliminary validation of four motivational assessment instruments. *Assessment, 2*, 113-129.
- Lecci, L., Karoly, P., Ruehlman, L., & Lanyon, R. (1996). Goal-relevant dimensions of hypochondriacal tendencies and their relation to symptom manifestation and psychological distress. *Journal of Abnormal Psychology, 105*, 42-52.
- Karoly, P. & Ruehlman, L. (1996). The motivational implications of pain: Chronicity, psychological distress, and work goal construal in a national sample of adults. *Health Psychology, 15*, 383-390.

- Ruehlman, L.S., Lanyon, R.I., & Karoly (1998). *Multidimensional Health Profile: Professional Manual*. Odessa, FL: Psychological Assessment Resources.
- Ruehlman, L.S., Lanyon, R.I., & Karoly (1998). *Multidimensional Health Profile: Scoring and Interpretive Program for Windows*, version 1. Odessa, FL: Psychological Assessment Resources.
- Ruehlman, L. Lanyon, R., & Karoly, P., (1999). Development and validation of the Multidimensional Health Profile, Part I: Psychosocial Functioning. *Psychological Assessment*, 11, 166-176.
- Finch, J., Okun, M., Pool, G., & Ruehlman, L. (1999). A comparison of the influence of conflictual and supportive social interactions on psychological distress. *Journal of Personality*, 67, 581-621.
- Okun, M., Ruehlman, L., Karoly, P., Lutz, R., Fairholme, C., Arens, R. (2003). Social support and social norms: Do both contribute to predicting leisure-time exercise? *American Journal of Health Behavior* 27, 493-507.
- Ruehlman, L. S., Karoly, P., & Newton, C., & Aiken, L. S. (2005). The development and preliminary validation of a brief measure of chronic pain impact for use in the general population. *Pain*, 113, 1-10.
- Ruehlman, L. S., Karoly, P., & Newton, C. (2005). Comparing the experiential and psychosocial dimensions of chronic pain in African-Americans and Caucasians: Findings from a national community sample. *Pain Medicine*, 6 (1), 49-60.
- Karoly, P., Ruehlman, L. S., & Lanyon, R. I. (2005). The assessment of adult health care orientation: Development and preliminary validation of the Multidimensional Health Profile – Health Functioning Index (MHP-H). *Journal of Clinical Psychology in Medical Settings*, 12 (1), 79-91.
- Karoly, P., Ruehlman, L. S., Okun, M. A., Lutz, R. S., Newton, C., & Fairholme, C. (2005). Perceived self-regulation of exercise goals and interfering goals among regular and irregular exercisers: A life space analysis. *Psychology of Sport and Exercise*, 6, 427-442.
- Ruehlman, L.S., Karoly, P., Newton, C., & Aiken, L.S. (2005). The Development and Preliminary Validation of the Profile of Chronic Pain: Extended Assessment Battery. *Pain* 118, 380-389.
- Karoly, P. & Ruehlman, L.S. (2006). Psychological “resilience” and its correlates in chronic pain: Findings from a national community sample. *Pain*, 123, 90-97.
- Lanyon, R., Maxwell, B., Karoly, P., & Ruehlman, L. (2006). Utility of the Multidimensional Health Profile – Psychosocial Functioning Scales (MHP-P) for assessing psychosocial adjustment in gastric bypass surgery patients. *Journal of Clinical Psychology in Medical Settings*, 13, 57-66.
- Ruehlman, L.S. & Karoly (2006). *Profile of Chronic Pain: Screen - Professional Manual*.

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Karoly, P., Ruehlman, L.S., Aiken, L.S., Todd, M. & Newton, C. (2006). Evaluating chronic pain impact among patients in primary care: Further validation of a brief assessment instrument. *Pain Medicine*, 7, 289-298.

Okun, M., Fairholme, C., Karoly, P., & Ruehlman, L. (2006). Academic goals, goal process cognition, and exam performance among college students. *Learning and Individual Differences*, 16, 255-265.

Karoly, P. & Ruehlman, L.S. (2007). Psychosocial aspects of pain-related life task interference: An exploratory analysis in a general population sample. *Pain Medicine*, 8(7), 563-572.

Lanyon, R.I., Maxwell, B.M., Karoly, P. & Ruehlman, L.S. (2007). Concurrent validity of the Multidimensional Health Profile – Health Functioning Scales (MHP-H) in the pre-operative Assessment of applicants for gastric bypass surgery. *Journal of Clinical Psychology in Medical Settings*, 14(1), 41-49.

Karoly, P., Okun, M.A., Ruehlman, L.S., & Pugliese, J.A. (2008). The impact of goal cognition and pain severity on disability and depression in adults with chronic pain: An examination of direct effects and mediated effects via pain-induced fear. *Cognitive Therapy and Research*, 32, 418-433.

Ruehlman, L.S., Karoly, P., & Taylor, A. (2008). Perceptions of chronic pain's interference with sexual functioning: The role of gender, treatment status, and psychosocial factors. *Sexuality and Disability*, 26(3), 123-136.

Okun, M., Levy, R., Karoly, P., & Ruehlman, L.S. (2009). Dispositional happiness and college student GPA: Unpacking a null relation. *Journal of Research in Personality*, 43, 711-715.

Ruehlman, L.S., Karoly, P., & Pugliese, J.A. (2010). Psychosocial correlates of chronic pain and depression in young adults: Further evidence of the utility of the Profile of Chronic Pain: Screen (PCP: S) and the Profile of Chronic Pain Extended Assessment Battery (PCP: EA). *Pain Medicine*, 11, 1546-1553.

Ruehlman, L.S., Karoly, P., & Enders, C. (April 2011). Evaluation of the online chronic pain management program. *The Journal of Pain, Volume 12, Issue 4, Supplement 1, Page P73*.

Ruehlman, L.S., Karoly, P., & Enders. (2012). A Randomized Controlled Evaluation of an Online Chronic Pain Self Management Program. *Pain*, 153, 319-330.

Caumo, W., Ruehlman, L. Karoly, P, Sehn, F, Vidor, L.P., Dall-Ágnol, L., Chassot, M., Torres, I.L.S. (2013). Cross-cultural adaptation and validation of the Profile of Chronic Pain: Screen for a Brazilian population. *Pain Medicine*, 14(1), 52-61.

Karoly, P., Ruhlman, L., Okun, M. (2013). Psychosocial and Demographic Correlates of Employment versus Disability Status in a National Community Sample of Adults with Chronic Pain: Toward a Psychology of Pain Presenteeism. *Pain Medicine*. 14(11), 1698-707.

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Mun, C. J. Karoly, P. Ruhlman, L. S. & Kim, H. (2016). Borderline personality features and pain severity: Exploring the mediational role of depression and catastrophizing. *Journal of Social and Clinical Psychology*, 35, 386-400.

## **PRESENTATIONS**

Ruhlman, L. Depression and affective meaning for current concerns. Poster presented at Arizona State Psychological Association Convention. Scottsdale, Arizona, October, 1983.

Wolchik, S., Ruhlman, L., Sandler, I., & Braver, S. Social support of children of divorce: Direct and stress-buffering effects. Poster presented at the American Psychological Association Convention, Los Angeles, California, September, 1985.

Ruhlman, L. Predicting academic performance from the structure of school-related personal projects. Poster presented at the Annual Convention of the Western Psychological Association, 1987.

Ruhlman, L. & Wolchik, S. Assessment of social support and hindrance of personal projects. Poster presented at the Annual Convention of the Western Psychological Association, 1987.

Karoly, P. & Ruhlman, L. Trait versus cognitive mediators of problem-solving during painful stimulation. Poster presented at the Annual Convention of the Western Psychological Association, 1987.

Okun, M. A., Ruhlman, L., & Karoly, P. Applying the theory of reasoned action to college student turnover. Poster presented at the annual convention of the American Psychological Association, Boston, Massachusetts, 1990.

Ruhlman, L., Karoly, P., & Lecci, L. Development of the Goal Systems Assessment Battery. Poster presented at the 73rd Annual Convention of the Western and Rocky Mountain Psychological Association, Phoenix, April, 1993.

Ruhlman, L. & Karoly, P. Negative social exchange and psychological distress. Poster presented at the 73rd Annual Convention of the Western and Rocky Mountain Psychological Association, Phoenix, April, 1993.

Lecci, L., Karoly, P., Ruhlman, L., & Lanyon, R. Health goal representation among hypochondriacal adults and its relation to adjustment. Poster presented at the 73rd Annual Convention of the Western and Rocky Mountain Psychological Association, Phoenix, April, 1993.

Ruehlman, L., Karoly, P., Lanyon, R., & Lecci, L. Development of a brief mental health screening instrument. Poster presented at the 73rd Annual Convention of the Western and Rocky Mountain Psychological Associations, Phoenix, April, 1993.

Ruehlman, L., Karoly, P., & Briggs, C. Goal cognition and adjustment to chronic illness. Poster presented at the annual convention of the Society of Behavioral Medicine, San Francisco, 1993.

Ruehlman, L. Development of the Gambling Practices Scale. Paper presented at the 15<sup>th</sup> National Council on Problem Gambling Conference 2001. Seattle, June 22, 2001.

Ruehlman, L., Karoly, P., Newton, C., Aiken, L., Todd, M., & Fairholme, C. Development of the Chronic Pain Screen. Poster presented at the 61st Annual Scientific Meeting of the American Psychosomatic Society, Phoenix, March, 2003.

Karoly, P., Ruehlman, L., & Okun, M. Level of exercise and intentional mindsets. Poster presented at the annual Convention of the Western Psychological Association. Phoenix, April 2004.

Okun, M., Fairholme, C., Karoly, P., Ruehlman, L. Contents and processes associated with students' goals For introductory psychology. Poster presented at the annual Convention of the Western Psychological Association. Phoenix, April , 2004.

Ruehlman, L., Newton, C., & Karoly, P. Chronic pain and compensation. Poster presented at the annual Convention of the Western Psychological Association. Phoenix, April, 2004.

Ruehlman, L. & Karoly, P. Management of exercise goals among irregular, short-term regular, and long-term regular exercisers: The role of planning and goal switching. Poster presented at the annual Convention of the Western Psychological Association. Phoenix, April, 2004.

Ruehlman, L. & Karoly, P. Psychological factors account for pain's interference with exercise: A National Community Sample. Poster presented at the annual Convention of the American Psychological Society, May, 2005.

Ruehlman, L. Psychosocial Correlates of Pain-Related Life Task Interference among Women with Fibromyalgia. Paper presented at the National Fibromyalgia Association Conference, March 2006.

Ruehlman, L. Fitness Motivation in Fibromyalgia: Targets for Change. Paper presented at the National Fibromyalgia Association Conference, March 2006.

Ruehlman, L.S., Karoly, P., & Enders, C. Evaluation of the online chronic pain management program. Paper presented at the 30<sup>th</sup> Annual Scientific Meeting of the American Pain Society, Austin, Texas, April, 2011.

Ruehlman, L.S. Living with Pain: Restoring Hope through Self-Management. Honeywell International, Glendale, Arizona, May, 2012.

Mun, C.J., Karoly, P., Ruhlman, L.S., & Kim, H. Linking Borderline Personality to Pain Via Depression and Catastrophizing. Paper presented at the 26<sup>th</sup> Annual Convention of the Association for Psychological Science, San Francisco, California, May, 2014.

Mun, C. J., Karoly, P., Okun, M., & Ruhlman, L. S. (2015, August) Does fear of pain mediate the effect of an online chronic pain management program on medication use? Poster presented at the 123<sup>rd</sup> Annual Convention of the American Psychological Association, Toronto, Ontario, Canada.