

PROMOTION RECOMMENDATION  
UNIVERSITY OF MICHIGAN MEDICAL SCHOOL  
DEPARTMENT OF FAMILY MEDICINE

Approved by the Regents

May 17, 2007

James E. Aikens, Ph.D., Assistant Professor of Family Medicine, Department of Family Medicine, Medical School, is recommended for promotion to Associate Professor of Family Medicine, with tenure, Department of Family Medicine, Medical School [also Assistant Professor of Psychiatry, Department of Psychiatry].

Academic Degrees:

Ph.D.	1992	University of Alabama
M.A.	1990	University of Alabama
B.A.	1987	Alfred University

Professional Record:

2001-Present	Assistant Professor of Psychiatry, University of Michigan
2000-Present	Assistant Professor of Family Medicine, University of Michigan
1993-2000	Assistant Professor of Clinical Psychiatry, University of Chicago

Summary of Evaluation:

Teaching: Dr. Aikens is an internationally-recognized investigator in clinical psychology who also has a substantial role as a clinical and didactic teacher. He has maintained an active program of teaching residents and fellows in clinical psychology, with particularly outstanding evaluations (4.85 to 5.0 out of 5). He has performed similarly in continuing medical education teaching, with slightly lower but still above average evaluations. A more notable role filled by Dr. Aikens is that of research mentor and advisor for a total of eleven residents, two doctoral candidates, and two junior faculty members applying for K awards over the past six years. His mentorship of residents frequently involves his considerable expertise on the IRBMED with assistance with study design, human subject protection, and IRB application issues.

Research: Dr. Aikens is nationally recognized for his expertise in the psychological constructs of adherence by patients to both pharmacologic and lifestyle interventions in chronic disease, particularly diabetes mellitus. He has secured substantial grant funding to support research in racial differences in chronic disease care and adherence in diabetes, as well as contributing as a co-investigator or mentor to a total of nearly \$7M in external grant funding supporting related research. Of particular note is his recent success in serving as a mentor on a K23 grant awarded to Dr. Tricia Tang in the Department of Medical Education, with a second K23 grant in process by Dr. Susana Patton in the Department of Pediatrics that is likely to be funded. His grant success and extensive publication record in this field has led to invitations to serve on several relevant journal editorial boards, current service as a manuscript reviewer for several additional journals, ad hoc membership on a total of three National Institutes of Health study sections, and standing membership for four years on a major NIH health behavior study section. He has also

served on several foundation-based scientific review committees. His work has focused on adherence as a mediating variable in the relationship between depression and several chronic diseases, the degree to which depression may alter adherence, the psychological constructs with which patients with chronic disease approach self-care, and the accuracy of self-report in the assessment of chronic disease self-care and adherence. This considerable body of academic and scientific activity has resulted in a total of 47 research-based publications in influential psychology, psychiatry, and medical journals, 35 abstracts and major invited presentations, and several clinical book chapters. The sum total of this work has significantly altered the research agenda in this field, as well as influenced clinical practice by both primary care and specialty physicians.

Recent and Significant Publications:

Aikens JE, Kroenke K, Swindle RW, Eckert GJ: Nine-month predictors and outcomes of SSRI antidepressant continuation in primary care. *General Hospital Psychiatry* 27(4):229-236, 2005.

Aikens JE, Nease DE Jr, Nau DP, Klinkman MS, Schwenk TL: Adherence to maintenance-phase antidepressant medication as a function of patient beliefs about medication. *Annals of Family Medicine* 3(1):23-30, 2005.

Aikens JE, Bingham CR, Piette JD: Patient-provider communication and self-care behavior among Type 2 diabetes patients. *The Diabetes Educator* 31(5):681-690, 2005.

Chao JD, Nau DP, Aikens JE, Taylor SD: The mediating role of health beliefs in the relationship between depressive symptoms and medication adherence in persons with diabetes. *Research in Social and Administrative Pharmacy* 1:508-525, 2005.

Kane SV, Cohen RD, Aikens JE, Hanauer SB: Prevalence of nonadherence with maintenance mesalamine in quiescent ulcerative colitis. *The American Journal of Gastroenterology* 96(10):2929-2933, 2001.

Service: In addition to Dr. Aikens' substantial research and teaching responsibilities, he maintains a significant (20%) commitment to clinical practice as a clinical psychologist, with particular expertise in cognitive behavioral therapy (CBT) and the treatment of patients with anxiety disorders and panic disorder. Dr. Aikens has established consultative practices at both the Ypsilanti and Briarwood Family Medicine Centers, including working with both resident and attending physicians in a collaborative case management model of mental illness care in primary care. Dr. Aikens' substantial clinical and academic achievements are particularly impressive in light of his service for four years on the institution's IRBMED, as well as membership on the IRBMED Risk Definition Subcommittee. Through this service, he has become recognized as a critical internal consultant on complex human subjects issues related to behavioral interventions.

External Review:

Reviewer A: “I have always found him to be a scholar with great creativity and integrity. He is well recognized nationally in the diabetes community as one of a handful of behavioral researchers of significance working in the field of diabetes.”

Reviewer B: “His contributions to the literature and at national and international meetings have been frequent and important.”

Reviewer C: “His recognition as a nationally known scholar is supported by the fact that he has done four invited commentaries for the *Annals of Family Medicine* and for the *Journal of Psychosomatic Research*. He has also done numerous peer reviewed presentations in distinguished settings, including the North American Primary Care Research Group, the Association for the Advancement of Behavioral Therapy and, at a very recent conference, on therapeutic patient education in Florence, Italy.”

Reviewer D: “He communicates clearly and intelligently, contributes actively, and has developed a national reputation as a thoughtful and upcoming clinical researcher in chronic disease, mainly in diabetes. His national reputation is well deserved, from my point of view, and his career trajectory is clearly focused on continued advancement and productivity.”

Reviewer E: “As a psychologist working in a family medicine department, Dr. Aikens is in an excellent position to affect both disciplines in education and research. He has published over 20 first-authored papers and over 40 in all, and is highly-cited in the medical literature.”

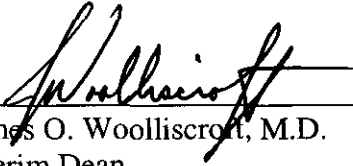
Reviewer F: “Jim is an excellent and respected scholar. He is recognized both nationally and internationally as a leader in the field of depression research, especially as it applies to the chronically ill, notably diabetes.”

Reviewer G: “Dr. Aikens is a thorough and thoughtful scientist....He is productive, always reliable and his contributions to the review or evaluation process, whether regarding NIH grants or peer review based manuscripts, are always respected by the community of bio-behavioral researchers.”

Summary of Recommendation:

In summary, Dr. Aikens is an outstanding academic clinical psychologist with a substantial program of research in adherence and its influence on the care of chronic disease and depression. He has succeeded as an independent investigator as well as a national leader and consultant in the complexities of studying the psychological constructs of chronic disease care and the relationship between adherence, depression, and chronic disease management. In addition to building a substantial research program, he has maintained an active clinical practice in the care of patients with anxiety and panic disorder. His clinical and academic expertise has made him a valuable educational resource for students, residents, and faculty members. His

expertise has also led to substantial institutional and national academic service. I am pleased to recommend Dr. Aikens for promotion to Associate Professor, with tenure, in the Department of Family Medicine.

A handwritten signature in black ink, appearing to read 'J. Woolliscroft', written over a horizontal line.

James O. Woolliscroft, M.D.  
Interim Dean  
*Lyle C. Roll Professor of Medicine*

May 2007